# UWO Tri-Alumni Meet <br> Saturday, January 18th, 2020 <br> Kolf Sports Center 

Teams: Lawrence University, Marian University, UW-Oshkosh, UWO Alumni
Entry Procedure: Entries will be done online ONLY - Please email head coach Justin Kinseth at kinsethj@uwosh.edu your Name, Event(s), and Seed marks by the deadline listed below.

## Online entry procedure:

- Please use reasonable and fair entry marks from TFRRS
- Enter 0.0 for any "no measure" or "no time" performances
- Additions/changes may not be made after entries are closed


## Entry Fee:

\$200 for Men's team
\$200 for Women's team
$\$ 20$ per individual/unattached (not to exceed $\$ 200$ per team/gender)
Cash or institutional check-payable to UW Oshkosh Track \& Field; no personal checks

## Entry Deadline: Thursday, January 16th at NOON

Weigh-in: All implements must be weighed prior to competition @ competition venue. Illegal implements will be impounded - pick up after event ends.
Weigh-in time: 9:15am-10:00am
Finals: Field events -9 advance to finals; $60 \mathrm{~m} / 60$ Hurdles -8 advance to finals
Scoring: Individuals: 10-8-6-5-4-3-2-1
Relays: 10-8-6-5-4-3-2-1 (one relay per institution shall score)
Starting Heights: will be determined when heat sheets are completed
Please make sure your team camps are compact on the infield and out of the way of the competitive areas. Spikes are not allowed on the infield.

If you have any questions, please contact Head T\&F Coach Justin Kinseth at 920-424-7134 or kinsethj@uwosh.edu

## UWO Alumni Meet Saturday, January 18th, 2020 <br> Kolf Sports Center

TRACK EVENTS: Schedule is tentative, we will adjust once we receive entries/heats.

10:30am $\quad 60 \mathrm{~m}$ Dash Prelims ( $2 \mathrm{w}, 3 \mathrm{~m}$ )
10:45am Mile Run (1w, 1m)
11:05am 400 m Dash ( $2 \mathrm{w}, 1 \mathrm{~m}$ )
11:20am 60 m Dash Finals (1w, 1m)
11:30am $\quad 60 \mathrm{~m}$ Hurdles Finals ( $1 \mathrm{w}, 1 \mathrm{~m}$ )
11:40am 800 Meter Run (1w, 1m)
11:50pm Kid's 200m Race (1 race)
12:05pm $\quad 200 \mathrm{~m}$ Dash ( $5 \mathrm{w}, 5 \mathrm{~m}$ )
12:40pm 3000 Meter Run (1w, 1m)
1:10pm REIL Mile (1 race combined gender)
1:25pm 4X400 Meter Relay (1w, 1m)

- Women will race first in all track events. *


## FIELD EVENTS:

10:00 Pole Vault Women THEN Men
10:00 Long Jump Women THEN Men
Triple Jump to start 20 minutes after completion of Long Jump
10:00 High Jump Women THEN Men
10:00 Women's Weight Throw
Men's Weight Throw
Women's Shot Put
Men's Shot Put

