

**Macalester College Bolstorff Twilight Meet**  
**Macalester College, St. Paul, MN**  
**Thursday, April 24, 2014**

**Entry Fee:** \$150 per team per gender (\$10 per unattached individuals)  
**Entries:** Limit of 4 athletes in the 200, all other events are unlimited entries  
**Entry site:** <http://www.directathletics.com/>

**ENTRIES ARE DUE TUESDAY, APRIL 22 BY 7:00pm.**

After Tuesday, only scratches will be allowed. NO ADDITIONS!

**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 23<sup>rd</sup>.  
**Field Events:** All horizontal jumpers and throwers will be given four attempts.  
**Time Schedule:** A time schedule follows. If entries warrant adjustments, a revised schedule will be emailed to you.  
**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 and 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

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

**FIELD EVENTS:**

5:00	Pole Vault
	Long Jump
	Discus
6:00	High Jump
	Shot
7:00	Javelin
	Hammer (after Discus)
	Triple Jump (after Long Jump)

**RUNNING EVENTS:**

5:00	Steeplechase
5:40	4x100 Relay
5:50	1500m Run
6:20	110m Hurdles
6:35	400m Dash
6:55	100m Dash
7:20	800m Run
7:40	400m Hurdles
7:55	200m Dash
8:20	5000m Run
9:00	4x400m Relay