



LORAS COLLEGE™

LORAS OPEN Saturday, April 25, 2009 Rock Bowl Stadium

- ELIGIBILITY: Open to all post high school athletes.
- ENTRY FEE: Entry fee is \$175.00 per team or \$20 per athlete.
- ONLINE ENTRY OPENS: Sunday, April 19th
All entries will be submitted **online** (NO FAXED ENTRIES WILL BE ACCEPTED). It will speed up entries, limit mistakes, and allow you to view who is in the meet. To enter via the Internet, go to <http://www.aspimeetz.com/2304> Follow the directions and make sure you print out a hard copy for your records after you have declared. You do not need to make a separate team for unattached athletes, there is an unattached box to check for the individual while doing you team's entries. Unattached athletes will have to pay \$20 separately from your team. If you have any questions please call Bob Schultz @ (563) 588-7491 or e-mail: Robert.Schultz@loras.edu
- ONLINE ENTRY CLOSES: Thursday, April 23rd, @ 9:00pm
Please make sure that you have entered all of your athletes that you want to compete. **ONLY ONLINE ENTRIES WILL BE ACCEPTED.** You must declare your final roster by pushing the declare button at the bottom of your entry list. This must be done before the deadline. Teams and individuals that do not declare will be dropped from the meet.
- TRACK: Athletes will run on an eight lane, 400-meter all weather track surface. Please use ***1/4 inch exposed pyramid spikes only***
- LONG & TRIPLE JUMP: Rock Bowl Stadium - ***1/4 inch exposed pyramid spikes only.*** Athletes will be allowed three jumps, top NINE jumpers will go to finals.
- HIGH JUMP: On infield apron. Unlimited approach. ***1/4 inch exposed pyramid spikes only.***
- POLE VAULT: ***Unlimited approach. 1/4 inch exposed pyramid spikes only;***
- DISCUS: Rock Bowl Stadium. Circle is concrete. Athletes will be allowed three throws and nine will go to finals.
- HAMMER: Faber Field. Circle is concrete. Athletes will be allowed three throws and nine will go to finals.
- SHOT PUT: Rock Bowl Stadium. Circles are concrete. Athletes will be allowed three throws and nine will go to finals. Men & Women will compete at the same time. Shot put will begin after completion of the Discus throw.
- JAVELIN: Faber Field. All weather run way. ***1/4 inch exposed pyramid spikes only.*** Athletes will be allowed three throws, top nine throwers will go to finals.
- LOCKER ROOMS: Locker rooms and showers are located in Graber Sports Center. Please provide your own locks and towels. No items should be left unattended in the locker rooms.
- RESULTS: Will be available 5 minutes following the last event at the Finish Line and will be available on the internet.
- AWARDS: First place finishers in each event and relays will receive an award. Please have your athletes pick up their awards when results are announced at the concession stand area.
- **PLEASE NOTE**** The track infield is OFF LIMITS for team camps and warm-ups. There is plenty of space outside track and in the Graber Sports Center for team camps / warm-ups.
- QUESTIONS: Call: Bob Schultz (563) 588-7491

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9:00am Implement Weigh In

10:00 Discus - (W/M)
10:00 Hammer - (M/W)
10:00 Javelin – (M/W)
10:00 High Jump – (W/M)
10:30 Long Jump - (M/W) Triple Jump follows
10:30 Pole Vault – (M/W)

Shot Put - (W&M) AFTER COMPLETION OF DISCUS & HAMMER

10:30 10,000 Meter Run (M&W) Finals (IF NUMBERS PERMIT)
100/110 Meter Hurdles (W/M) Prelims
100 Meter Dash (W/M) Prelims
5,000 Meter Run (W)
4x100 Meter Relay (W/M)
3,000 Meter Steeplechase (W/M)
1500 Meter Run (W/M) Heats against time
110/100 Meter Hurdles (M/W) Finals
400 Meter Dash (W/M) Heats against time
100 Meter Dash (W/M) Finals
800 Meter Run (W/M) Heats against time
400 Meter IH (W/M) Heats against time
200 Meter Dash (W/M) Heats against time
5,000 Meter Run (M)
4x400 Meter Relay (W/M)