



St. Norbert Twilight
April 18, 2019
MEET INFORMATION



Participating Teams: Cardinal Stritch, Lakeland, Lawrence, North Park, MSOE, Ripon, St. Norbert, Wisconsin Lutheran

Entry Deadline: All entries must be received by 12:00 PM, Tuesday, April 16th, 2019.

Entries can be done at <https://www.directathletics.com/meets/track/59219.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)

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. Once the meet starts, the trainers will only be available at the track and limited treatment will be provided.
Please provide your own materials.

Team Camps: **No team camps will be allowed inside the track.** Please make team camps in the south end of the bleachers or anywhere 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 North most part of the Stadium parking lot and turn off the engines until the conclusion of the meet.

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 2:00 pm. 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/ & 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

- 1:00 p.m. – 1:45 p.m. WEIGH-IN
- 2:00 p.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
- 2:00 p.m. Hammer- Women followed by Men
Shot put- Men followed by Women
- 4:45 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)

**THESE TIMES ARE FROM 2018...I WILL UPDATE WITH ENTRIES FROM THIS YEAR
THE WEEK OF THE MEET**

- 3:30 p.m. 10,000 Meters(*COMBINED*)
- 4:30 p.m. 400 Meter Relay(*M-1 Section, W-1 Section*)
- 4:45 p.m. 3,000 Meter Steeplechase(*M-1 Section, W-1 Section*)
- 5:05 p.m. 100/110 Hurdles(*M-2 Sections, W-2 Sections*)
- 5:25 p.m. 100m Dash(*M-3 Sections, W-3 Sections*)
- 5:40 p.m. 1,500 Meters(*M-1 Section, W-1 Section*)
- 6:00 p.m. 400 Meters(*M-2 Sections, W-2 Sections*)
- 6:15 p.m. 800 Meters(*M-2 Sections, W-2 Sections*)
- 6:45 p.m. 400 Meter Hurdles(*M-2 Sections, W-2 Sections*)
- 7:00 p.m. 200 Meters(*M-4 Sections, W-3 Sections*)
- 7:20 p.m. 5,000 Meters(*M-1 Section, W-1 Section*)
- 8:15 p.m. 1,600 Meter Relay(*M-1 Section, W-1 Section*)