

2010 Wash U Mini Meet

Friday, March 26th

NO SUNFLOWER SEEDS ALLOWED ON THE FIELD – ANYONE CAUGHT USING SUNFLOWER SEEDS ON THE FIELD WILL BE REMOVED – THE SEEDS DAMAGE THE FIELD.

Field Events (Weigh-ins 1-2:30 pm)

2:30 pm Javelin – Men's (Women's Follows)
3:00 pm Long Jump – Men's (Women's Follows) TJ FOLLOWS
Shot Put – Women's (Men's Follows)
Pole Vault – Men's (Women's Follows)
Hammer – Men's (Women's Follows) FOLLOWED BY DISCUS
HIGH JUMP – Women's (Men's Follows)

Track Events

4:00 pm 100 meter Hurdles Women
4:10pm 110 meter Hurdles Men
4:20 pm 1500 meter Run Women
4:30 pm 1500 meter Run Men
4:50 pm 4x 100 meter Relay Women
4:55 pm 4 x 100 meter Relay Men
5:00 pm 3,000 Steeplechase Women
5:15 pm 3,000 Steeplechase Men
5:30 pm 400 meter dash Women
5:35 pm 400 meter dash Men
5:45 pm 100 meter dash Women
5:50 pm 100 meter dash Men
6:00 pm 800 meter dash Women
6:05 pm 800 meter dash Men
6:20 pm 400 meter Hurdles Women
6:30 pm 400 meter Hurdles Men
6:45 pm 200 meter dash Women
6:55 pm 200 meter dash Men
7:10 pm 5,000 meter Women
7:35 pm 5,000 meter Men
7:55 pm 4 x 400 meter Relay Women
8:10 pm 4 x 400 meter Relay Men
8:25 pm 10K Combined

Entries:

Unlimited Entries, NO UNATTACHED.

\$175 per team (women and men separate, \$350 for both) or \$15 per athlete based upon initial entry form. Entries are due Wednesday March 24th @ 5pm and changes can be made until Friday March 26th @ noon on the website. Online entries @

<http://www.trxctiming.com/>

Bus Parking/Drop-off: Teams arriving in buses will need to drop off their athletes and park at the east end of campus in front of Brookings Hall at the corner of Skinker and Forsyth. Teams arriving in vans can park in spaces marked in yellow but are not allowed to park in metered parking or red parking spots.

Field Events: All throwing events and long & triple jump will consist of three attempts with the top nine athletes advancing to finals for three more attempts.

Scoring:

Meet will be scored in accordance with NCAA rules.

Packet Pickup:

Packets will be available at the press box.

Implement Weight-in:

Implement weight-in will take place from 1-2:30 pm at the equipment room in the northeast corner of the track.

Scratches/Declarations:

Scratches only will be taken the day of the meet. All field events report to competition area. No scratches or declarations need to be made. All running event participants will need to check into the declaration tent by the appropriate times listed to declare your intention to compete or you will be scratched. If you declare and don't compete you will be scratched from the meet. [Declaration Schedule](#)

Facilities:

Locker rooms will be available for showers following the meet. Please provide your own towels. Do not leave valuables in the locker rooms. Questions should be directed to [Andrew Koch](#) Manager of Facilities at 314-935-4703. Restrooms are located at Southeast Corner of Track.

Equipment:

The maximum allowable spike length will be 7mm (1/4 in). Pyramid spikes only. Blocks will be readily available. Please clean up your team area afterwards.

Results:

Live results throughout the meet. Performance list will be available after the entry deadline and flight sheets will be available Thursday March 26th at <http://www.trxctiming.com/>. Complete results will be available after the meet on the Washington University athletic website. <http://bearsports.wustl.edu>

Trainers:

Washington University Head Trainer [Rick Larsen](#) (314-935-6461) will have a tent with water and tables available starting at 2:00 p.m. Please bring your own supplies.

Teams (all men and women): Wheaton, Greenville, UW Platteville, Truman State, UW Stevens Point

Hotel Information:

<http://bearsports.wustl.edu/visitorguide.pdf>

Questions:

Please contact Lane Lohr @ 314-935-9089, Jeff Stiles @ 314-935-7307, or Seth Kelly

skelly@artsci.wustl.edu