



2026 Susquehanna Multi

Meet Information

April 9-10, 2026



Susquehanna Universities Athletic Department would like to welcome your Track and Field teams to the 2025 Susquehanna Multi, scheduled for Thursday and Friday, April 9 and 10, 2026 in the Doug Arthur Stadium located on the campus of Susquehanna University.

Included in this packet, you will find meet information, entry procedures and a time schedule. Please read the material carefully and adhere to the declaration time and date. Best of luck to all this season!

Entries: Team should submit entries on the Direct Athletics website at www.directathletics.com Entries will begin on Monday, March 30th at 12:00 PM. All entries must be submitted by 12:00 PM, Tuesday, April 7th. **This is an Invite only meet including unattached athletes. If your team would like to be invited to the meet please email Director of Cross Country and Track and Field Ethan Senecal at senecal@susqu.edu.**

TFRRS Schools: All results will be uploaded to the Track & Field Results Reporting System (TFRRS) following the meet.

Entry Fees: Registration will take place at finish line table.

- \$75/athlete

Results: Leone Timing will supply Live Results on their website.

Rules/Scoring: NCAA rules apply.

Facilities: 8 Lane Mondo surface, all jumping and javelin runways are also Mondo surface. **ONLY ¼ inch pyramid spikes or less may be worn during the meet.**

Training Room: An Athletic Trainer will be present throughout both days of competition. Please contact Head Athletic Trainer, Mike Keeney at keeney@susqu.edu for any special requests.

Locker Rooms: Locker rooms will be available for changing and showering in the Garrett Athletic Center. Athletes are required to bring their own towels.





Schedule of Events: The facility will open for teams to arrive no earlier than 11:00am Thursday and 8:00am Friday. This is a multi-event competition only and each event will start at least 30 minutes following the conclusion of the previous event.

Women Heptathlon 2 Sections

Day 1 Thursday April 9, 2026

	Orange Start Time	Maroon Start Time
<i>100m Hurdles</i>	2:00pm	4:50pm
<i>High Jump</i>	2:45pm	5:45pm
<i>Shot Put</i>	4:00pm	7:00pm
<i>200m</i>	4:50pm	8:00pm

Day 2 Friday April 10, 2026

	Orange Start Time	Maroon Start Time
<i>Long Jump</i>	11:00am	12:00pm
<i>Javelin</i>	12:00pm	1:05pm
<i>800m</i>	1:05pm	2:05pm

Men Dec 2 Sections

Day 1 Thursday April 9, 2026

	Orange Start Time	Maroon Start Time
<i>100m</i>	1:30pm	4:35pm
<i>Long Jump</i>	2:05pm	5:10pm
<i>Shot Put</i>	3:05pm	6:10pm
<i>High Jump</i>	4:15pm	7:15pm
<i>400m</i>	5:30pm	8:30pm

Day 2 Friday April 10, 2026

	Orange Start Time	Maroon Start Time
<i>110m Hurdles</i>	10:30am	12:15pm
<i>Discus</i>	11:10am	12:55pm
<i>Pole Vault</i>	12:30pm	2:15pm
<i>Javelin</i>	2:10pm	3:45pm
<i>1500m</i>	3:15pm	4:50pm

Athletes will be split into groups based on entry scores. Orange will be the higher scoring group.





Team Drop Off/Bus Parking: Team are to drop off in the parking lot off of W. Sassafras St. Teams should travel into Selinsgrove via Market St and turn on W. Sassafras St. The entrance to the parking lot is less than a half mile down Sassafras on the right. Please note there is a sign that says “no busses” please disregard. Drop off at the stairs near the railroad track and enter through the East side of the Home side of the stadium. Teams may set up camp inside the Garret Field house but are asked to stay clear of the PV and HJ runways if needed. We have included a map for you to reference. For GPS please enter 316 W. Sassafras St, Selinsgrove PA, 17870.

Drop Off Instructions Map

