

**Ole Outdoor Open
Saturday, May 3rd 2025
St. Olaf College, Northfield, MN**

Entry Fee:	\$300 per gender, \$25 for unattached athletes
Entries:	Unlimited entries
Entry site:	Direct Athletics (Entries are due by Thursday, May 1st at 7PM)
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 athletes must email Brian Power for approved entry.
Shoes:	Please consult the World Athletics Shoe Approval List . Meet officials will inspect shoes during competition.

FIELD EVENTS:

Throws

12:00 PM	W Discus (M Discus follows W Discus)
12:00 PM	M Shot Put (W Shot Put Follows M Shot Put)
~3:00 PM	M Hammer (Followed by W Hammer)
~3:00 PM	W Javelin (Followed M Javelin)

Horizontal jumps

12:00 PM	M Long jump followed by W Triple Jump
~2:30 PM	M Triple Jump followed W Triple Jump

Vertical Jumps

12:30 PM	M Pole Vault followed by W Pole Vault
12:00 PM	W High Jump followed by M High Jump

RUNNING EVENTS:

ALL RUNNING EVENTS IN TIMED SECTIONS WILL BE RUN FAST SECTION FIRST!!!

1:00 PM	4X100 RELAY
	3000M STEEPLECHASE
	110M HURDLE
	100M HURDLE
	1500M
	400M
	100M DASH
	800M
	3000m
	400M HURDLES

200M
5000M
4 X 400M RELAY