

College of Saint Scholastica

"THE OPENER"

December 8, 2018

Participation: This is a closed invitational meet with the exception of redshirt athletes from participating institutions and athletes specifically invited by the host institution.

Teams: The College of St. Scholastica (men and women), University of Wisconsin Superior (men and women), University of Minnesota Duluth (men and women), Bemidji State University (women), St. Catherine University (women), Northern Michigan University (women), University of Northwestern Saint Paul (men and women), Lakehead University (men and women)

Facility: 6 lane (8 sprint lane) 200 meter Beynon Sports encapsulated surface. Spikes are allowed on all competition areas **EXCEPT THE HIGH JUMP**. ¼-inch pyramid spikes are permitted.

Entry: \$150 per team per gender, \$300 combined, \$20 per individual athlete (no un-attached athletes except those associated with competing teams; e.g.: redshirt athletes; and athletes who personally contact the CSS head coach).

Entry Process: Will send link when it becomes available; Entries are due Thursday at noon.

Locker Rooms: There are general use locker-rooms/bathrooms adjacent to the track, but these are small rooms which are open to general use, so please limit your use, and visiting athletes and teams may not leave items in the locker rooms.

Team Camps: Teams will camp on the western half of the upper jogging track.

Weigh-In: The weigh in period is from 10:00 a.m. – 10:30 a.m. so please get your implements weighed during this time period; the weigh-ins will occur near the throwing cage at the north end of the track. The weigh-in official will also be running the throwing events, so I want this to be done during the specified time.

Advancement to Finals in throws and horizontal jumps: The top eight competitors (plus anyone who is tied for the eighth spot) will advance to the final in each of these field events.

LJ/TJ/WT/SP: 3 preliminary attempts, plus 3 more attempts to top 8 in finals.

Admission Charge: There will be a \$5.00 charge for spectators over the age of 12. Coaches, if you have family coming to watch, please get me their names so they can get in free of charge.

The Opener Meet Schedule

Field Events begin at 11:00 AM

- 11:00 AM - Weight Throw (Women) - Men to follow
- 11:00 AM - Long Jump (Men) - Women to follow
- 11:00 AM - Pole Vault (Men) – Women to follow
- 11:00 AM - High Jump (Women) – Men to follow
- After completion of women's weight throw - Shot Put (Women) – Men to follow
- After completion of men's long jump - Triple Jump (Men) - Women to follow

The top eight competitors will move on to finals in WT, SP, LJ, and TJ

Running Events begin at 11:30 am.

- 5,000 Meter Run Final (men followed by women)
- 60 Meter Hurdle Prelim (women followed by men)
- 60 Meter Dash Prelim (men followed by women)
 - Any 60 meter events with fewer than nine entrants will be run as finals at this point in the schedule
- 1 Mile Run Final (men followed by women)
- 400 Meter Run Final (men followed by women)
- 600 Meter Run Final (men followed by women)
- 60 Meter Hurdle Final (men followed by women)
- 60 Meter Dash Final (men followed by women)
- 800 Meter Run Final (men followed by women)
- 200 Meter Dash Final (men followed by women)
- 3,000 Meter Run Final (men followed by women)
- 4 x 400 Meter Relay Final (men followed by women)