Westminster College
Westminster Invitational
Saturday, April 14th, 2018

Westminster College will be using the THE TIMING CREW for its 2018 Track & Field Invitational. The entry fee is $160 for men's teams and $160 for women's teams ($15 for individual entries).

Entries will be done using Direct Athletics. Entries are due by April 12th at 11:59AM. Any questions can be E-mailed to mcneiltj@westminster.edu. My phone number is 330 219 3057.

Meet open to all college athletes and those athletes that are older than high school age.

**FIELD EVENTS:**

*Friday, April 13th—HAMMER Throw at CMU- Women at 3:30/ Men at 5:30* please contact Gary Aldrich
  Head Track & Field Coach at CMU for details-- galdrich@andrew.cmu.edu

*Sat: April 14th*

10:00AM- Long Jump* (Men in Outer Pit/Women in Inner Pit)
  Shot Put- Women followed by Men
  Discus- Men followed by Women
  Javelin- Women followed by Men (All weather Surface Runway)

10:30 AM High Jump- Women followed by Men
11:00AM Pole Vault Men followed by Women

**Triple Jump*** WOMEN Followed by Men  (Upon Completion of Long Jump)
  Women’s “B” Standard Triple Jump will begin 30 Min after women’s Long Jump
  Women’s A will begin 30 min after Men’s Long Jump

**RUNNING EVENTS:** Rolling Time Schedule, Women Run First in All Events

10:00 AM 10000 Meters (M/W run together)

**5000 METERS** All Sections
  400m Relay
  1500m
  100m/110m Hurdles
  400m
  100m
  800m
  400m Hurdles
  200m (ENTRY LIMIT OF 5 Athletes)
3000m Steeplechase
1600m Relay

*Long Jump and Triple Jump will have minimum marks to be determined by entries.

**Field Events:**

Minimum Marks in Field Events. All athletes will get first attempt measured no matter the distance. After the first attempt, no mark will be measured that does not clear the scratch line. Three attempts in Horizontal Jumps/Throws and 9 to Finals.

The Women will use the Inner Runway for the Long Jump. The Women’s Triple Jump “B” Flight will use the Inner Runway as well. The Outer Pit will be used for all Men Long Jump and Triple Jump and “A” Group Women’s Triple Jump.

- Long Jump: Determined by Entries
- Triple Jump: Determined by entries
- Shot Put: M-11.00/ W-9.00
- Discus: M-30.00/W 25.00
- Javelin: M-33.00/W-23..00

Opening Heights for High Jump and Pole Vault will be determined by entries.

Hammer Throw will be contested at Carnegie Mellon U. ON FRIDAY please contact Gary Aldrich Head Track & Field Coach at CMU for details-- galdrich@andrew.cmu.edu

**Running Events:**

All Events are Final. The fastest heat (according to seed times) will run first. Schedule will be rolling. *No plans at this point to reseed 200 but may do that after check in.*

Results:
www.timingcrew.com