



**Central College Invitational  
Thursday, April 2<sup>nd</sup>, 2015**

**TO: Track & Field Coaches**  
**FROM: Joe Dunham, Head Track & Field Coach, Central College**  
**RE: Central College Track & Field Invitational- Thursday, April 2<sup>nd</sup>, 2015**

1. Central College will be hosting the Central Invitational on Saturday, April 5<sup>th</sup> 2013. Starting time will be 12:00p.m. for the field events and 12:30pm for the running events.
2. Teams will be allowed unlimited entries in all events.
3. Entry fee is \$350 for both men's and women's team or \$175 for a single team. Individual entries are \$20/athlete and \$40/relay.
4. FinishLynx fully automatic timing will be used.
5. Entries are due **Tuesday, March 31<sup>st</sup> by 8 p.m.** and can be completed on [www.directathletics.com](http://www.directathletics.com) .
6. Scoring: 10-8-6-5-4-3-2-1
7. Spikes no longer than 1/4" are allowed on our outdoor track.
8. Unattached athletes are eligible to compete.
9. Trainers will be available in Kuyper fieldhouse-upstairs from the indoor track.
10. Final results will include all prelim and heat times.
11. Weigh-ins will be done from 10:30-11:30 a.m. under the stadium.
12. Scratches can be made at 11:00 a.m. at the finish line.
13. Please direct any questions to Joe Dunham at (641) 628-7603 or [dunhamj@central.edu](mailto:dunhamj@central.edu).

**2015 Central Invitational**  
**Thursday, April 2<sup>nd</sup>, 2015**

**Field Events:**

12:00 pm Men's Long Jump (women to follow)  
Women's Discus (men to follow)  
Men's Hammer (women to follow)  
Women's High Jump (men to follow)

1:00 pm Men's Javelin (women to follow)

1:30 pm Men's Pole Vault (women to follow)

Following Women's Shot Put (men to follow)  
Hammer

Following Men's Triple Jump (women's to follow)  
Long Jump

**Please note** the order of the throwing events (men or women first ) is subject to change after the entries have been received.

**Running Events:**

12:30 pm 100m hurdle prelims-Women  
110m hurdle prelims-Men  
100m dash prelims-Women  
100m dash prelims-Men  
3000m Steeplechase-Women  
3000m Steeplechase-Men  
4x100m relay-Women  
4x100m relay-Men  
1500m run-Women  
1500m run-Men  
400m dash -Women  
400m dash -Men  
110m Hurdle finals-Men  
100m Hurdle finals-Women  
100m Dash finals- Men  
100m Dash finals-Women  
800m run-Women  
800m run-Men  
400m hurdles-Women  
400m hurdles-Men  
200m dash-Women  
200m dash-Men  
3000m run-Women  
3000m run-Men  
4x400m relay-Women  
4x400m relay-Men

**We are running a ROLLING SCHEDULE.**