

**17<sup>TH</sup> SAM ADAMS CLASSIC  
WHITWORTH UNIVERSITY  
SATURDAY MARCH 18, 2023**

**\*\*\*\*\* MEET INFORMATION \*\*\*\*\***

- SCHEDULE:** See the schedule below  
We will do our best to run on time. Field size may require minor meet day changes. Your assistance with correct entries and patience is always much appreciated.
- ENTRY DEADLINE:** All entries are due using [www.directathletics.com](http://www.directathletics.com) by **Tuesday March 14 by 8pm.** Please submit only those who will be competing.
- ENTRY FEE:** \$35 per athlete per gender for invited teams. Maximum \$400 per team (\$800 both genders). Unattached athletes allowed by permission of the meet director. No High School athletes.
- RESULTS AND TIMING:** Athletictiming.net will be providing all timing and live results.
- SCRATCHES:** Entry list will be emailed to each school by Wednesday afternoon so you may check and make corrections. Please email, or call with any scratches, additions, or corrections **as soon as possible.** We would like to avoid any additions on meet day and limit scratches on meet day.
- FACILITIES:** **1/4 inch pyramid spikes only.** Spikes will be checked at events. All events will be held on the NEW 2023 MONDO surface (excluding SP, Disc, Hammer which will take place on cement surfaces). The Javelin will be thrown down the center of the football field on the northeast runway ON THE FIELD TURF USING THE MONDO SURFACE. The Hammer and Discus will be held in the Ham/Disc Area. Restrooms are located in Graves Gym (adjacent to the track) and the Fieldhouse.
- ATHLETIC TRAINERS:** Athletic Trainers will be on site and a training area will be located in the shed on the north end of the track. Please have any athletic trainers who travel with you contact the Whitworth staff upon arrival.
- PLACING/SCORING:** Individuals in multi-section races will be placed by time. Dual meet scoring.
- PRACTICE:** **NO PRACTICE TIME AVAILABLE**
- IMPLEMENT WEIGHIN:** Starting 2 hours before the first throwing event and ending 1 hour prior to the first throwing event.
- QUESTIONS/PROBLEMS:** Please contact Toby Schwarz at (509) 777 - 4361 or email at [tschwarz@whitworth.edu](mailto:tschwarz@whitworth.edu)

**17<sup>TH</sup> SAM ADAMS CLASSIC**  
**WHITWORTH UNIVERSITY**  
**Saturday March 18, 2023**  
**(tentative schedule and heats and flights based on 2022)**

**Field Events**

|                       |                                              |                           |
|-----------------------|----------------------------------------------|---------------------------|
| 12:00 pm              | Women's Discus (1F), Men (2F) to follow      | Top 8 to finals           |
| 12:00 pm              | Women's Pole Vault, Men to follow            | Opening 2.35/3.45 by 15cm |
| 12:30 pm              | Women's High Jump, Men to follow             | Opening 1.39/1.72 by 10cm |
| 30 min<br>After WDisc | Women's Shot Put (1F), Men (1F) to follow    | Top 8 to finals           |
| 1:30 pm               | Women's Triple Jump (1F), Men (1F) to follow | Top 8 to finals           |
| 2:30 pm               | Men's Javelin (2F), Women (1F) to follow     | Top 8 to finals           |
| 30 min<br>After TJ    | Women's Long Jump (1F), Men (2F) to follows  | Top 8 to finals           |
| 30min<br>After MDisc  | Women's Hammer (2F), Men (2F) to follow      | Top 8 to finals           |

**Track Events**    Women events precede men's unless otherwise listed.    Fast Heats First

|            |                                 |         |
|------------|---------------------------------|---------|
| 12:00 noon | Women's 10K                     |         |
| 12:40      | Men's 10K                       |         |
| 1:30       | Women's 3000m                   | 1H      |
| 1:45       | Men's 3000m                     | 1H      |
| 2:00       | Women's 2000 Steeplechase       | 1H      |
| 2:15       | Men's 2000 Steeplechase         | 1H      |
| 2:30       | 400 meter relay                 | 1H/1H   |
| 2:40       | 1500m                           | 2H/2H   |
| 3:05       | 100H                            | 2H      |
| 3:15       | 110H                            | 2H      |
| 3:30       | 400m                            | 2-3H/2H |
| 3:45       | 100m                            | 2H/3H   |
| 4:00       | 800m                            | 2H/2H   |
| 4:15       | 400H                            | 2H/1H   |
| 4:30       | 200m                            | 3H/4H   |
| 4:50       | Women's 5K                      | 1 H     |
| 5:15       | Men's 5K (faster heat - Heat 1) |         |
| 5:32       | Men's 5K (slower heat - Heat 2) |         |
| 5:50       | 1600m relay                     | 1H/1H   |

**THIS WILL BE A SCORED MEET – DUAL MEET SCORING – 5-3-1**

**Check in to Field Events at the Event Approx. 20 min prior to event**  
**Check in to Running Events at the CLERKING TENT 30min before**  
**race time**