

EMPORIA TRACK CLUB TWILIGHT TRACK AND FIELD MEET

May 26, 2009
TUESDAY EVENING 6:00 pm

*EMPORIA STATE UNIVERSITY
WELCH STADIUM*

**Witten Track - Site of the 1995 & 1999 and 2006 NCAA Division II National
Championships**



USATRACK & FIELD™
MISSOURI VALLEY

Sanctioned

- MEET DIRECTOR:** Mark Stanbrough 620-341-5399
4040 Graphic Arts Rd
Emporia, KS 66801
e-mail: stanbrom@emporia.edu
- AGE DIVISIONS:**
- | | |
|--------------------------|-----------------------------|
| Primary (Ages 8 & under) | Intermediate (Ages 15 & 16) |
| Bantam (Age 9 & 10) | Senior (Ages 17 & 18) |
| Midget (Age 11 & 12) | Open (19-39) |
| Youth (Ages 13 & 14) | Masters (40 and above) |
- * The age determining date is based on the year of birth.
Some age groups may compete together, but will be separated for places and awards.
- ENTRIES:** All entries will be done on the field when you arrive at the meet.
- ENTRY FEE:** Two dollars per event entered.
- AWARDS:** Ribbons will be given to the top three finishers in each event.
- RUNNING EVENTS:** All running events will be heats against time.
There will be no preliminaries.
- FIELD EVENTS:** Each competitor will receive 4 trials. Three consecutive misses for the high jump.
- FACILITY:** The track is all-weather polyurethane.
Only short spikes will be allowed.

SCHEDULE OF EVENTS

FIELD EVENTS

6:00	Long Jump*	P	B	MI						(boys east pit/girls west pit)
6:00	High Jump		Y	I	S	O	M			(girls followed by boys)
6:00	Shot Put	P	B	MI						(boys followed by girls)
7:00	Long Jump*		Y	I	S	O	M			(boys followed by girls)
7:00	High Jump	P	B	MI						(girls- followed by boys)
7:00	Shot Put		Y	I	S	O	M			(boys followed by girls)
7:00	Turbojav	P	B	MI						

*You have one hour to complete your long jumps.

RUNNING EVENTS

ORDER OF COMPETITION

6:30	2000 meter Steeplechase									
	80 Meter Hurdles									MI
	100-110 Meter Hurdles								Y	I S O M
	50 Meter Dash	P		B						
	1500 Meter Run			B		MI	Y	I	S	O M
	4X100 Meter Relay	P		B		MI	Y	I	S	O M
	200-400 Hurdles						Y	I	S	O M
	400 Meter Dash	P		B		MI	Y	I	S	O M
	100 Meter Dash	P		B		MI	Y	I	S	O M
	800 Meter Run			B		MI	Y	I	S	O M
	200 Meter Dash	P		B		MI	Y	I	S	O M
	3000 Meter Run					MI	Y	I	S	O M
	4 x 400 relay									

NOTE: The time schedule is a rolling schedule. One event will follow another as soon as possible. Please be aware of event progress.

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