

**2023 WHITWORTH TWILIGHT INVITE AND ALUMNI MEET
WHITWORTH UNIVERSITY
THURSDAY - APRIL 13, 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 by **Tuesday April 11 by 8pm.**
- ENTRY FEE:** \$35 per athlete per gender for invited teams. Maximum \$400 per team (\$800 both genders). Unattached athletes allowed with permission of the meet director. No High School athletes allowed. **Whitworth Alumni contact Coach Toby for entry.**
- RESULTS AND TIMING:** Athleticstiming.net will be providing all timing/live results.
- SCRATCHES:** I will attempt to email an entry list back to each school by Wednesday evening 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

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(tentative schedule and heat and flights based on 2022)

Field Events

2:00 pm	Women's Discus, Men to follow	1F/1F	Top 8 to finals
3:00 pm	Women's Pole Vault, Men to follow		Opening TBA
3:00 pm	Women's Triple Jump, Men follow	1F/1F	Top 8 to finals
Approx 3:30pm After WDisc	Women's Shot Put, Men to follow	1F/1F	Top 8 to finals
4:00 pm	Men's Javelin, Women follow	1F/1F	Top 8 to finals
4:00 pm	Combined HJ		Opening TBA
Approx. 4:30pm Follow MDisc	Women's Hammer, Men to follow	2F/1F	Top 8 to finals
Approx. 5pm Follows MTJ	Women's Long Jump, Men follows	1F/1F	Top 8 to finals

Track Events Women events precede men's unless otherwise listed

1:10 pm	Women's 10K	1H
2:00 pm	Women's 4x800 relay	1H
2:15 pm	Men's 4x800 relay	1H
2:30 pm	Men's 10K	1H
3:20	Women's Steeplechase	1H
3:40	Men's Steeplechase	1H
3:55	400 meter relay	1H/1H
4:05	1500m	2H/2H
4:40	100H	2H
4:50	110H	1H
5:00	400m	2H/2H
5:15	100m	3H/2H
5:30	800m	2H/3H
5:50	400H	2H/1H
6:05	200m	3H/2H
6:20	Women's 5K	1H
6:45	Men's 5K	1H
7:05	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. 30 min prior to event

**Check in to Running Events 30 min prior to start AT THE CLERKING
TABLE BY THE TIMING TENT.**