

University of Wisconsin-Parkside

Ranger Relays

FRIDAY January 19th, 2018

Open to NCAA, NAIA, Club & Individual Entries

- Facility opens at 1:00 PM.
 - Field Events begin at 2:30 PM.,
 - Running Events begin at 3:30 PM
- (Rolling time schedule; Calls will be announced)

Entry Deadline: Unlimited entries. Due by 12:00 PM (Noon) Wednesday, January 17th.

Submit Entries through: www.pttiding.com Entry Fee: \$250 per team for each gender (\$500 for men and women). Teams less than 12 athletes of a gender will be charged \$20/athlete. Checks made payable to "UW-Parkside Track & Field".

Open Entries: Enter via www.pttiding.com. Fee is \$20 per athlete.

Scratches/Changes: Scratches only on day of meet. Please scratch as soon as possible and at least 30 minutes prior to race. Heats will be redrawn if necessary. No late additions; no exceptions!

Surface: 8 lane straight, 6 lane oval 200m surface: Martin IS 2000

Packets/Heat Sheets: Pick up heat sheets at the track upon arrival. Make any additional scratches at that time.

Training Room: Certified Athletic Trainers will be on site.

Spikes: 1/8 inch spikes or smaller... NO PIN SPIKES of any type... Shoes WILL BE CHECKED ... No spikes will be allowed on the infield. HJ will be run on infield and will jump without spikes.

Concessions: Available in hallway outside the track. Please keep food and drink on the infield to a minimum and use the trash containers.

Facility Access - Restrooms and showers are located in the Student Athletic Center (Please bring your own towels).

Results: Results will be available at www.parksiderangers.com and www.pttiding.com

Please bring your own batons for relays. We will have starting blocks but feel free to bring your own.

Questions – Email Coach Thomas Breitbach at breitbac@uwp.edu with all questions.

Ranger Relays, January 19th, 2018

Field Events begin at 2:30 PM

No spikes on the infield. The high jump will be held on the infield and you must jump in flats.

****Women will compete FIRST in all field events****

WEIGHT THROW 10:00 a.m. (women followed by men) - **May be a 4-throw final** depending on number of entries

LONG JUMP 10:00 a.m. (women followed by men)

POLE VAULT 10:00 a.m. (women followed by men)

HIGH JUMP 10:00 a.m. (women followed by men)

TRIPLE JUMP (following completion of long jump, women followed by men)

SHOT PUT (following completion of weight throw, women followed by men) - **May be a 4-throw final** depending on number of entries

We will use one jump pit. Number of jumps will be dictated by the number of entrants in the long jump and triple jump. (3 jumps in prelim and 9 jumpers to finals OR 4 jumps with no finals)

RUNNING EVENTS — Starting Time: 3:30 PM

Rolling Schedule: Fast Heats run first ...

WOMEN'S HEATS RUN FIRST (except 55H final where men will run FIRST)...

5000 METER RUN

DMR

55 METER HURDLE (TRIALS)

55 METER DASH (TRIALS)

MILE RUN

4x 200 METER RELAY

400 METER DASH

1000 METER RUN

55 METER HURDLE (FINAL) (Men, then Women)

55 METER DASH (FINAL)

800 METER RUN

200 METER DASH

3000 METER RUN

4 x 400 METER RELAY