

# Coughlan-Malloy Cup

*Illinois State VS Indiana State*

**January 14<sup>th</sup>, 2023**

## Final Schedule of Events

11:45am National Anthem

### Field Events

12pm Weight Throw (W)

Follows Weight Throw (M)

12pm High Jump (W)

1pm Pole Vault (W)

Follows Pole Vault (M)

1pm Long Jump (W)

Follows Long Jump (M)

Follows Triple Jump (W)

Follows Triple Jump (M)

3:15pm Shot Put (W)

Follows Shot Put (M)

3:15pm High Jump (M)

### Running Events

1:30pm 60H (M) Prelims

1:40pm 60H (W) Prelims

1:50pm 60 (M) Prelims

2:00pm 60 (W) Prelims

2:10pm 60H (W) Finals

2:15pm 60H (M) Finals

2:20pm 60 (W) Finals

2:25pm 60 (M) Finals

2:50pm Mile (W)

3:00pm Mile (M)

3:10pm 400 (W)

3:20pm 400 (M)

3:30pm 800 (W)

3:40pm 800 (M)

3:50pm 200 (W)

4:00pm 200 (M)

4:10pm 3000 (W)

4:25pm 3000 (M)

4:40pm 4x400 Relay (W)

4:50pm 4x400 Relay (M)

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**January 14<sup>th</sup>, 2023**

**Entry Deadline:** Tuesday, January 11<sup>th</sup>, 2023 @ noon (CT) via Direct Athletics. Please send scratches to Mollie Dalton at [mrdalto@ilstu.edu](mailto:mrdalto@ilstu.edu) no later than 3pm (CT) on Thursday, January 12<sup>th</sup>.

**Entry Limit:** Entries are unlimited; no unattached entries are allowed.

**Scoring:** This will be a scored meet following the guidelines established by the NCAA for a dual meet. Points will be awarded as such in the open events: 5-3-2-1. Two participants per event per institution may score. Points will be awarded as such in relay events: 5-3. One team per institution may score.

**Meet Conduct Running Events:** The 60m and 60m H will be the only events where prelims and finals will be contested (if all lanes are used) and will only be run if more than 8 entries are entered.

**Meet Conduct Field Events:** All participants will be given 4 attempts with no finals in the Weight Throw, Shot Put, Long Jump, and Triple Jump.

**Starting Heights:** Will be determined by coaches from both teams in the vertical events.

**Relay Cards:** Turn in Relay Cards at the timer's station 15 minutes prior to the start of the event.

**Implement Weigh-In and Inspection:** All implements will be weighed next to the throwing rings inside Horton Field House. Weigh-in times are 11-11:45am for all implements.

**Team Bus Parking:** Team buses must park in the Ropp Lot G83 east of Horton Field House.

**Athletic Training Services:** Athletic trainers will be set-up near the finish line area.

**Facility:** Horton Field House  
180 N Adelaide St  
Normal, IL 61761

**Spikes:** Only ¼ inch Pyramid Spikes will be allowed.

**Running Event Warm-ups:** May be conducted on the track or infield provided that they do not interfere with the field event or running event competitions.

**Team Camps:** Team camps will be provided on the East concourse balcony located above the floor. Spectators will be directed to the West concourse balcony.

**Timing/Results:** Shazam Timing will provide live results throughout the meet.