

2024 WARTBURG GOOD FRIDAY CHALLENGE
WARTBURG COLLEGE - WALSTON-HOOVER STADIUM
Friday, March 29th, 2024

- Teams:** Buena Vista University Men & Women, Drake University Men & Women, Hawkeye Community College Men & Women, NIACC Men & Women, Northern Iowa Men & Women, St. Cloud State Women, Winona State Women, Wisconsin-La Crosse Women, Wisconsin-Stout Men & Women, Wartburg College Men & Women
- Facility:** **Walston-Hoover Stadium**
100 Wartburg Blvd, Waverly, IA 50677
- Bus Drop Off:** Off of NW 12th St (across from Wartburg's Maintenance Building)
- Bus Parking:** Maintenance Parking Lot
- Track:** The track is a 400 meter, 8 lane Beynon Sports Surface ¼" **exposed Pyramid Spikes only!! All spikes will be inspected.** Jump and javelin runways are of the same material. Throwing Venue located 2 blocks NW of stadium.
- Entries:** Unlimited entries. For all coaches, please consider the number of athletes in each event to help maintain a healthy meet schedule.
- Entry Procedure:** **All entries will be submitted online.** To enter for this meet you may go directly to DirectAthletics.com. Entries open up Monday, March 25th, in the a.m. **Deadline for entries 11:59 pm Wednesday, March 27th.** If you have any questions please call Marcus Newsom 319-230-7100 (cell) or e-mail: marcus.newsom@wartburg.edu
- Entry Fee:** \$300.00 per team, per gender or \$30 per athlete. All entry fees (including unattached) must be paid online through direct athletics prior to deadline for entries. Unattached athletes may enter-please contact Coach Newsom prior to registering. Unattached athletes will not be eligible for the finals in any event with preliminary rounds.
- Field Events:** All field event athletes should report to their respective event areas at least 25 minutes prior to the scheduled start of the event. If an athlete has a conflict with an event conducted simultaneously, running events take priority. They inform the event official that they'll return immediately after their running event. There will be prelim and finals for the Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw and Javelin.
- Coaches** Coach's meeting at 10:30am in the press box. **All scratches will be made at the coaches meeting.**
- Scoring:** Meet will be scored
- Team Area:** Areas will be designated in the Wartburg Auxiliary Gym adjacent to the indoor track.
ABSOLUTELY NO FOOD OR DRINK ALLOWED IN THE INFIELD AREA!!!
- Weigh-In:** Implements will be weighed in at the throwing venue shed-Saturday between 10:30-11:30am
NO LATE WEIGH INS
- Running Events:** Women then Men unless otherwise noted. Heats will be run slow to fast.
- Dressing/Restroom Shower Facilities:** We will have these facilities available for use on the South end of the stadium in the Indoor facility.
- Meet Conduct:** NCAA rules will be followed
- Athletic Training Facilities:** Our Assistant Athletic Trainer will be available throughout the meet. Questions contact Alex Becker at 319.215.8351 or email alex.becker@wartburg.edu

IF YOU HAVE ANY QUESTIONS, CALL COACH MARCUS NEWSOM AT 319-230-7100

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Field Events

Noon	Javelin-Women then Men
	Hammer-Men then Women
	Shot Put- Men then Women at the conclusion of Men's Javelin
	Discus- Women then Men at the conclusion of Women's Hammer
	Long Jump- Men then Women
	Triple Jump-Women then Men
2:00 pm	High Jump- Women then Men
	Pole Vault- Men then Women

Running Events – all races slow to fast - W then M except short hurdle final as noted

12:30 pm	National Anthem
	5,000m-W
	4x100 m Relay- W then M
	5,000m-M
	110 m High Hurdle - M
	100 m Hurdle - W
	100 m Dash M then W
	1500 m Run- W then M
	400 m Dash- W then M
	800 m Dash- W then M
	400 m Hurdles-W then M
	200 m Dash- W then M
	3000 m Steeplechase- W then M
	4x400 m Relay- W then M
	Exhibition 4x100m Mixed Gender Throws
	10,000m-W then M
	End of the meet