

April 30, 2010 NORTHWOOD INVITE

Hantz Stadium - Northwood University

All events begin @ 4:00pm

FIELD EVENTS

4:00pm Hammer Throw Men then Women

Discus to follow

4:00pm Long Jump Men then Women

Triple Jump to follow

5:00pm High Jump Women then men

RUNNING EVENTS

Women run first in all events. Heats will run fast to slow

4:00pm: 100 / 110m Hurdle Preliminaries

4:30pm: 100m Preliminaries

- if no prelims are necessary, we will begin all running events at 4:45 -

4:45pm: 1500m

400m

4 x 100m Relay

100 / 110m Hurdles FINALS

100m FINALS

800m

400m Hurdles

3000m

4 x 400m Relay

We will follow a rolling schedule

EVENT DETAILS: This is a limited entry meet. There are no lights available at the stadium so we need to run an efficient meet and keep things moving.

ENTRY LIMITATIONS: Please note that athletes may compete in **ONE** individual running event and **ONE** relay. Field events are unlimited, but if field sizes are large, we will enforce a minimum mark for measurement. Opening height for high jump will be determined at the site

ENTRY FEE: \$125.00 per team (*Men = \$ 125, Women = \$125*) Unattached athletes = \$5 per athlete.
If you participated a full team at the 2010 NU Open, the entry fee will be waived!

TIMING and OFFICIALS: FAT will be used and we will have certified officials

ENTRY FORMS AND QUESTIONS: Josh Stryker 989.837.4473 or strykerj@northwood.edu