

# EIU PANTHER TWILIGHT MEET INFORMATION

Friday, May 8<sup>th</sup>, 2015

Participating Teams:	<p>This is an open meet with field size limitations for field events.</p> <p>This is a Last Chance meet to achieve national qualifying standards. All entries are not guaranteed admittance. <u>All non-TFRRS entries must be verified and accepted by meet management.</u></p>
Entry Deadline:	Tuesday, May 5 <sup>th</sup> , noon CST
Entry Procedure:	Submit your entries at <a href="http://www.steepleweb.com/meet/8163">http://www.steepleweb.com/meet/8163</a> Your web entries will be your final declarations.
Entry Fees:	Collegiate Teams - \$20/individual \$250/team/gender Open/Club Entries - \$20/event
Open Entry Policy:	E-Mail <a href="mailto:tlakers@eiu.edu">tlakers@eiu.edu</a> with entry information prior to noon on TUE May 5 <sup>th</sup> for determination of entrance into the meet.
Team Entry Limit:	None
Throwing Events:	Field size in the Hammer, Javelin, Shot Put, and Discus will be limited to 24
5,000m Sections:	If entries determine 2 heats, the top 20 entries will run in Section 1 following the 4x400 Relays and Section 2 will run following the prelims at 4:45pm.
Allowed Spikes:	1/4" pyramids will only be allowed. NO Christmas Tree spikes allowed.
Packet Pick-Up:	Packets may be picked up in the stadium press box.
Athlete Check in:	All running event athletes must check in at least 20 minutes prior to your race at the clerking station located in the SW corner of the track. All field event athletes must check in at the event site at least 30 minutes prior to the event start time.
Warm-up Areas:	The infield turf and indoor track are available for athlete warm up.
Team Camps:	Team camps must be located in the stands and not on the infield.
Implement Weigh-in:	Weigh-ins will take place in the weight shed just outside the SW gate of the track.
Results:	Live Results will be available as well as posted on the press box.

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MEET SCHEDULE (Tentative as of 3-10-15)

## Running Events

4:00pm	M	110H prelims
	W	100H prelims
	M	100m Dash prelims
	W	100m dash prelims
4:45pm	M	5,000m Section 2 (if needed)
	W	5,000m Section 2 (if needed)
6:00pm	W	4 x 100 Relay
<u>Schedule to be set</u>	M	4 x 100 relay
<u>Based on entries</u>	W	1500
	M	1500
	W	100H Finals
	M	110H Finals
	W	100m Dash Finals
	M	100m Dash Finals
	W	400m Dash
	M	400m Dash
	W	800m Run
	M	800m Run
	W	400m Hurdles
	M	400m Hurdles
	W	200m dash
	M	200m dash
	W	3,000 Steeplechase
	M	3,000 Steeplechase
	W	4 x 400m Relay
	M	4 x 400m Relay
	W	5,000m Run Section 1
	M	5,000m Run Section 1

## FIELD EVENTS

### THROWS AREA

10:00am	M	Hammer
	W	Hammer (follow m ham)
	M	Shot (follow m ham)
	W	Shot (follow m shot)

Officials Break **30 minutes + 15 minute warmup**

TBA foll. SP	M	Discus
rolling	W	Discus
rolling	M	Javelin
rolling	W	Javelin

### JUMPS

Noon	W	Long Jump
	M	Long Jump
	W	Triple Jump
	M	Triple Jump

2:00pm	W	Pole Vault
	M	Pole Vault
2:00pm	W	High Jump
	M	High Jump