

2026 Jim Freeman / Clark Wood Open MEET INFO

Updated April 22, 2026

Registration

Entry Submission

- Entries will be submitted on Direct Athletics.
- Entries will **open** on Thursday January 1st at 12:30PM EST
- Entries will **close** on Monday April 20th at 12:30 PM EST
- Any requests for late entries will be charged \$100 per request
 - Late entries will close on Tuesday April 21st at 12:30 PM EST

Entry Fee:

- Team Entry fee is \$600 per team, per gender, **plus additional surcharge for extra entries.**
 - Teams are allowed 2 entries per event included in the team entry fee of \$600.
 - Any additional entries in running events will have a \$50 surcharge applied.
 - Any additional entries in field events will have a \$60 surcharge applied.
 - Example: If you enter exactly 2 athletes in each event, your total will be \$600.
 - Example: If you enter exactly 2 athletes in each event, but you enter 4 athletes in the mile, your total will be \$700.
- Combined Events entry is \$250 per athlete.
- For teams that do not hit the \$600 cap, entries will be \$50 per running event, and \$60 per field event.
- Entry Fees **do not** guarantee a final spot in the competition field. We will do our best to accommodate as many entries as possible while maintaining an efficient time schedule. There will be **no refunds** for entry fees.
- We have expanded the schedule to accommodate as many entries as possible based on 2025 entry numbers.

Entry Marks:

- You will have the option to select a top mark or “no time/no mark” on Direct Athletics.
- When applicable, please include a note with athletes that do not have a mark so we can place them in the appropriate section
 - Example: Freshman athlete with no TFRRS mark, but a verified high school mark.

Unattached/Individual Athletes:

- Unattached Athletes must submit their individual entries on Direct Athletics.
- The entry fee for individual athletes is \$50 per running event and \$60 per field event.

Requests / Scratches

Requests:

- The goal of this meet is for every team and athlete to leave feeling like they were set up for success.
- We will do our best to accommodate reasonable requests and set up heats/events as competitively as possible.
- Please include as much detail as possible with requests
- If you have questions, please email Lennylylestrackmeet@gmail.com

Scratches:

- After entries close, please send all scratches to Lennylylestrackmeet@gmail.com

Heat Sheets:

- After entries close, a descending order performance list will be posted on <https://live.dcracetiming.com/>
- Official Heat Sheets will be published later in the week.
- Heat sheets will not be final until the day of the meet.

Pre-Meet

Pre-meet Workout:

- Weather permitting, the track will be available for pre-meet practice on Wednesday April 22nd from 3:00 – 6:00pm EST, and Thursday April 23rd from 9:00AM – 12:00 PM EST.
- Detailed Pre-Meet practice instructions will be sent out the morning of Tuesday April 21st.

Packet Pick-Up:

- Packet pickup will be available at the North entrance to the facility each day of competition.
- Packets will include wristbands for athletes and staff.

Pole Vault Pole Storage:

- Poles may be stored at the facility overnight on Thursday and Friday at your own risk.
- If you need assistance transporting poles from the airport to the track, please reach out to Wyatt Rhoads at 515-450-3478 and he will transport them for \$100.

Meet Day Logistics

Warm-Up Logistics:

- Detailed Instructions will be sent out closer to the meet.

Event/Schedule Logistics:

- All running events will be conducted as “sections against time” finals.
- Sections in the running events and the order of competition in the field events will be seeded based on entry marks, NCAA guidelines, and with an efficient time schedule in mind.
- In the field events, the top seeded flight will be contested last.
- A tentative time schedule of events is attached. A final time schedule will be sent out on Wednesday April 22nd.

Athlete Declaration:

- Athletes in all running events must declare their intentions to compete at the Check-in table at least 30 minutes prior to their race.
- Upon declaration, competitors will receive hip numbers.
- Following declaration, competitors should return to the clerking area 10 minutes prior to the start of their event.
- To minimize empty lanes, 200m competitors, 400m competitors and 4x400 relay teams must declare their intentions to compete **at least 1 hour before the scheduled start time** of their respective event. They will then return 30 minutes prior to their race to receive hip numbers.
- Relay teams will declare order at check-in.
- Field events will check in immediately before the start of the **warm-up of their flight**. They do not need to check in before the beginning of the event.

Implement Weigh In:

- Thursday:
 - 8:30 – 10:00
 - 11:30 – 1:00
 - 3:30 – 5:00
- Friday:
 - 8:00 – 9:30
 - 11:00 – 2:00
 - 3:30 – 5:00
- Saturday:
 - 8:30 – 10:00
 - 1:00 – 2:30

Timing and Results:

- DC Timing will provide timing and live results for the meet. Live results can be found at <https://live.dcracetiming.com/>

Combined Events

- Any questions about the combined events should be directed to Wyatt Rhoads – [515-450-3478](tel:515-450-3478) (text is best for fast response)

Facility Logistics

Allowable Spikes:

- ¼ inch pyramid spikes are the only spikes allowed. The only exception is high jumpers may use 3/8 inch spikes.
- Officials will prohibit athletes without the approved spikes from competing.

Team Camp:

- Team Tents must be rented via Rent 'N Rave Tents. You may rent a 10x10 or 10x20 tent for team camp. Contact Rick Whisman at 502-245-9966 or rick@rentnrave.com. Orders must be placed by Monday April 20th at 11:30 AM.
- Tents will be set up outside of the track before the meet.
- No outside tents are allowed to be set up per University policy, and will be removed.

Locker Rooms:

- There are no locker room or shower facilities available.

Spectator Access:

- There will not be a pass list for visiting teams.
- Spectators will pay an entry fee at the gate and receive a stamp for each day of competition.
- The entry fee for spectators is \$10 for adults, \$7 for anyone under the age of 14, and free for children under the age of 3.

Facility Entrance:

- The main spectator entrance will be on the northwest side of the track.
- Team entry will be located on the southwest side of the track.

Sports Medicine:

- All sports medicine needs should be handled by each team's sports medicine staff.
- Emergency medical personnel will be on site.
- Sports medicine staff will be able to set up in their team camp area.

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Final Schedule - Updated April 22, 2026

Thursday April 23, 2026

Running Events		Jumping Events		Throwing Events		Combined Events	
Start Time	Event	Start Time	Event	Start Time	Event	Start Time	Event
12:10 PM	Heptathlon 100 Hurdles	2:15 PM	W Long Jump	10:00 AM	W Hammer Throw	12:30 PM	Decathlon 100
12:30 PM	Decathlon 100	W Long Jump	"B" (Flight 1)	"B" (Flight 2)	W Hammer Throw	1:10 PM	Decathlon Long Jump
4:00 PM	Heptathlon 200	4:30 PM	W Long Jump	"A" (Flight 1)	W Hammer Throw	2:10 PM	Decathlon Shot Put
5:00 PM	Decathlon 400	5:45 PM	M Long Jump	"A" (Flight 1)	M Hammer Throw	3:10 PM	Decathlon High Jump
6:00 PM	W 10,000 (1 heat)	2:00 PM	W Pole Vault	"A"	M Hammer Throw	5:00 PM	Decathlon 400
6:45 PM	M 10,000 (1 heat)	5:00 PM	M Pole Vault	"A"	M Hammer Throw	12:10 PM	Heptathlon 100 Hurdles
					M Hammer Throw	1:00 PM	Heptathlon High Jump
					M Hammer Throw	3:00 PM	Heptathlon Shot Put
					M Javelin	4:00 PM	Heptathlon 200
					M Javelin		

Friday April 24, 2026

Running Events		Jumping Events		Throwing Events		Combined Events	
Start Time	Event	Start Time	Event	Start Time	Event	Start Time	Event
11:30 AM	Decathlon 110 Hurdles	10:15 AM	W Long Jump	9:30 AM	W Javelin	11:30 AM	Decathlon 110 Hurdles
3:00 PM	W 800 (9 heats)	W Long Jump	"B" (Flight 3)	W Javelin	W Javelin	12:15 PM	Decathlon Discus
3:25 PM	M 800 (10 heats)	W Long Jump	"B" (Flight 4)	W Javelin	W Javelin	1:45 PM	Decathlon Pole Vault
3:50 PM	W 200 (13 heats)	W Long Jump	"B" (Flight 5)	W Shot Put	W Shot Put	4:15 PM	Decathlon Javelin
4:15 PM	M 200 (9 heats)	3:00 PM	M Long Jump	"B" (Finals)	W Shot Put	5:15 PM	Decathlon 1500
4:35 PM	Heptathlon 800	M Long Jump	"B" (Flight 1)	"B" (Flight 1)	W Shot Put	2:00 PM	Heptathlon Long Jump
4:40 PM	W 400 Hurdles (5 heats)	M Long Jump	"B" (Flight 2)	W Shot Put	W Shot Put	3:00 PM	Heptathlon Javelin
4:55 PM	M 400 Hurdles (4 heats)	M Long Jump	"B" (Finals)	W Shot Put	W Shot Put	4:35 PM	Heptathlon 800
5:15 PM	Decathlon 1500	M Pole Vault	"B"	M Shot Put	M Shot Put		
5:30 PM	W 5000 (2 heats)	M High Jump	"B"	M Shot Put	M Shot Put		
6:20 PM	M 5000 (2 heats)	M High Jump	"A"	M Shot Put	M Shot Put		

Saturday April 25, 2026

Track Events		Jumping Events		Throwing Events	
Start Time	Event	Start Time	Event	Start Time	Event
12:15 PM	W 100m Hurdles (7 heats)	11:00 AM	W High Jump	10:00 AM	M Discus
12:45 PM	M 110m Hurdles (5 heats)	1:00 PM	W High Jump	M Discus	M Discus
					M Discus
					M Discus
1:35 PM	Alumni Recognition + National Anthem	11:00 AM	W Pole Vault		
1:50 PM	W 3000m Steeplechase (1 heat)	2:30 PM	W Pole Vault		
2:15 PM	M 3000m Steeplechase (2 heats)	11:30 AM	M Triple Jump	2:30 PM	W Discus
2:25 PM	W 4 x 100m Relay (3 heats)	M Triple Jump	"A" (Flight 1)	W Discus	W Discus
2:35 PM	M 4 x 100m Relay (2 heats)	M Triple Jump	"A" (Flight 2)	W Discus	W Discus
3:00 PM	W 400 (10 heats)	M Triple Jump	"A" (Finals)	W Discus	W Discus
3:00 PM	M 400 (9 heats)	2:30 PM	W Triple Jump		
3:20 PM	W 100m (10 heats)	W Triple Jump	"A" (Flight 1)		
3:40 PM	M 100m (9 heats)	W Triple Jump	"A" (Flight 2)		
4:00 PM	W 1500m (8 heats)	W Triple Jump	"A" (Flight 3)		
4:50 PM	M 1500m (8 heats)	W Triple Jump	"A" (Finals)		
5:35 PM	W 4 x 400m Relay (4 heats)				
5:50 PM	M 4 x 400m Relay (3 heats)				

Parking / Drop Off Maps

