

**Loras Twilight**  
**Monday, April 5, 2010**  
**Rock Bowl Stadium**

- ELIGIBILITY: Open to all post high school athletes.
- ENTRY FEE: Entry fee is \$175 per team or \$20 per athlete.
- ONLINE ENTRY OPENS: Saturday, March 27<sup>th</sup>  
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/13045> Follow the directions and make sure you print out a hard copy for your records after you have declared. If you have an athlete competing unattached, you do not need to make a separate team for them, 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](mailto:Robert.Schultz@loras.edu)
- ONLINE ENTRY CLOSES: Monday, April 5<sup>th</sup> @ 9:30am  
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 our eight lane, 400-meter all weather track surface. ***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. The pit will be certified by meet officials.
- 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. 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.
- 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.
- \*\*PLEASE NOTE\*\*** The track infield is OFF LIMITS for team camps and warm-ups. There is plenty of space outside the track and in the Graber Sports Center for team camps / warm-ups.
- QUESTIONS: Call: Bob Schultz (563) 588-7491

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3:00pm Implement Weigh In

4:00pm Hammer – (W/M)  
4:00pm Javelin – (M/W)

Shot Put – (M/W) After Completion of Javelin & Hammer  
Discus – (W/M) After Completion of Hammer & Javelin

4:00pm Long Jump - (W/M)  
Triple Jump – (W/M) After Completion of Long Jump

4:00pm High Jump – (M/W)  
4:00pm Pole Vault – (W/M)

5:00pm 100/110 Meter Hurdles (W/M) Prelims  
100 Meter Dash (W/M) Prelims  
3000 Meter Steeplechase (W/M)  
4x100 Meter Relay (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 (W/M)  
4x400 Meter Relay (W/M)