

UWO Alumni Meet
Saturday, January 12th, 2019
Kolf Sports Center

Teams: UW-Oshkosh, UWO Alumni

Entry Procedure: Entries will be done online **ONLY** – Please email head coach Justin Kinseth at kinsethj@uwosh.edu your Name, Event(s), and Seed marks by the deadline listed below.

Online entry procedure:

- Please use reasonable and fair entry marks from TFRRS
- Enter 0.0 for any “no measure” or “no time” performances
- Additions/changes may not be made after **entries are closed**

Entry Deadline: Thursday, January 9th at NOON

Weigh-in: All implements must be weighed prior to competition @ competition venue. Illegal implements will be impounded – pick up after event ends.

Weigh-in time: 9:15am-10:00am

Finals: Field events – 9 advance to finals; 60m/60 Hurdles – 8 advance to finals

Scoring: Individuals: 10-8-6-5-4-3-2-1

Relays: 10-8-6-5-4-3-2-1 (one relay per institution shall score)

Starting Heights: will be determined when heat sheets are completed

Please make sure your team camps are compact on the infield and out of the way of the competitive areas. Spikes are not allowed on the infield.

If you have any questions, please contact Head T&F Coach Justin Kinseth at 920-424-7134 or kinsethj@uwosh.edu

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TRACK EVENTS: Schedule is a general forecast, we will roll.

10:30am 60m Hurdles Prelims
10:45am 60m Dash Prelims
11:00am Mile Run
11:15am 400m Dash
11:35am 60m Hurdles Finals
11:45am 60m Dash Finals
11:50am 800 Meter Run
12:00pm 200m Dash
12:30pm Kid's 200m Race
12:40pm 3000 Meter Run
1:05pm REIL Mile
1:20pm 4X400 Meter Relay

- Women will race first in all track events. *

FIELD EVENTS:

10:00 Pole Vault Women THEN Men
10:00 Long Jump Women THEN Men
 Triple Jump to start 20 minutes after completion of Long Jump

10:00 High Jump Women THEN Men
10:00 Women's Weight Throw
 Men's Weight Throw
 Women's Shot Put
 Men's Shot Put