

**UW-Eau Claire Track & Field**  
**Eau Claire, Platteville, Stevens Point Triangular**  
**January 19, 2019**

- Eligibility:** Open to invited collegiate teams. If coaches have athletes they would like to compete unattached please contact Coach Schneider [schnechi@uwec.edu](mailto:schnechi@uwec.edu) with those entries and he will enter them.
- Entry Fee:** Entry Fee is **\$150.00 per team/ \$300.00** for both men's and women's teams, or **\$15.00** per individual.  
Make check payable to **UW-Eau Claire Track & Field.**
- Entries:** Entries will be done online at [www.pttiming.com](http://www.pttiming.com), starting Monday January 14 and will close at 5pm Thursday January 17. Please use marks obtained during the past year of indoor competition if possible. It is an early season meet so I will not lock you in to previously achieved marks for the seeds. Therefore, please do your best to provide honest and realistic seed times/marks.
- Info Pickup:** Please pickup your meet information packet, pay entry fee, and make scratches at the finish line upon arrival.
- Facility:** 200 Meter Mondo(6 lane straight 5 lane corners) track and field event surfaces. Throws circles are constructed out of wood. Long/Triple Jump and Pole Vault run ways allow for ¼ inch pyramid spikes. **High Jump does not allow spikes.**
- Top 6 times in 55m and 55m Hurdles advance to final**  
**Top 9 distances advance to final in LJ, TJ, SP and WT**
- Locker Rooms:** Locker rooms and showers are located in the McPhee Athletic building located directly next to the track. Please provide your own towels and locks. No items should be left unattended.
- Training Room:** Trainers and training room facilities will be available at the track area. Please provide your own supplies.
- Team Areas:** Areas will be designated in the racquetball courts for team camps. **Absolutely no food or drink allowed in the track area. Only water is allowed in the track area. Electronic equipment is not allowed in the track area as per NCAA Rules, This includes IPods, cell phones, etc.**
- Parking:** Buses may unload in front of Olson and proceed to the South CVTC parking lot across Clairemont Ave where all parking (including spectators is free). Parking is also available at the CVTC pay lot for \$.75 per hour.

## **UW-EAU CLAIRE TRACK & FIELD TIME SCHEDULE/ORDER OF EVENTS**

### **FIELD EVENTS: 12:00 PM**

- 12:00 35# Weight - Men
- 12:00 Pole Vault - Men
- 12:00 High Jump - Women
- 12:00 Long Jump- Men
- Pole Vault - Women (will begin 20 min. after the completion of men's vault)
- 35# Weight - Women (will begin 20 min. after the completion of men's weight)
- Long Jump - Women (will begin 20 min. after the completion of men's long jump)
- Triple Jump - Men (will begin 20 min. after the completion of women's long jump)
- High Jump - Men (will begin 20 min. after the completion of women's high jump)
- Shot Put - Men (will begin 20 min. after the completion of women's weight)
- Shot Put - Women (will begin 20 min. after the completion of the Men's Shot Put)
- Triple Jump – Women (will begin 20 min. after the completion of men's triple jump)

### **RUNNING EVENTS: 12:30 PM**

(All events will be heats against time unless stated otherwise. Men will run first in all races with exception of the hurdle finals.)

- 12:30 55 METER HURDLE TRIALS – Men
- 12:40 55 METER HURDLE TRIALS – Women
- 12:50 55 METER DASH TRIALS – Men
- 1:00 55 METER DASH TRIALS – Women
- 1:10 MILE RUN – Men
- 1:30 MILE RUN – Women
- 1:55 400 METER DASH – Men
- 2:05 400 METER DASH – Women
- 2:15 55 METER HURDLE FINAL – Women
- 2:20 55 METER HURDLE FINAL – Men
- 2:25 55 METER FINAL – Men
- 2:30 55 METER FINAL – Women
- 2:40 800 METERS – Men
- 2:50 800 METERS – Women
- 3:00 200 METERS – Men
- 3:15 200 METERS – Women
- 3:35 3000 METERS – Men
- 3:50 3000 METERS – Women
- 4:05 1600 METER RELAY – Men
- 4:20 1600 METER RELAY – Women