



- MEET INFORMATION:** Mark A. Phillips Tiger Invitational
- DATE:** Saturday, March 29, 2025
- LOCATION:** Mark A. Phillips Track and Field Complex, Cowley College, 223 S. Pierce St., Arkansas City, KS, 67005
JAVELIN ONLY: Arkansas City High School, SE corner of property, 1200 W Radio Ln, Arkansas City, KS, 67005
- ENTRY PROCEDURE:** **Wednesday, March 26, 2025 by 6:00pm.** All entries must be posted into **Direct Athletics**. Make sure both of your rosters are current in DA before submitting. Unlimited Entries. Unattached entries will be accepted.
Entry Link: <https://www.directathletics.com/meets/track/83732.html>
- ENTRY FEES:** \$275 per each team (Men's and Women's separate)
\$25 each for unattached individuals or teams of less than 10
Please make checks payable to: **Cowley College Track**
- TEAM CAMPS:** Outside the track behind the bleachers, in the grass outside the track on the backstretch, or on the grass north of the track. The infield, bleachers, and inside the Hafner Center need to be kept clear of team camps.
- WARM-UP AREAS:** Warm-up may be done on the unused lanes of the track, inside the infield or at least 30 meters away from the finish line. Try to stay away from the finish line!
- ATHLETIC TRAINING RESOURCES:** Athletic trainers will be available prior to, during, and following the meet. The trainers will be located in the southwest corner of the track and in the track storage building, as well as in the training room in the Hafner Center across the parking lot. Please bring your own supplies.
- COWLEY TRACK FACILITIES:** Track - 400-meter Track Polyurethane! 8 lanes - 42" lanes
1/4" Pyramid spike elements only! **NO needle or Christmas trees Spikes**, as it will damage the track
Pole Vault, Long Jump, Triple Jump, and High Jump - All Polyurethane
SP, DISCUS, HAMMER - Cement rings | Javelin - Polyurethane. The Javelin is finally back at the MAP.
IF THROWING EVENT Entries are high we can utilize both our facilities and the high school.
- EVENT CHECK-IN PROCEDURES:** Running event athletes must report to the south end of the administrative tent to check in and receive their hip number. Field event athletes must report the field event judge approximately 45 minutes prior to the event.
- TIMING:** Black Squirrel Timing will be doing the timing and results. Results will be uploaded to TFRRS and Athletic.net
- FIELD EVENT MEASUREMENTS:** All measurements will be made in METRIC.

FOR ADDITIONAL INFORMATION:

Cameron Rieth
Head Track Coach
620-640-4702
cameron.rieth@cowley.edu

Parker Ray
Asst. Track Coach
316-650-8900
Parker.Ray@cowley.edu

Glenwood Edwards
Asst. Track Coach
620-660-5287
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Blake Smith
Head Athletic Trainer
620-687-1680 (cell)
Blake.Smith@cowley.edu



EVENT SCHEDULE

FIELD EVENTS: 11:00AM

	Javelin	Women
	Long Jump	Men - West Runway
	Discus	Men
	High Jump	Women
	Shot Put	Men - West Ring
	Pole Vault	Men
(Follows W Jav)	Javelin	Men
(Follows W HJ)	High Jump	Men
(Follows M Disc.)	Discus	Women
(Follows M SP)	Shot Put	Women - West Ring
(Follows M LJ)	Long Jump	Women - West Runway
(Follows M PV)	Pole Vault	Women
(Follows W LJ)	Triple Jump	Men - East Runway
(Follows MTJ)	Triple Jump	Women - East Runway
	Hammer	Women
(Follows W Ham)	Hammer	Men

TRACK EVENTS: 12:00PM

4x800m Relay	Women
4x800m Relay	Men
3000m SC	Women
3000m SC	Men
4x100m Relay	Women
4x100m Relay	Men
1500m	Women
1500m	Men
100m hurdles	Women
110m hurdles	Men
400m	Women
400m	Men
100m	Women
100m	Men
800m	Women
800m	Men
400m Hurdles	Women
400m Hurdles	Men
200m	Women
200m	Men
5000m	Women
5000m	Men
4x400m Relay	Women
4x400m Relay	Men

All events on the track will be finals against time. To keep the meet moving please pay attention to the event order as well as the size of each field. We will be using a ROLLING SCHEDULE for all running events.

COWLEY TIGERS

TRACK AND FIELD

MARK A. PHILLIPS TIGER INVITATIONAL

SATURDAY, MARCH 22, 2025 | MARK A. PHILLIPS TRACK AND FIELD COMPLEX | ARKANSAS CITY, KS

**ONLY IF NEEDED: LOCATION OF ARKANSAS CITY HIGH SCHOOL FOR ADDITIONAL THROWING AREAS

NORTHWEST ARKANSAS CITY

Arkansas City High School, 1200 W Radio Ln, Arkansas City, KS, 67005

