Leon Johnson NSU Invitational

DATE: Friday, April 12th, 2019

SITE: Walter P. Ledet Track Complex, Northwestern State University

SCHEDULE: See Attachment **It will be a rolling schedule**

ENTRY PROCEDURE: All entry procedures should be completed using Direct Athletics (www.directathletics.com)

ENTRY FEE: The entry fee is $300.00 per team ($600.00 for both men and women). No Partial Team Pricing Checks should be made payable to “Demons Unlimited Foundation – Track & Field.”

Unattached Athletes: $25.00. Unattached athletes must request entry into the meet with their name, event(s) and mark(s) by emailing Adam Pennington at penningtonc@nsula.edu no later than Tuesday, April 9th at 12:00 p.m. If your entry has been accepted, a return email will be sent with notification. All unattached athletes must pay entire fee on Direct Athletics at the time of entry.

ENTRY DEADLINE: 10:00 p.m., Tuesday, April 9th

MEET FORMAT: -All heats will be run against time with no finals.
-Field events will have both prelims and finals.

SCORING: This will be non-scoring meet.

RULES: NCAA rules will apply.

SPECTATOR ENTRY: Spectators should enter through main gate at the soccer complex. Admission is $5.00 per day

CHECK IN: - All athletes must check in at least 30 minutes prior to their event.
- The clerk of the meet will be set up in a tent by the scoreboard located at the south end of the track.

-Spike Length will be checked at check-in. Only ¼ pyramid spikes will be allowed.
-Not having correct spikes will be considered a scratch from the event.

TEAM AREAS: Teams will be allowed to set up their team areas inside the fenced area of the track complex.

HEAT SHEETS: Heat sheets will be in each teams’ packet, which will be available for pickup one hour before the meet begins.

IMPLEMENTS: Implements will be certified inside the enclosed building located inside the gate, on the south end of the track between 8:00 – 10:00 a.m.
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Schedule of events
April 12th, 2019

Field Events

10:00 a.m.  Women  Discus  (followed by men)
            Men    Shot Put  (followed by women)

11:00 a.m. Women  Long Jump  (followed by men)
            Women  Pole Vault  (followed by men)
            Men    High Jump  (followed by women)

2:00 p.m.  Men    Hammer   (followed by women)
           Women  Javelin  (followed by men)

2:30 p.m.  Women  Triple Jump  (followed by men)

Running Events  **This will be a ROLLING SCHEDULE**
Women’s events will run first followed by men’s.

1:00 p.m.  3000 Meter Steeplechase
           4x100 Meter Relay
           1500 Meter Run
           100 Meter Hurdles
           110 Meter Hurdles
           400 Meter Dash
           100 Meter Dash
           800 Meter Run
           400 Meter Hurdles
           200 Meter Dash
           5000 Meter Run
           4x400 Meter Relay