

NORTHWOOD OPEN and MULTI EVENTS

APRIL 15-16-17, 2010

Hantz Stadium - Northwood University

AGAIN THIS YEAR: Decathlon / Heptathlon will be contested on Thursday and Friday!

ENTRY PROCEDURE and DEADLINES: There will be NO LIMIT on event entries. Whenever possible, please use Hy-Tek Meet Manager to enter your team / athletes for the meet. There will be a separate entry form for the Multi Event Athletes. **All entries are due on Tuesday April 13^h by 7pm.** Any scratches for Saturday's Meet will be due on Friday April 18th. Payment is due the day of competition (*multi's must pay on Thursday*).

ENTRY FEE: \$125.00 per team (*Men = \$ 125, Women = \$125*).
Unattached athletes = \$10 per athlete Northwood University Students w. valid ID are able to compete for no charge.
Multi-Event Fee = Additional \$25 per Athlete if Team is not competing on Saturday

TIMING / RESULTS: FAT Timing System will be used. Final results will be available at the conclusion of the meet and we will work to post results as the meet progresses.

TFRRS: We are set-up to add meet results. Please be sure your rosters are updated

EVENT DETAILS: We will have certified officials covering the event areas

Women will precede men in all running events

Opening Heights in the Pole Vault / High Jump will be determined at the site

Javelin will be contested utilizing a grass runway

All the athletes involved in throwing / horizontal jumps events will have **3 trials** before the top 8 advance to a final section. *If there are eight or less competitors, all will receive six trials.*

QUESTIONS: Josh Stryker, Northwood University 989.837.4473

Schedule of Events

Thursday April 15th

11:30 Decathlon (100 Meters, Long Jump, Shot Put, High Jump, 400 Meter Dash)

12:00 Heptathlon (100 Meter Hurdles, High Jump, Shot Put, 200 Meter Dash)

Friday April 16th

10:00 Decathlon (110M Hurdles, Disc, PV, Jav, 1500M)

11:00 Heptathlon (Long Jump, Javelin, 800M Run)

Saturday April 17th

THROWING EVENTS PROGRESSION

Start Time: 11:00am

Women: Shot Put Men: Hammer

Women: Hammer Men: Shot Put

After conclusion of Women's Hammer ...

Men: Discus Women: Discus

Start Time: 1:00pm

Men: Javelin Followed by ... Women: Javelin

JUMPING EVENTS PROGRESSION

Start Time: 11:00am

Women Pole Vault (**followed by Men**)

Women Long Jump (**followed by Men**)

Men High Jump (**followed by Women**)

After conclusion of Men's Long Jump

Women Triple Jump (**followed by Men**)

ORDER OF RUNNING EVENTS / ROLLING TIME SCHEDULE

10:00am Men and Women Combined 10k

11:00am: 100 / 110m Hurdle Preliminaries

11:30am: 100m Preliminaries

NOON 3000m Steeple
4 x 100m Relay

1500m

100 / 110m Hurdle FINALS

400m

100m FINALS

800m

400m Hurdles

200m

5000m

3000m (women)

4 x 400m Relay