## UWO Tri-Alumni Meet Saturday, January 18th, 2020 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 <u>kinsethj@uwosh.edu</u> 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; 60m/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 Kolf Sports Center

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

- 10:30am 60m Dash Prelims (2w, 3m)
- 10:45am Mile Run (1w, 1m)
- 11:05am 400m Dash (2w, 1m)
- 11:20am 60m Dash Finals (1w, 1m)
- 11:30am 60m Hurdles Finals (1w, 1m)
- 11:40am 800 Meter Run (1w, 1m)
- 11:50pm Kid's 200m Race (1 race)
- 12:05pm 200m Dash (5w, 5m)
- 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 VaultWomen THEN Men10:00 Long JumpWomen THEN MenTriple 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