

SAINT FRANCIS UNIVERSITY TRACK & FIELD - RED FLASH OPEN
Father Bede Track - Loretto, Pennsylvania - April 29, 2017

Tentative Meet Schedule

Throwing Events (rolling schedule)

11:00 AM Men's Hammer
→ Followed by Women's Hammer
→ Followed by Men's Discus
→ Followed by Women's Discus
11:00 AM Women's Shot Put
→ Followed Men's Shot Put
→ Followed by Women's Javelin
→ Followed by Men's Javelin

Jumping Events

11:00 AM Women's Long Jump
→ Followed by Men's Long Jump
11:00 AM Women's Pole Vault
→ Followed by Men's Pole Vault
→ Followed by Men's High Jump
→ Followed by Women's High Jump
1:00 PM Women's Triple Jump
→ Followed by Men's Triple Jump

Track Events

11:00 AM	4x800m Relay (Women)	1:05 PM	100m Hurdles (Women)
11:15 AM	4x800m Relay (Men)	1:15 PM	110m Hurdles (Men)
11:25 AM	3000m Steeplechase (Women)	1:25 PM	800m (Women)
11:45 AM	3000m Steeplechase (Men)	1:35 PM	800m (Men)
12:00 PM	4x100m Relay (Women)	1:55 PM	400m Hurdles (Women)
12:05 PM	4x100m Relay (Men)	2:05 PM	400m Hurdles (Men)
12:10 PM	1500m (Women)	2:20 PM	200m (Women)
12:20 PM	1500m (Men)	2:30 PM	200m (Men)
12:30 PM	400m (Women)	2:40 PM	3000m (Women)
12:35 PM	400m (Men)	2:55 PM	3000m (Men)
12:40 PM	100m (Women)	3:10 PM	4x400m Relay (Women)
12:50 PM	100m (Men)	3:20 PM	4x400m Relay (Men)

ENTRY FEES

\$15.00 per individual up to a maximum of \$200.00 per school, per team. (\$400.00 for both genders).

Make checks payable and mailed to:

Saint Francis University, Attn: Douglas Hoover, PO Box 600, Loretto, PA, 15940

CONTACT PERSON

Douglas Hoover, Head Coach

E-Mail: dhoover@francis.edu

Phone: 814-472-3345

NOTES

- Meet is open to collegiate teams and unattached individuals. No high school or younger athletes.
- All entries are due on www.directathletics.com by 11:00 PM on Tuesday, April 25, 2017.
- Unattached individuals must contact Douglas Hoover directly via email by this time to enter: dhoover@francis.edu. Entries will be limited for unattached athletes. There are no guaranteed entries for unattached athletes.

- College teams are permitted unlimited entries in all events.
- Absolutely no additions/entries accepted on the day of the meet.
- Forward scratches to Douglas Hoover (dhoover@francis.edu) by Thursday, 4/27/17 at 5:00 p.m.
- Once all entries and scratches are received, the schedule may be adjusted accordingly. A final event schedule will be emailed. We will not go ahead of that schedule for the track events.
- All field events will have a final with the top nine competitors given three additional attempts.
- All track events will be run as a final in sections from slow to fast.
- Due to track configuration, the 3000m steeplechase will finish on the opposite side of the track from the “normal” finish line. This event will be hand timed.
- Meet will be scored pursuant to NCAA Division I guidelines.
- All running and jumping events will be contested at the Father Bede Track.
GPS Address: 172 Saint Catherine Street, Loretto, PA, 15940.
- All throwing events will be contested at SFU throws field behind the Stokes Athletics Center.
GPS Address: 140 Lakeview Drive, Loretto, PA, 15940.
- Throwing Implement Certification will take place in the Maurice Stokes Athletics Center from 8:30 AM to 9:30 AM immediately inside the entrance doors in the back of the building facing the throws field.
- Horizontal Jumps:
Long Jump Takeoff Board at 10'
Women's Triple Jump Painted Takeoff Lines at 24' & 32'
Men's Triple Jump Painted Takeoff Lines at 36' & 41'
- Only lanes 1-7 will be used for the hurdle races (due to closeness of perimeter fence to lane 8).
- Only pyramid spikes are permitted, not longer than ¼" (6 mm).
- Declarations:
Running events: Athletes should check in at the clerking area at the North end of the bleachers (next to the finish line) no later than 30 minutes prior to the start of the event.
Field Events: Athletes should check in at the event site no later than 30 minutes prior to the start of the event.

- Parking: Bus and spectator parking will be in the JFK Parking lots north of the track. Teams may drop students off immediately outside the entrance to the track before parking. It is also advisable to have the team bus transport throwers and implements to the Maurice Stokes Athletics Center / Throws Field.
- In the event of inclement weather, athletes will have access to the Auxiliary Gym in the Maurice Stokes Athletics Center. Spikes may not be worn inside the building.
- There will be portable toilets placed at both the track and the throws field. There are not public restrooms available in the fieldhouse at the track. Entry into the fieldhouse will be restricted to Athletic Trainers only.
- SFU Sports Medicine will have a trainer at both the track & the throws field during the competition. They will also provide ice and water. Please contact Brooke Mahaffey at bmahaffey@francis.edu with any questions pertaining to sports medicine provisions.
- There are two options in Loretto for ordering lunch (delivery or pickup):

<p>Missy's Village Pizza 175 Saint Catherine Street Loretto PA 15940 Phone: 814-471-1901 Across the street from the track.</p>	<p>Smithmyer's Superette 163 Saint Mary Street Loretto PA 15940 Phone: 814-472-8577 A few minute walk from the track.</p>
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