

Meet Information

Scoring: We will score two (2) per institution in each individual event.

Individual events: 7-5-4-3-2-1

Relays: 7-5-4

A team score will be kept for each gender and a traveling cup will be awarded to the institution with the highest combined (men's and women's) point total.

Entries

No limit on the number of entries per event and we need not designate scorers. Only one (1) relay entry per institution. Roster limit per gender is 26. Team rosters should be emailed to the host institution 72 hours prior to the start of the competition. This should allow sufficient time for printing of programs and assigning numbers.

Seeding

Field events will be seeded in random order.

800, 1000, Mile and 3000 will be seeded in random order.

60, 60H, 200, 400, 600yds and 4x400 will be seeded as follows:

60 and 60H: lane combinations (4-6-8), (1-3-7), (2-5)

200 and 400: (5-3), (6), (4)

600 yds: (5-3), (4), (6)

4x400: (5), (4), (6)

We will not use lanes 1 and 2 in the 200m through 600 yards. Drawing will take place first for the event and then lane assignment. Each institution would then place their athlete(s) of choice in their drawn lanes. We will do each gender separately.

Seeding Meeting

We will meet at 6 p.m., Thursday, January 13, 2022 at the Dolph Simons Conference room located on the first floor of the Wagnon Student Athlete Center. Preferably the head coaches will represent each institution. Each head coach will have prepared in advance their entries on separate 3x5 index cards, their entries in order to facilitate a quick and efficient process. Doing our seeding in this manner prevents the host institution from seeing other schools entries in advance. This also ensures that each institution will benefit from earning preferred lanes in at least two of the six seeded events (per gender). Black Squirrel timing will attend the meeting to process the entries. Each team's rosters have been downloaded by Direct Athletics, which should help speed up the data entry.

High Jump & Pole Vault Increments

Women's High Jump

1.53m	5-0.25 ft.
1.58m	5-2.25 ft.
1.63m	5-4.25 ft.
1.68m	5-6 ft.
1.73m	5-8 ft.
1.78m	5-10 ft.
1.83m	6-0 ft.
1.86m	6-1.25 ft.
1.89m	6-2.25 ft.

Men's High Jump

1.89m	6-2.25 ft.
1.94m	6-4.25 ft.
1.99m	6-6.25 ft.
2.04m	6-8.25 ft.
2.09m	6-10.25 ft.
2.14m	7-0.25 ft.
2.19m	7-2.25 ft.
2.22m	7-3.25 ft.
2.25m	7-4.5 ft.

Women's Pole Vault

3.21m	10-6.25 ft.
3.36m	11-0.25 ft.
3.51m	11-6.25 ft.
3.66m	12-0 ft.
3.81m	12-6 ft.
3.96m	12-11.75 ft.
4.06m	13-3.75 ft.
4.16m	13-7.75 ft.
4.26m	13-11.75 ft.
4.31m	14-1.75 ft.
4.36m	14-3.5 ft.
4.41m	14-5.5 ft.

Men's Pole Vault

3.57m	11-8.5 ft.
3.87m	12-8.25 ft.
4.17m	13-8.25 ft.
4.32m	14-2 ft.
4.47m	14-8 ft.
4.62m	15-1.75 ft.
4.77m	15-7.75 ft.
4.92m	16-1.75 ft.
5.07m	16-7.5 ft.
5.22m	17-1.5 ft.
5.32m	17-5.5 ft.
5.42m	17-9.25 ft.
5.52m	18-1.5 ft.
5.62m	18-5.25 ft.

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MEET SCHEDULE

FIELD EVENTS

TIME	EVENT	
3 p.m.	Women's Weight Throw	Final
3 p.m.	Women's Long Jump	Final
3 p.m.	Men's Long Jump	Final
3 p.m.	Women's High Jump	Final
4 p.m.	Women's Pole Vault	Final
4:15 p.m.	Men's Weight Throw	Final
4:30 p.m.	Men's High Jump	Final
5:30 p.m.	Women's Shot Put	Final
5:30 p.m.	Men's Pole Vault	Final
5:30 p.m.	Women's Triple Jump	Final
5:30 p.m.	Men's Triple Jump	Final
6:45 p.m.	Men's Shot Put	Final

TRACK EVENTS

TIME	EVENT	
5 p.m.	Women's One-Mile Run	Final
5:08 p.m.	Men's One-Mile Run	Final
5:20 p.m.	Women's 60-Meter Hurdles	Final
5:27 p.m.	Men's 60-Meter Hurdles	Final
5:34 p.m.	Women's 400-Meter Dash	Final
5:40 p.m.	Men's 400-Meter Dash	Final
5:47 p.m.	Women's 600-Yard Run	Final
5:52 p.m.	Men's 600-Yard Run	Final
6:02 p.m.	Women's 60-Meter Dash	Final
6:09 p.m.	Men's 60-Meter Dash	Final
6:14 p.m.	Women's 800-Meter Run	Final
6:20 p.m.	Men's 800-Meter Run	Final
6:25 p.m.	Women's 1,000-Meter Run	Final
6:32 p.m.	Men's 1,000-Meter Run	Final
6:39 p.m.	Women's 200-Meter Dash	Final
6:45 p.m.	Men's 200-Meter Dash	Final
6:53 p.m.	Women's 3,000-Meter Run	Final
7:08 p.m.	Men's 3,000-Meter Run	Final
7:25 p.m.	Mixed 4x400-Meter Relay	Final