Eligibility: UW-Eau Claire, UW-Platteville, UW-Stevens Point

Entry Fee: Entry Fee is $200.00 per team/ $400.00 for both men’s and women’s teams, or $20.00 per individual. Make check payable to UW-Stevens Point Track & Field.

Entries: All entries will be submitted online. To enter go to:

www.directathletics.com – WIAC Tri

Entries: Unlimited entries will be allowed for all individual and events relays. No additions, changes, or substitutions will be allowed on meet day.

Seed marks are encouraged to be verifiable from an indoor meet within the last year. If one is not available an honest estimated mark can be used.

Open/Unattached athletes must enter by registering through Direct Athletics. An entry fee, of $30, must be paid by credit card at the time of registration.

Online entry begins on Sunday, January 19th @ 6:00 am.

Final Declaration of entries is due Thursday, January 23rd @ 11:59 am.

Info Pickup: Please pickup your meet information packet, pay entry fee, and make scratches at the finish line upon arrival.

Track: The track is 200 meters unbanked Mondo FXT. ¼” exposed Pyramid Spikes only. No pin spikes are allowed. Spikes will be checked by the clerks. See enclosed sheet.

Long Jump: Distance from board to sand is 8 feet. 120 feet of approach on outside of the track.

Triple Jump: There are 4 boards with distances from the pit being 28, 32, 36, 40 feet. Unlimited approach.

High Jump/Pole Vault: On track infield. Unlimited approach, ¼” exposed Pyramid only. No pin spikes are allowed.

Shot Put/Weight: On track infield.

Locker Rooms: Locker rooms and showers are located in the Quandt Fieldhouse located directly next to the track. Please provide your own towels and locks. No items should be left unattended.

Training Room: Trainers and training room facilities will be available at the track area. Please provide your own supplies.

Team Areas: No team camps are allowed on the infield of the track, due to two throwing areas. All team camps must be in the hallway outside the track area.

Absolutely no food or drink allowed inside the fieldhouse. Only water is allowed inside the field house and track area. Electronic equipment is not allowed inside the competition areas as per NCAA Rules, this includes IPods, cell phones, etc.
UW-STEVENS POINT TRACK & FIELD
TIME SCHEDULE/ORDER OF EVENTS
Saturday, January 25th, 2020

This schedule has only the order of events; it does not list specific times for each event:
A specific time schedule will be provided

FIELD EVENTS:  3:30
We will run two rings at the same time if the number of throwers dictates that need

<table>
<thead>
<tr>
<th>Event</th>
<th>Gender</th>
<th>Ring (Location)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight Throw</td>
<td>Men</td>
<td>(East Ring)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Women</td>
<td>(West Ring)</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Men</td>
<td></td>
</tr>
<tr>
<td>High Jump</td>
<td>Women</td>
<td></td>
</tr>
<tr>
<td>Long Jump</td>
<td>Men</td>
<td></td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Women</td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Women</td>
<td>(immediately following completion of men's vault)</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Men</td>
<td>(immediately following completion of men’s weight)</td>
</tr>
<tr>
<td>20# Weight</td>
<td>Women</td>
<td>(immediately following completion of the men’s weight)</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Women</td>
<td>(immediately following completion of men's long jump)</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Men</td>
<td>(immediately following completion of women's triple jump)</td>
</tr>
<tr>
<td>High Jump</td>
<td>Men</td>
<td>(immediately following completion of women's high jump)</td>
</tr>
</tbody>
</table>

RUNNING EVENTS:  4:00 PM
(All events will be heats against time unless stated otherwise. Men will run first in all races with exception of the hurdle finals.)

60 METER HURDLE TRIALS
60 METER DASH TRIALS
MILE RUN
400 METER DASH
60 METER HURDLE FINAL – Women First
60 METER FINAL
800 METERS
200 METERS
3000 METERS
1600 METER RELAY
Only \( \frac{1}{4} \) inch pyramid spikes are allowed in all venues. Failure to adhere to this rule will result in disqualification.

Spikes will be checked when you check in for your event.

Most spikes that come with the shoes when purchased are not \( 1/4 \) pyramids.

We have a great track please help us keep it that way.