

# EKU RICK ERDMANN TWILIGHT

**DATE:** Friday, April 21, 2023 and Saturday, April 22, 2023

**LOCATION:** Tom Samuels Track

**ENTRY FEE:** Men \$450.00/ Women \$450.00/30.00 per individual with a 10-person cap

**IMPORTANT DATES:**

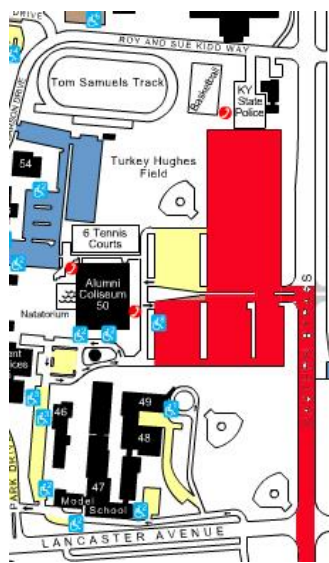
## **DIRECTIONS/MAP TO TOM SAMUELS TRACK**

### **Coming from the South on I-75:**

1. Take I-75 North to exit #87.
2. Turn right heading east on the Richmond Bypass.
3. Turn left at light number 6 into the Alumni Coliseum parking lot.
4. Parking is available in the Alumni Coliseum lot. Walk between Alumni Coliseum and the adjacent tennis courts, turn right and Tom Samuels track will be straight ahead.

### **Coming from the North on I-75:**

1. Take I-75 South to exit #87 (second Richmond exit).
2. Turn left and cross over the interstate heading east on the Richmond Bypass.
3. Turn left at light number 6 into the Alumni Coliseum parking lot.
4. Parking is available in the Alumni Coliseum lot. Walk between Alumni Coliseum and the adjacent tennis courts, turn right and Tom Samuels track will be straight ahead.



### **TEAM AREA:**

The team area will be held in the parking lot adjacent to the track and field complex. Each team will be given a designated team area to set up their tent and space. We will make sure each tent space is spaced apart. Each team is responsible to bring their own water Powerade/Gatorade.

### **PRE-RACE:**

If a team would like to use the track and field facility for pre-meet practice on Thursday, April 20<sup>st</sup>, please email- Patrick Peterson at Patrick.Peterson@eku.edu to request a time block. Friday, April 21 and Saturday, April 22 the track and field facility will be closed for competition.

### **WARM UP AREA:**

The warm up area will be determined at a later date depending upon competition field sizes and available space.

### **PACKET PICKUP:**

Team packets will be distributed to *one coach only*. The packets will include credentials for the student-athletes and staff. You will need a wristband to access the team area and into the track and field facility for races.

### **Packet Pick-up Times**

- Thursday, April 20<sup>th</sup> 2023- 4:00pm-5:00pm
- Friday, April 21<sup>st</sup> 2023- 9:00am-10:00am
- Saturday, April 22<sup>st</sup> 2023- 5:30pm-6:30pm

### **INCLEMENT WEATHER:**

Should inclement weather occur, teams will be asked to shelter in their vehicles and/or at Alumni Coliseum in accordance with ECU inclement weather policy.

### **SPECTATOR:**

Spectators will be allowed to attend

### **BUS PARKING:**

Bus parking will be located directly in front of Alumni Coliseum

521 Lancaster Avenue,

Richmond, KY 40475

### **SAFETY RULES**

**All electronic devices, except in the possession of a coaching staff, are prohibited inside the competition area (this includes-headphones, cellphones, iPad, etc.).**

### **SPIKE LENGTH & CHECK:**

Spikes no longer than 1/4" **pyramid spikes only.** Spikes will be checked upon arrival into the team area each day of the competition.

### **WEIGHTS & MEASURES:**

Implements must be checked in between the hours of-

-Thursday, April 20<sup>th</sup> 2023- 4:00pm-5:00pm

-Friday, April 21<sup>st</sup> 2023- 9:00am-10:00am

-Saturday, April 22<sup>nd</sup> 2023- 5:30pm-6:30pm

Implements will be checked in at the table prior to entering the team area (right next to the spike check table)

**CHECK IN:**

- Athletes must check-in at least 30 minutes prior to the start of their scheduled event.
- **If an athlete does not check-in at least 30 minutes prior to the start of their event, he/she will be scratched!**

# EKU Rick Erdmann Twilight Schedule

## Schedule of Events

Friday, April 21

### Field Events

2:00 PM Women's Hammer Throw- Men to Follow

2:00 PM Men's High Jump- Women to Follow

4:00 PM Women's Discus- Men to Follow

5:00 PM Women's Triple Jump- Men to Follow

### Running Events

2:15 PM Men's Steeplechase section 3 (9:22 and slower)

2:30 PM Men's 100m Dash

2:50 PM Women's 100m Dash

3:15 PM Women's 400m Hurdles

3:30 PM Men's 400m Hurdles

4:00 PM Women's 5000m Run (Heats 2-3, 17:10 and slower)

4:40 PM Men's 5000m Run (Heats 2-4, 14:40 and slower)

5:30 PM Women's 800m Run (Heats 2-10, 2:11.0 and slower)

6:10 PM Men's 800m Run (Heats 3-10, 1:56.00 and slower)

6:30 PM Women's 200m Dash

7:00 PM Men's 200m Dash

### Invite Distance Sections

8:20 PM Men's 1500 Invitational

8:30 PM Women's 1500m Invitational

8:45 PM Men's 3000m Steeplechase

9:05 PM Women's 3000m Steeplechase

9:20 PM Women's 800m Run Invitational

9:30 PM Men's 800m Run Invitational

Saturday, April 22

### Field Events

12:00 PM Men's Shot Put- Women to Follow

12:00 PM Women's Javelin- Men to Follow

2:00 PM Women's Pole vault- Men to Follow

2:00 PM Women's Long Jump- Men to Follow

### Running Events

Start everything at 2

2:00 PM Women's 4x100m Relay

2:15 PM Men's 4x100m Relay

2:25 PM Women's 400m

2:45 PM Men's 400m

3:05 PM Women's 1500m Run (Heats 3-8, 4:39.5 and slower)

3:50 PM Men's 1500m Run (Heats 2-8, 3:50 and slower)

4:15 PM Women's 100H Final

4:25 PM Men's 110H Final

4:35 PM Women's 4x400m Relay

4:50 PM Men's 4x400m Relay

8:20 PM Women's 5000m Run Invitational

8:40 PM Men's 5000m Run Invitational