



Ashford University Spring Classic



Friday April 3rd, 2015

- Site:** Ashford University South Campus Athletic Complex:
1650 South 14th St, Clinton, IA 52732
<http://www.ashfordathletics.com/f/Facilities.php>
- Entries:** Only online entries will be accepted for college teams/athletes:
www.directathletics.com
Unattached athletes can be added via email, if necessary.
Entry Deadline: Tuesday March 31st, 2015 10pm.
- Eligibility:** Open to all Collegiate and Post-Secondary athletes. Unattached athletes **must** be approved by Meet Director.
- Entry Limitations:** Unlimited Entries (individual and relays). Entries may be limited in field events if necessary to avoid using a system of minimum marks.
- Entry Fee:** **NO Entry Fee**
- Timing:** AccuRace
- Scoring:** Traditional meet scoring will be used through 8 places. (10-8-6-5-4-3-2-1)
- Weigh-Ins:** **2:30pm-3:15pm**
- Event Finals:** All athletes in the top 9 will advance to the finals in the 100m, 100/110m hurdles. Unattached athletes will also advance in field events, along with the top 9 collegiate athletes.
- Venue Info:** The competition surface is a 9-lane Beynon BSS 100—Completed in October 2010
SPIKES: Only ¼ inch spikes are permitted
THROWS: Shot put, hammer and discus will be contested using a cement ring
JUMPS/JAVELIN: All jumps/javelin events to be competed on BSS 100 track surface
TAKE-OFF BOARDS: Long Jump—Synthetic boards: M/W: 8'
Triple Jump—Painted boards: M: 38'/42'—W: 30'/34'
- Parking:** **Spectator parking:** Directly adjacent to facility.
- Athletic Trainers:** Ashford Athletic Training staff will be available for treatments. Please e-mail if you have any special/specific needs. We will try to accommodate if possible.
- Meet Director:** **Sheena James—Head Coach**
563-321-3755
sheena.james@ashford.edu

FIELD EVENTS		
TIME	M/W	EVENT
3:30PM	M/W	Long Jump: 2 pits
3:30PM	M	Javelin
-	W	Javelin <i>(to follow Men)</i>
3:30PM	M	Pole Vault
-	W	Pole Vault <i>(W to follow)</i>
3:30PM	M/W	Shot Put: 2 rings
-	M/W	Discus: 2 rings <i>(to follow Shot Put)</i>
-	M/W	Hammer: 2 rings <i>(to follow Discus)</i>
-	M/W	Triple Jump: 2 pits <i>(following LJ)</i>
3:30PM	W	High Jump
-	M	High Jump <i>(to follow Women)</i>

RUNNING EVENTS		
TIME	M/W	EVENT
3:55PM	*	National Anthem
4:00PM	M/W	5000m Race walk
4:30PM	M	110m Hurdles-PRELIMS
	W	100m Hurdles-PRELIMS
	W	100m-PRELIMS
	M	100m-PRELIMS
	W	3,000m Steeplechase
	M	3,000m Steeplechase
	W	4 x 100m
	M	4 x 100m
	W	1500m
	M	1500m SENIOR RECOGNITION
	W	100m Hurdles-FINALS
	M	110m Hurdles-FINALS
	W	100m-FINALS
	M	100m-FINALS
	W	400m
	M	400m
	W	800m
	M	800m
	W	400m Hurdles
	M	400m Hurdles
	W	200m
	M	200m
	W	5,000m Run
	M	5,000m Run
	W	4x400m Relay
	M	4x400m Relay

**No gum or sunflower seeds allowed on the artificial turf infield/track surface*

**Team tents can be set up in the grass area on the back stretch*