

Friday Night Special

FINAL

February 21, 2020

Entry Procedures

Entries and Fees: All teams and unattached athletes must request entry into this meet.

Entry fee is \$350.00 per gender & \$20 for unattached athletes.

ALL entries must be submitted online at directathletics.com

Final Declarations: Your web entries will be your final declarations.

Seed Marks: Please list the athlete's best performance.

Team Packets: Team packets may be picked up at the scorer's table prior to the start of the meet. If running unattached, you must pay the \$20 fee before you compete.

Seed Marks: Please list the athlete's best performance from the 2018–current indoor season.

Inspection of Field Equipment:

1. All throwing implements must be weighed and checked at the scorer's table by the Head Weight & Measure judge. **WEIGH INS WILL BEGIN 45 MINUTES PRIOR TO COMPETITION.**
2. No throwing implements will be used without the official markings.
3. All throwing implements found to be non-regulation will be impounded until the completion of the event.
4. Each flight will receive a 20 minute warm-up period.

Field Event Notes:

There will be minimum marks in the Long Jump, Shot Put, and Weight Throw. All athletes will get one legal mark. Following a legal mark, all performances under the minimum will not be measured.

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The minimum marks will be:

Men's Long Jump: 5.79m

Women's Long Jump: 4.88m

Men's Shot Put: 10m

Women's Shot Put: 10m

Men's Weight Throw: 12m

Women's Weight Throw: 12m

Pole Vault – Men Opening Height: 2.50m with 15cm progressions.

Women Opening Height: 2.45m with 15cm progressions

MEET INSTRUCTIONS:

- All 200 Meter Participants **MUST** check in WHEN CALLED or they will be scratched from the event.
- ALL jumpers must check in with the first flight to receive specific instructions for the jumping competition.

Results: Results will be available as soon as possible following the meet. If you need to leave prior to the completion of the meet, complete results will be available through our sports information office. Please call (217)581-6408

EIUTM

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Field Events

2:00pm	Men	Weight Throw
To follow	Women	
Follows WT	Men	Shot Put
To follow	Women	
2:00pm	Men	Pole Vault
To follow	Women	
2:00pm	Men	Long Jump
To follow	Women	
Follows LJ	Men	Triple Jump
To follow	Women	
3:00pm	Women	High Jump
To follow	Men	

Running Events

3:00pm	Men	60 Hurdle Prelims
	Women	
3:25pm	Men	60 Meter Prelims
	Women	
3:50pm	Women	Mile
	Men	
4:20pm	Women	400 Meter
	Men	
4:45pm	Women	600 Meter
	Men	
4:55pm	Women	60 Hurdle Finals
	Men	
5:05pm	Women	60 Meter Finals
	Men	
5:15pm	Women	800 Meter
	Men	
5:45pm		FASTEST KID IN ASHMORE
6:00pm	Women	200 Meter
	Men	
6:20pm	Women	3,000 Meter
6:35pm	Men	
6:55pm	Women	4x400 Meter
7:00pm	Men	
7:15pm	Women	1000 Meter
7:20pm	Men	