

DELAWARE OPWN
Sunday, April 28, 2019
University of Delaware Grant Stadium
621 South College Ave. Newark, DE 19716
All New 8 lanes all-weather Beynon Track and Field Surface

ROLLING SCHEDULE

*Time schedule subject to change

Field Events

10:30	AM	Women's Long Jump (Pit A)	Finals
10:30	AM	Men Long Jump (Pit B)	Finals
10:30	AM	Women's Pole Vault	Finals
		Men's Pole Vault to follow	
10:30	AM	Women's Hammer (Circle 1)	Finals
10:30	AM	Men's Hammer (Circle 2)	Finals
10:30	AM	Women's Javelin	Finals
		Men's Javelin to Follow	Finals
12:30	PM	Women's Shot Put	Finals
		Men's Shot Put to Follow	Finals
1:00	PM	Women Triple Jump (Pit A)	Finals
1:00	PM	Men Triple Jump (Pit B)	Finals
1:00	PM	Women High Jump	Finals
		Men High Jump to Follow	Finals
2:30	PM	Women Discus Throw	Finals
		Men's Discus to Follow	Finals

RUNNING EVENTS - Women, then Men

11:00	AM	Women 5000 Meter	Finals
11:30	AM	Men 5000 Meter	Finals
12:00	PM	Women 3000 Meter Steeplechase	Finals
12:20	PM	Men 3000 Meter Steeplechase	Finals
12:35	PM	Women 4x100 Meter Relay	Finals
12:40	PM	Men 4x100 Meter Relay	Finals
12:45	PM	Women 1500 Meter Run	Finals
12:50	PM	Men 1500 Meter Run	Finals
1:05	PM	Women 100 Meter Hurdles	Finals
1:15	PM	Men 110 Meter Hurdles	Finals
1:25	PM	Women 400 Meter Dash	Finals
1:40	PM	Men 400 Meter Dash	Finals
1:50	PM	Women 100 Meter Dash	Finals
2:00	PM	Men 100 Meter Dash	Finals
		50m Alumni/Kids Race	
2:15	PM	Women 800 Meter Run	Finals
2:25	PM	Men 800 Meter Run	Finals
2:35	PM	Women 400 Meter Hurdles	Finals
2:45	PM	Men 400 Meter Hurdles	Finals
2:55	PM	Women 200 Meter Dash	Finals
3:05	PM	Men 200 Meter Dash	Finals
3:15	PM	Women 3000 Meter Run	Finals
3:35	PM	Men 3000 Meter Run	Finals
4:00	PM	Women 4x400 Meter Relay	Finals
4:15	PM	Men 4x400 Meter Relay	Finals

** Meet will operate on a Rolling Schedule - Listen for Calls

NOTES

Entry Fee:

- 10 athletes or more - \$300 per gender/\$600 per co-teams
 - Unattached/under 10 Athletes - \$25 per event (2 or more events - \$50)
 - Make checks payable to "University of Delaware"
 - Entry fees will be accepted the day of the meet by check and/or cash ONLY
 - Check-in will be located in the blue container next to the track
-
- Heat sheets and meet results will be provided at <https://results.lexicontiming.com/meets/2186>
 - Please report all scratches prior to or upon arrival
 - All events will be seeded except for Men and Women's 200 Meter and 4x400 Meter Relay
 - Warmup space will be available on the two practice football fields located around the corner from the track
 - All running events will be run as timed finals
 - All field events will get 3 throws – 9 to finals with 3 additional throws
 - Shot put, discus, and hammer circles are cement
 - Javelin is thrown from the track surface
 - Only 1/4" spikes on the running, jumping, and javelin surfaces
 - Event will run slow to fast
 - There will be concessions available on-site for the duration of the event
 - Weather:TBD

Directions:

From the North and the East:

I-95 South to Delaware exit 1-B, Route 896 north. The David Nelson Athletic Complex, marked by the Bob Carpenter Sports/Convocation Center is located on the right just after Routes 4/896 intersection.

Buses should turn right at the intersection of Route 4 and take a left into the back of the complex. Follow the attached map for the rest of the route and parking at STAR campus.

From the South and the West:

I-95 North to Maryland Exit 109B, Route 279 north (also called Route 2). Proceed on this road which becomes Elkton Road into Newark. Turn right at the intersection of Routes 2 (279) and 4. Turn left at intersection of Routes 4/896. The David Nelson Athletic Complex, marked by the Bob Carpenter Sports/Convocation Center is located on the right.

Buses should turn right at the intersection of Route 4 and take a left into the back of the complex. Follow the attached map for the rest of the route and parking at STAR campus.