Wendy’s Track & Field Challenge

Alksnis Athletics and Recreation Building

Aquinas College

Tuesday, March 26, 2019

**MEET ENTRY:** Limited to 24 boy’s teams and 24 girl’s teams

**ENTRY FEE:** $200 per team. Boys and girls teams = $400. Entry fees must be paid online with a credit card through Athletic.net when you make your entries.

**ENTRIES:** All entries done through Athletic.net. Entries due 6:00 PM the day before the meet. You must pay your entry fee online with a credit card on Athletic.net when you enter your athletes.

**TIMING:** FAT Timing with video board results display.

**RESULTS:** Hard copy posted following each event and available online at the conclusion of the meet.

**AWARDS:** Medals to top six place-winners.

**LOCKER ROOMS:** No locker rooms or showers available.

**SPIKES:** ¼ inch spikes or shorter. No **CHRISTMAS TREE** or **NEEDLE/PIN** spikes allowed. Spikes allowed on track level only. No spikes in viewing areas, hallways or gym. Shoes will be checked and tagged when you enter the track level. Competing while wearing improper spikes will result in disqualification.

 

**ADMISSION:** $5 for all spectators. **NO SPECTATORS ON TRACK LEVEL**.

**WARMUPS:** Athletes may use the Sturrus Gym for warm-ups and team camps. No team camps allowed on the turf area. No coaches allowed on the turf area with the exception of the coaching box for high jump, pole vault and shot.

**FOOD:** No food or drinks (except water) are allowed on the track/turf area.

**SCHEDULE OF EVENTS/ENTRY LIMITS**

**Running Events/Entry Limitations**

4:00 PM 3200 Meter Relay - 1 entry per team

 60 Meter Dash Semi – 2 entries per team

 60 Meter Hurdles – 2 entries per team

 Medley Relay (400/200/200/400) – 1 entry per team

 60 Meter Hurdle Final – top 16 to finals

 1600 Meter Run – 3 entries per team

 60 Meter Dash Final – top 16 to finals

 800 Meter Relay (200/200/200/200) – 1 entry per team

 800 Meter Run – 3 entries per team

 1600 Meter Relay (400/400/400/400) – 1 entry per team

**Field Events/Entry Limitations**

4:00 PM Boy’s Long Jump (open pit/4 jumps) – 2 entries per team

 Girl’s Long Jump - to follow boys (open pit/4 jumps) – 2 entries per team

4:00 PM Girl’s High Jump (4-2/4-5/4-8/4-10/5-0) - 2 entries per team

 Boy’s High Jump – to follow girls (5-4/5-8/5-10/6-0)

4:00 PM Boy’s Shot Put (4 Throws no finals) – 2 entries per team

 Girl’s Shot Put – to follow boys (4 Throws no finals) – 2 entries per team

4:00 PM Girl’s Pole Vault (7-0/8-0/9-0/9-6) – 2 entries per team

 Boy’s Pole Vault follows girl’s (9-0/10-0/11-0/12-0/12-6) – 2 entries