

L&C ELECTRIC FOREST COLLEGIATE OPEN

Saturday, March 8, 2025

Location	Eldon Fix Track, Lewis & Clark College, 615 S Palatine Hill Rd, Portland, OR
Parking	No parking fee. Team buses please park by the tennis dome.
Entries	Open to all college, club, professional, and unattached athletes. Entries online through athletic.net must be submitted by Wednesday, March 5 th , 2025 at 11pm PT. Entry fee of \$40 per individual with a team cap of \$450 per gender to be paid online during the registration process. Start lists will be posted on www.live.tf by Thursday, March 6 th .
Scratches	Please submit scratches on athletic.net or via e-mail to Chris Reed at reedj@lclark.edu as soon you have them. Heat sheets will be updated throughout the scratch process.
Check-in	<p>Running Events: Check in at the orange tent on the infield near the finish line. 400m and up will receive hip numbers. 100m & 200m will be reseeded 30 minutes prior to the scheduled start of the event; all athletes must be checked in prior to this time. To comply with new NCAA rules, all athletes will be subject to a shoe inspection upon check-in. Please consult the World Athletics Approved Shoe List.</p> <p>Field Events: Check in for your event at the event site.</p> <p>Weigh-in: Weigh-ins will begin two hours prior to the first throwing event at the track shed, which is located on the northwest corner of the stadium (near the 100m start line).</p>
Heights	Starting heights for high jump are 1.51m (men) and 1.33m (women). For pole vault, starting heights are 3.07m (men) and 2.34m (women).
Results	Live results will be available at www.live.tf during the meet. Results will be posted online at lcpioneers.com , athletic.net , and frrs.org at the conclusion of the meet.
Restrooms	Two locations: At the top of the stadium behind the grandstands, or in the Pamplin Sports Center.
Medical	Athletic Trainers will be on site beginning one hour prior to competition. Contact L&C Head Athletic Trainer Jeremy Loew (jloew@lclark.edu) with any questions.

FINAL SCHEDULE OF EVENTS

(Updated as of March 6, 2025)

Live heat/flight sheets: live.tf

FIELD EVENTS

10:00am	Women's Long Jump
~11:45am	Men's Long Jump
~1:30pm	Women's Triple Jump
~2:45pm	Men's Triple Jump
11:00am	Men's High Jump
~12:30pm	Women's High Jump
~2:15pm	Men's Pole Vault
~3:30 pm	Women's Pole Vault
11:00am	Men's Shot Put
~1:00pm	Women's Shot Put
11:00am	Women's Discus
~1:00pm	Men's Discus

RUNNING EVENTS

Sections run fast to slow

11:00am	Women's 3000m Steeple (1section)
11:20am	Men's 3000m Steeple (1 section)
11:40am	Women's 4x100m Relay (1 section)
11:45am	Men's 4x100m Relay (1 section)
11:50am	Women's 1500m (3 sections)
12:15pm	Men's 1500m (3 sections)
12:40pm	Women's 100mH (2 sections)
12:50pm	Men's 110mH (2 sections)
1:05pm	Women's 400m (3 sections)
1:15pm	Men's 400m (3 sections)
1:30pm	Women's 100m (3 sections)
1:40pm	Men's 100m (5 sections)
1:55pm	Women's 800m (3 sections)
2:10pm	Men's 800m (4 sections)
2:30pm	Women's 400mH (2 sections)
2:40pm	Men's 400mH (2 sections)
2:55pm	Women's 200m (4 sections)
3:05pm	Men's 200m (6 sections)
3:20pm	Women's 5000m (1 section)
3:45pm	Men's 5000m (1 section)
4:10pm	Women's 4x400m Relay (1 section)
4:15pm	Men's 4x400m Relay (1 section)