

# CSB / SJU Valentine's Day Open

Donald McNeely Spectrum  
Saint John's University - Collegeville, Minnesota  
Saturday, February 14, 2026 (updated 12-13-25)

**Entries:** Unlimited entries on Athletic.net.

**Entry Deadline:** 10:00am; Thursday, February 12<sup>th</sup>.

**Teams:** Concordia-Moorhead, UM-Morris, MN Running Club, Southwest, 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](mailto: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 Flyntown Lot.

**Implement Inspection:** 10:00 – 10:45 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 EVENTS

11:00	High Jump	Women
	High Jump	Men (30' after women)
11:00	Pole Vault	Men
	Pole Vault	Women (45' after Men)

## Horizontal Jumps: 4 attempts

11:00	Long Jump	Women
After women	Long Jump	Men
After Long Jump	Triple Jump	Women
After women TJ	Triple Jump	Men

11:00	35 Lb Wt	Men
11:00	Shot Put	Women
After men Weight	20 LB Weight	Women
After women shot	Shot Put	Men

## TRACK EVENTS

10:30	W 5000
10:55	M 5000
11:15	M 60H Prelims
11:30	W 60H Prelims
11:45	M 60 Prelims (Advance by time)
12:10	W 60 Prelims (Advance by time)
12:30	M Mile
12:55	W Mile
12:50	W 60 H Final
1:10	M 60 H Final
1:20	M 400
1:40	W 400
2:00	M 600
2:10	W 600
2:20	M 60 Final
2:25	W 60 Final
*Athletes need to declare if running the 200	
2:30	M 800
2:40	W 800
2:55	M 1000
3:05	W 1000
3:10	M 200
3:35	W 200
4:00	M 3000
4:25	W 3000
4:40	M 4x400 Relay
4:55	W 4x400 Relay
5:05	M 4x200 Relay
5:30	W 4x200