



**St. Norbert Invitational**  
**March 30, 2019**  
**MEET INFORMATION**



**Participating Teams:** Lake Superior State, Michigan Tech, Northern Michigan

**Entry Deadline:** All entries must be received by 6:00 PM, Wednesday, March 27<sup>th</sup>, 2019

Entries can be done at <https://www.directathletics.com/meets/track/59218.html>

**NO Faxed entries will be accepted.** Entries are unlimited for all events, including relays.

**Enter all field marks in Metric ONLY.**

**Entry Fee:** Collegiate Teams \$200 per team/per gender(\$400 total for combined programs)  
\$25.00 charge for unattached participants.  
Unattached athletes, please e-mail Don Augustine ([don.augustine@snc.edu](mailto:don.augustine@snc.edu))

**Track:** Eight 48 inch lanes. Full-pour polyurethane 10mm surface.  
4 jump pits, 2 shot put rings, 1 hammer/discus, and 1 javelin runway  
Jumps, vault and javelin runways are all track surface

**Locker Room:** Locker rooms and showers are located underneath the home bleachers. There will be one locker room for Men and one for Women. Please provide your own locks and towels.  
No items should be left unattended in the locker rooms.

**Training Room/Athletic Trainers:** The training room (located in the End Zone Building) will be available to all teams prior to the start of the meet through the conclusion of the meet.  
**Please provide your own materials.**

**Team Camps:** **No team camps will be allowed inside the track.** Please make team camps in the west end of the complex on the outside of the track.

**Bus Parking:** Team busses should enter through the gate on Lost Dauphin Road (1600 Lost Dauphin Road, DePere, WI 54115).  
**Following drop-off of your teams, please park your team bus in the Syble Hopp parking lot(755 Scheuring Road De Pere, WI 54115)**

**Spikes:** ¼ inch pyramid only please. NO PINS or Christmas trees!!!

**Packets:** May be picked up inside the Classroom inside the EndZone Building

**Weigh In:** We will begin weighing implements in at 9:00 am. Weigh In will take place in the Storage Building near the Hammer/Discus Cage

**Timing:** Finish Lynx timing and all NCAA rules will govern the meet.

**Results:** Will be available immediately following the meet and online at [www.sportstats.ca/](http://www.sportstats.ca/) & [www.snc.edu/athletics](http://www.snc.edu/athletics)

**Scoring:** Top eight places score, 10-8-6-5-4-3-2-1. For relays, Only A teams will score



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**FIELD EVENTS**

Prelims followed by Finals- Top 9 will advance to Finals

9:30 a.m. – 10:45 a.m. WEIGH-IN

- 11:00 a.m. Pole Vault- Men followed by Women  
High Jump- Women followed by Men  
Long Jump- (2 pits...M&W) followed by Triple Jump (2 pits...M&W)  
Triple Jump- Starts 20 minutes after Long Jump
- 11:00 a.m. Hammer- Women followed by Men  
Shot put- Men followed by Women
- 12:45 p.m. Javelin- Men followed by Women  
Discus- Women Followed by Men(at the conclusion of the Hammer)

**RUNNING EVENTS**

Time Schedule: Rolling time schedule.

**WOMEN run first in all events**

**(I WILL HAVE AN APPROXIMATE TIME SCHEDULE ONCE WE HAVE THE FINAL HEAT SHEETS)**

- 12:30 p.m. 10,000 Meters(combined)  
1:30 p.m. 400 Meter Relay  
3,000 Meter Steeplechase  
100/110m Hurdles  
1,500 Meters  
400 Meters  
100m Dash  
800 Meters  
400 Meter Hurdles  
200 Meters  
5,000 Meters  
1,600 Meter Relay