

**Janis Rider Meet
Macalester College, St. Paul, MN
Saturday, April 25, 2015**

- Entry Fee:** \$150 per team; \$10 per unattached individuals
- Entries:** Unlimited entries. Entries are **DUE THURSDAY, April 23 BY 8:00pm.** After Thursday, 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 Friday, April 24th.
- 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.

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

FIELD EVENTS

9:00 Hammer (Discus to follow)
9:00 Javelin
11:00 Long Jump (Triple Jump to follow)
11:00 Pole Vault
1:00 High Jump
1:00 Shot Put

RUNNING EVENTS

10:00 10K
10:50 Janis Rider Tribute
11:00 100m Hurdle Prelims
11:20 100m Dash Prelims
11:40 Steeplechase
12:00 5000m Run
12:30 4x100m Relay
12:40 1500m Run
1:05 400m Dash
1:20 100m Hurdle Finals
1:30 100m Dash Finals
1:35 800m Run
1:50 400m Hurdles
2:05 200m Dash
2:30 3000m Run
2:45 4x800m Relay
3:00 4x400m Relay