

MIT OUTDOOR TRACK ORDER OF EVENTS AND TIME SCHEDULE

4/21/12 Spring Invitational

<u>TIME</u>	<u>FIELD</u>	<u>TIME</u>	<u>RUNNING</u>
11:00	Discus women and men	10:15	10,000 (men and women together)
	Javelin (women first)		3000 Steeplechase
	Pole Vault (men first)		400 Relay
	Long Jump (men and women)		1500
	High Jump (women first)		100 /110 HH (Sections on time)
	Triple Jump follows Long Jump		400
	Shot Put – men (follows men’s DT)		100 (Sections on time)
	Shot Put – women (follows men’s SP)		800
	Hammer – women (follows women’s DT)		400 IH
	Hammer – men (follows women’s HT)		200
			5000
			1600 Relay
			3200 Relay

TRACK INFORMATION

1. 400 Meter Super X Directional Mondo track (8 lanes) (maximum of 1/4” pyramid spikes – no pins)
2. Cement circles for Hammer, Discus, and Shotput

ADDITIONAL INFORMATION

1. Meet to be conducted by NCAA Rules.
2. Throwing implements will be weighed prior to competition.
3. All running events will be conducted in sections on time with the fastest section last
4. Starting Heights in the PV, and HJ will be decided by the meet director and will be at least **10’ for women and 13’ for men in the Pole Vault.**
5. Increments for the PV will be 15cm. and for the HJ 5cm.. Jumpers and Vaulters may have one run-through without the bar at their entering height.
6. Flights of 7-14 will take place in all other field events unless weather dictates the need for 1 flight. 8 to the finals
7. Seeding and Lane assignments will be done by computer
8. Upon arriving at the Steinbrenner Track, please come to the scorer’s table in the press box to announce any changes in your entries.
9. All entries will be done on Direct Athletics by April 17.

10. Unlimited entries per event at a cost of \$10.00 per athlete, per event (\$300 max. per team per gender) on the original roster. Please do not mail a check but bring check or cash with you to the meet. No entry fee, no compete.

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Todd Linder
Associate Head Coach
Patrick Barragan
Assistant Coach (vault)
Zach Haupt
Assistant Coach (jumps)
Peter McNaughton
Assistant Coach (sprints/hurdles)
Rich McNeil
Assistant Coach (throws)
Jeff Paterno
Assistant Coach (running)
Pete Sampson
Assistant Coach (running/recruiting)
Chi-Fong Wang
Assistant Coach (javelin)