

**Alumni Triangular Indoor Track & Field Meet**  
**Macalester College, St. Paul, MN**  
**Saturday, January 24, 2015**

<b>Entries:</b>	Unlimited entries <b>DUE THURSDAY, January 22<sup>nd</sup> BY 7:00pm.</b>
<b>Entry site:</b>	<a href="http://www.directathletics.com/">http://www.directathletics.com/</a>
<b>Teams:</b>	Augsburg, Macalester, Macalester Alums, St. Catherine's
<b>Facility:</b>	1/4 inch spikes everywhere (NO pins), plywood circles for the throws.
<b>Field Events:</b>	All horizontal jumpers and throwers will be given four attempts.
<b>Scoring:</b>	This will be a scored meet.
<b>Implements:</b>	All implements will be weighed prior to the start of the meet.
<b>Locker rooms:</b>	Dressing facilities are limited. Please come dressed to compete if possible.
<b>Team Camps:</b>	Team camps will be located in the atrium adjacent to the track.
<b>Parking:</b>	Ample parking is available at the Leonard Center south lot

**Schedule of Events** (if entries warrant adjustments a revised schedule will be emailed)

**FIELD EVENTS**

- 12:00 Pole Vault (W) (Men to follow women)
- 12:00 Long Jump (M & W – open pit – cafeteria 4 jumps)
- 12:00 High Jump (M) (Women to follow men)
- 12:00 Weight Throw (M & W – open ring – cafeteria 4 throws)
- 1:45 Triple Jump (M & W – open pit – cafeteria 4 jumps)
- 1:45 Shot put (M & W – open ring – cafeteria 4 throws)

**RUNNING EVENTS** (women compete first)

- 1:00 60m Hurdle
- 1:15 Mile Run
- 1:30 400m Dash
- 1:40 60m Dash
- 1:50 Kids 60 m Dash
- 2:00 800m Run
- 2:15 200m Dash
- 2:40 3000m Run
- 3:10 4x400m Relay