



*Southeast Missouri State University*

## **Redhawks Invite**

**Southeast Student Recreation Center**

Cape Girardeau, Missouri

# **January 14, 2023**

### **Final Schedule of Events**

#### **Field Events:**

12:00PM	Pole Vault	W-M
1:00PM	Weight Throw	W-M
	Shot Put	W-M
1:00PM	Long Jump	W-M
	Triple Jump	W-M
3:30PM	High Jump	W-M

#### **Running Events:**

2:45pm	55m Hurdle Prelim – top 8 to final	W-M
3:15pm	55m Prelim – Top 8 to final	W-M
4:15pm	Mile	W-M
4:30pm	55m Hurdle Final	W-M
4:45pm	400m	W-M
5:00pm	55m Final	W-M
5:15pm	800m	W-M
5:30pm	200m	W-M
6:00pm	3000m	W-M
6:30pm	4x400m Relay	W-M

**ENTRY DEADLINE:** Entries are to be submitted online using [www.directathletics.com](http://www.directathletics.com) . Entries should be posted to the online site by **Thursday, January 12, 2023 at 1:00pm**

**SCORING:** NCAA scoring guidelines will be followed.

**NO SPIKES ON INFIELD!** Please help keep spikes off of basketball courts in the infield area. Spikes are allowed on high jump area (red court).

**TRAINING FACILITIES:** Athletic trainers will be available at the facility. If you have any special needs please contact Kristin Jones at 660-233-6029.

**If you need more information:** Please contact us by email at [ecrumpecker@semo.edu](mailto:ecrumpecker@semo.edu)