



LORAS COLLEGE™

**Duhawk High School Girls
Indoor Track & Field Invitational
March 2, 2009**

To: All Girl's Track Coaches Attending the Duhawk High School Invitational
From: Bob Schultz, Loras Head Track and Field Coach

Enclosed is a schedule of events and entry information for the indoor track & field meet. **There are no restrictions on number of athletes per event.** Entries will be done online.

Online Entry Opens: Sunday, February 22nd

This year **all entries** will be submitted online. No faxed or mailed entries will be accepted. This will speed up entries, limit mistakes and allow you to view who is in the meet. To enter via the Internet go to <http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=2259>

Please follow the directions and make sure you print out a hard copy for your records after you have declared. You will be able to make changes and updates through **12:00 Noon on Monday, March 2nd**. If you have any questions please call Bob Schultz @ 563-588-7491 or email: Robert.Schultz@loras.edu

Online Entry Close: Monday, March 2nd @ **12:00 Noon**.

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.

Entry Fee: \$75 per team. There is a coaches meeting at 4:15 in Graber, room 104.

Timing: All timing will be FAT

No spikes are allowed on the smooth (tarkett), 150-meter track. We have dressing facilities available to your athletes in Graber Sports Center. Bring your own locks and towels. Also, no food is allowed on the track.

We will be giving T-shirts for the first three places in individual events and first place for relays. All high school vans should be parked in the parking lot off of Cox Street across from Graber Sports Center.

Thank you and we're looking forward to seeing you at the meet. If you have any questions, please call Bob at (563) 588-7491.

**Duhawk High School Girls'
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4:15 Coaches' Meeting - Graber Sports Center - Room 104

4:45 Long Jump (3 jumps; No Finals)

5:00 Shot Put

High Jump

5:45 Prelims: 50 Meter Dash

5:55 Prelims: 50 Meter Hurdles

Opening Ceremonies

6:15 4 x 5 lap relay inside (20 laps)

3000 Meter - ONE Heat Against Time - (20 laps)

4 x 2 Lap Relay Finals - Heats Against Time

1500 Meter Run - Heats Against Time - (10 laps)

50-Meter Hurdles - Finals

400 Meter Dash - Heats Against Time - (2 2/3 laps)

600 Meter Run - Heats Against Time - (4 laps)

50 Meter Dash - Finals

800 Meter Run - Heats Against Time - (5 1/3 laps)

1000 Meter Run - Heats Against Time - (6 2/3 laps)

4 x 1 Lap Relay - Heats Against Time - (4 laps)

4 x 3 Lap Relay - Heats Against Time - (12 laps)

This will be a rolling schedule for finals. Listen to clerk of the course and the announcer.

****Please tell your athletes and parents this is a rolling schedule,
be here early so they do not miss their events!*****

*be***more.** *be*LORAS.