



## TCNJ Last Chance Meet @ The Ott Center

University of Pennsylvania, Philadelphia, PA

Sunday, March 1<sup>st</sup> 2026

### Entry Fee:

College Teams: \$40 per **EVENT ENTRY**. **This is an entry fee not a participation fee. No refunds for scratches.** Payments must be made via credit card online through direct athletics.

### Meet Entries:

Please use Direct Athletics for your entries, follow instructions on [www.directathletics.com](http://www.directathletics.com). Registration will close Thursday, February 26th at 7:00 pm. Contact Justin Lindsey at [lindsey@tcnj.edu](mailto:lindsey@tcnj.edu) with any questions.

### Entry Limits/Policy:

Please see Event Schedule for maximum number of heats and athletes that will be accepted to the meet.

Entries will be using Direct Athletics option 2 (more strict): Athlete/relay must be entered with the top time/mark within the date range below. If no time/mark is available, they may be entered with NT/NM and an entry note for informational purposes

Date Range = Indoor 2025 to current

*Meet Management reserves the right to remove any "no marks/times" that are considered inaccurate\*\**

### Opening Heights (Subject to Change)

High Jump (opening height) Men's 5'10" (1.78m) Women's 4'9" (1.45m)

Pole Vault (opening heights) Men's 12'5 1/2" (3.80m) Women's 9'0 1/4" (2.75m)

### Minimum Entry Standard (Subject to Change)

Shot Put Women's 11.00m Men's 12.00m

Weight Throw Women's 12.00m Men's 13.00m

Scratches: Scratches should be made by email, [lindsey@tcnj.edu](mailto:lindsey@tcnj.edu) until Friday 2/27 at noon.



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### **Order of Events**

#### **Sunday March 1**

##### **Jumping Events (Subject to change)**

- 1:00 PM Women's Long Jump/ Men's Long Jump (2 pits) (1 flight per gender, 16 participants)  
3:00 PM Women's Triple Jump/Men's Triple Jump (2 pits) (1 flight per gender, 16 participants)
- 1:30 PM Women's Pole Vault (16 participants). Warm up starts at 12:00pm  
Men's Pole Vault (16 participants). Warm up starts at 12:00pm
- 2:45 PM Women's High Jump/Men's High Jump (2 pits) (16 participants)

##### **Throwing Events (Subject to change)**

- 1:00 PM Men's Weight Throw/ Women's Weight Throw to Follow (1 flight per gender, 16 participants)  
3:00 PM Men's Shot Put/Women's Shot Put to follow (1 flight per gender, 16 participants)

#### **Sunday February 1 2026**

##### **Track Events (Subject to change)**

- 1:00 PM - W 60mh - 4 Heats / 32 participants  
1:15 PM - M 60mh - 4 Heats / 32 participants  
1:30 PM - W 60m - 4 Heats / 32 participants  
1:45 PM - M 60m - 4 Heats / 32 participants  
2:00 PM - W Mile - 4 Heats / 48 participants  
2:20 PM - M Mile - 4 Heats / 48 participants  
2:40 PM - M 60mh Final  
2:45 PM - W 60mh Final  
2:50 PM - M 60m Final  
2:55 PM - W 60m Final  
3:00 PM - W 400m - 7 Heats / 35 participants  
3:20 PM - M 400m - 7 Heats / 35 participants  
3:40 PM - W 800m - 5 Heats / 40 participants  
3:55 PM - M 800m - 5 Heats / 40 participants  
4:10 PM - W 200m - 7 Heats / 35 participants  
4:30 PM - M 200m - 7 Heats / 35 participants  
4:50 PM - W 3k - 1 Heat / 20 participants  
5:05 PM - M 3k - 1 Heat / 20 participants  
5:20 PM - W DMR - 1 Heat  
5:40 PM - M DMR - 1 Heat  
5:55 PM - W 4x400m - 3 Heats  
6:10 PM - M 4x400m - 3 Heats