

Saint Mary's University

Early Birdinal Open

Gostomski Fieldhouse
January 12, 2019

- Teams: Bethany Lutheran, Saint Mary's, Winona State,
- Time: **Field events begin at 11:00 am** and running events at 12:00 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
- Entry deadline is Thursday, January 10 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
- 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
Cell 608.397.9648



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Field Events

11:00 AM	Weight Throw	(Women with Men to follow - possibly combined)
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	<u>30 minutes after conclusion of weight throw</u> (Women with Men to Follow)

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

12:00	55 hurdles prelims	(Women with Men to follow)
12:05	55 meters prelims	(No Prelims if less than 7 hurdlers)
12:15	Mile Run	(Women with Men to follow)
12:35	400 meters	(Women with Men to follow)
1:00	55 hurdle finals	(Women with Men to follow – unless Men's Prelim happens)
1:15	55 meter finals	(Women with Men to follow)
1:25	600 meters	(Women with Men to follow)
1:35	800 meter	(Women with Men to follow)
1:55	200 meters	(Women with Men to follow)
2:15	3000 meters	(Women with Men to follow)
2:45	4x400 meters	(Women with Men to follow)

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