



Redlands Invitational – Friday, March 18, 2016

Entries: Unlimited number of entries per team per race. Entries **are due by 11:59 PM (PST) on Tuesday, March 15**, at **Direct Athletics**. Send all possible entries. There will be no penalty for scratches.

Entry Fee: \$300 per team per gender (\$600 for both). Individual entries are \$20.00 *per event*. Relays are \$80. Teams may pay in cash or make checks payable to “*University of Redlands Track & Field*.” Individual entries must pay online via Direct Athletics. All entries must be received by the entry deadline.

Facilities: 9-lane Mondo® surfaced track with surfaced HJ, LJ, TJ, Jav areas. Shot put ring located on north side of stadium, discus held on inside field, hammer ring located directly outside stadium in dirt lot. ¼” pyramid spikes preferred. No “Christmas Tree” spikes allowed.

Timing: Timing services will be provided by Finished Results.

Check-In: Athletes must check in at least 20 minutes prior to the scheduled start of their event, regardless of heat or flight. Running event athletes will check in at the tent located inside the track near the finish line. Field event athletes will check in at the event.

Weigh-ins: Implements will be weighed in and certified underneath the stadium on the home side between 2:00-3:00 PM. Weigh-ins will close at 3:00 PM.

Results: Results will be available as soon as possible after the conclusion of each event. They will also be available at <http://goredlands.com/sports/track/2015-16/schedule>.

Athletic Trainer & Shower Facilities: An athletic trainer will be available on the east side of the track near the end of the stadium. Restrooms are available underneath the bleachers and locker rooms can be located in the Field House east of the stadium.

Parking: Parking is available in the dirt lot to the west of the stadium as well as the Chapel parking lot across the street to the south of the stadium.

Questions: Call Mike Schmidt at (909) 748-8403 or e-mail mike_schmidt@redlands.edu



Times are tentative and may move ahead of schedule

- 3:30 Hammer (HT) W/M
- Javelin (JT) M/W
- Long Jump (LJ) M/W
- Pole Vault W/M
- Shot Put (SP) W/M (W SP follows M HT)
- Discus M/W (M DT follows W JT)
- Triple Jump M/W (M TJ follows W LJ)
- 4:15 High Jump M/W

- 4:15 4x800 Meters (M and W combined)
- 4:30 Steeplechase M
- 4:45 Steeplechase W
- 5:00 4x100 Meters M
- 5:05 4x100 Meters W
- 5:20 1500 Meters M
- 5:40 1500 Meters W
- 6:00 110 Meter Hurdles M
- 6:10 100 Meter Hurdles W
- 6:20 400 Meters M
- 6:30 400 Meters W
- 6:40 100 Meters M
- 6:50 100 Meters W
- 7:00 800 Meters M
- 7:15 800 Meters W
- 7:30 400 Meter Hurdles M
- 7:40 400 Meter Hurdles W
- 7:50 200 Meters M
- 8:05 200 Meters W
- 8:20 10,000 Meters (M and W combined)
- 9:05 4x400 Meters M
- 9:10 4x400 Meters W

All times are tentative