

**Bolstorff Twilight Meet**  
**Macalester College, St. Paul, MN**  
**Thursday, April 23, 2015**

- Entry Fee:** \$150 per team; \$10 per unattached individuals
- Entries:** Limit of four athletes in throwing events and 200. Unlimited in other events. No unattached entries in the throwing events or 200. Entries are **DUE TUESDAY, April 21 BY 8:00pm**. After Tuesday, only scratches or substitutions will be allowed. **NO ADDITIONS!**
- Entry site:** <http://www.directathletics.com/>
- Facility:** 1/4 inch spikes on track surface (NO pins), javelin runway is grass.
- Heat sheets:** Heat sheets will be emailed and posted on the Macalester website on Wednesday, April 22nd.
- Field Events:** All horizontal jumpers and throwers will be given three attempts with top nine advancing to finals.
- Scoring:** This will be a scored meet.
- Implements:** Implement weigh-in is located in the south stadium locker room. All implements must be certified, and weigh-in will begin one hour prior to the start of the meet.
- Locker rooms:** Dressing facilities are limited. Please come dressed to compete if possible.
- Team Camps:** Team camps will be located adjacent to the track. In the case of inclement weather camps can be located in the Leonard Center fieldhouse.
- Parking:** Ample parking is available at the Leonard Center south lot.
- Medical:** A training room will be located in the north end of the stadium.
- Schedule of Events** (if entries warrant adjustments a revised schedule will be emailed)

**FIELD EVENTS**

- 5:00 Pole Vault  
5:00 Long Jump  
5:00 Discus  
6:00 High Jump  
6:00 Shot Put  
7:30 Javelin  
7:30 Hammer  
7:30 Triple Jump

**RUNNING EVENTS**

- 5:30 Steeplechase  
6:00 4x100 Relay  
6:10 1500m Run  
6:35 110m Hurdles  
6:50 400m Dash  
7:05 100m Dash  
7:20 800m Run  
7:40 400m Hurdles  
8:05 200m Dash  
8:30 5000m Run  
9:00 4x400m Relay