

St. Olaf Coed Inv. & Multi –, January 28, 2023 (Combined Events 1/27 & 1/28)
Bethel, Gustavus, St. Mary's, St. Olaf, Augsburg, Macalester

Entry Fee: \$250 per team per gender
Multis - \$25 per athlete

Entries: Unlimited entries.

Unattached Athletes: Unattached athletes (not on an active collegiate roster) will be deemed “exhibition” and will NOT be eligible for competition in the final round of events where preliminaries are contested. Unattached entries must be submitted to Brian Power (power3@stolaf.edu)

Entry site: Direct Athletics
ENTRIES ARE DUE WEDNESDAY, JANUARY 25 BY 7:00 pm.
Multis use the St. Olaf Multi Events Meet on DA. Please enter all event PR's.

Facility: Beynon surface, 1/4 inch spikes everywhere, concrete circles for the throws.

FIELD EVENTS

10:30 am WEIGHT THROW (men, women to follow)
(SHOT PUT FOLLOWS WEIGHT THROW - men, women to follow)

10:30 am LONG JUMP (women, men to follow)
(TRIPLE JUMP FOLLOWS LONG JUMP women, men to follow)

~12:00 pm POLE VAULT (men, women to follow)

10:30 am HIGH JUMP (men, women to follow)

TRACK EVENTS (all running events are men first, then women)

11:00 60 M HH TRIALS
60 M DASH TRIALS
5000 M RUN
MILE RUN
800 METER RELAY (W - Three turn stagger, M – In Lanes)
400 METERS
600 METERS
60 M HH FINALS - women
60 M HH FINALS - men
60 M FINALS – women
60 M FINALS – men
800 METERS
1000 METERS
200 METERS
3000 METERS
4 X 400 M RELAY

Heptathlon

Day One - Friday 1/27

3:00 pm 60m Dash
~3:45 pm Long Jump
~5:00 pm Shot Put
~6:15 pm High Jump

Day Two - Saturday (1/28)

9:00 am 60m Hurdles
~10:15 am Pole Vault
~?? 1000m

Pentathlon

Friday - 1/27

2:00 pm 60m Hurdles
~2:45 pm High Jump
~4:15 pm Shot Put
~5:00 pm Long Jump
~6:15 pm 800m run