

# Saint Mary's University

## Early Birdinal Open

Gostomski Fieldhouse

January 13, 2018

- Teams: Upper Iowa, Saint Mary's, Viterbo, Winona State, Bethany Lutheran, Luther College, Alumni Team
- Time: **Field events begin at 11:00 am** and running events at 12:30 pm.
- Once the schedule is set with number of entries, we will not run ahead of schedule
- Entry: Entries will be done online at [www.pttiming.com](http://www.pttiming.com)
- Entry deadline is Thursday, January 12 at noon. The entry fee is \$150 per team and \$300 for men's and women's teams.
- Facility: The facility includes a 200 meter Martin surface. The throws circle is wood. The long/triple jump and pole vault runways allow for ¼ inch pyramid spikes. There are no spikes allowed on the blue recreation surface, which includes the high jump area. Our facility cannot accommodate the 60 m straightaway so hurdles and dash will be contested at 55 m.
- Spikes: ¼ inch pyramids on the track – shorter allowed; no pins, please
- Implements: Weigh-in and inspection will begin at 10:00 am
- Results: Available immediately after the competition at Saint Mary's and on the web at: [www.pttiming.com](http://www.pttiming.com)
- Scoring: This is a non-scored meet
- Jumps: TBD (Based on number of entries)
- Throws: TBD (Based on number of entries)
- PV/HJ: Opening height will be determined after review of entrants
- Spikes permitted in the pole vault
  - No spikes allowed for high jump
- Contact: Niels Anderson [nanderso@smumn.edu](mailto:nanderso@smumn.edu)  
Cell 608.397.9648



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January 13<sup>th</sup>, 2018

### Field Events

11:00 AM	Weight Throw	(Women with Men to follow)
11:00 AM	High Jump	(Men with women to follow)
11:00 AM	Long Jump	(Women with Men to follow)
	Shot Put	(To follow after Weight, W then M)
	Triple Jump	(To follow after long jump, W then M)
	Pole Vault	<b><u>30 minutes after conclusion of weight throw</u></b> (Women with Men to Follow)

### Running Events (TENTATIVE: We will not run ahead of schedule)

12:30	55 hurdles prelims	(Women with Men to follow)
12:45	55 meters prelims	(Women with Men to follow)
1:00	Mile Run	(Women with Men to follow)
1:25	400 meters	(Women with Men to follow)
1:45	1000 meters	(Women with Men to follow)
2:00	55 hurdle finals	(Men with Women to follow)
2:10	55 meter finals	(Women with Men to follow)
2:15	600 meters	(Women with Men to follow)
2:30	800 meter finals	(Women with Men to follow)
2:50	200 meters	(Women with Men to follow)
3:20	3000 meters	(Women with Men to follow)
3:50	4x400 meters	(Women with Men to follow)

**Pizza Party with Alumni and Team to  
follow clean up of meet!**