

CSB / SJU Open #1

Donald McNeely Spectrum

Saint John's University - Collegeville, Minnesota

Friday, January 30, 2026 (updated 12-15-25)

Entries: Unlimited entries on Athletic.net.

Entry Deadline: 10:00am; Wednesday, January 28.

Teams: Bethel, Northwestern, St. Cloud State, St. Ben's, St. John's

Entry Fee: \$300 per gender/ \$600.00 for both men and women: Payable to Saint John's University

Unattached: \$20. Email Jeremy to enter: jeremykg@csbsju.edu

Parking: Drop off team members at Door #1 along Abbey Road (busses may drive to Abbey Plaza to reverse direction and drop off on the correct side of the road), then park ¼ mile away in Flynnstown Lot.

Implement Inspection: 3:20-4:00 along the west wall.

Horizontal Jumps: 4 attempts with no finals.

Throws: 3 attempts and finals. Top nine athletes will advance to finals.

Spikes: ¼ inch pyramids. No Christmas tree or needles.

Clerking: Clerking and hip numbers will be at the announcer's table.

Sports Medicine: Athletic trainers will be set up on the infield

MEN'S 4 x 200 RELAY: Lanes all the way.

WOMEN'S 4 X 200 RELAY: Three turn stagger.

HIP NUMBERS: Lane races: number on left hip. 400 meters and longer: number on left hip and on front of torso.

Field Event schedule

4:30pm	Long Jump Women Men LJ after women Triple Jump Women (after long jump) Men TJ after women
4:30	Pole Vault Women (Men after)
4:30	High Jump Men (Women after)
4:30	Shot Put Women Men immediately after women
4:30	Weight Throw Men Women immediately after men

Track Events

5:00	60m Hurdle Prelims	M/W
5:15	60m Dash Prelims	M/W
5:30	Mile	M/W
5:45	400m	M/W
6:00	60m Hurdle Finals	W/M
6:10	60m Dash Finals	M/W
6:20	600	M/W
6:30	800	M/W
6:40	1000	M/W
6:50	200	M/W
7:10	3000	M/W
7:40	1600m Relay	M/W