

**Janis Rider Meet
Macalester College, St. Paul, MN
Saturday, April 28, 2018**

- Entry Fee:** \$200 per team; \$20 per unattached individuals
- Entries:** Unlimited entries. Entries are **DUE THURSDAY, April 26 BY 8:00pm.** After Thursday, only scratches or substitutions will be allowed. NO ADDITIONS!
- Entry site:** <http://www.directathletics.com/>
- Facility:** 9 lane track, 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 27th.
- 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 will be from 8:30 a.m. until 9:30 a.m. and is located on the south side of the stadium. All implements must be certified.
- 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

FIELD EVENTS

10:00	Hammer (Discus to follow)
10:00	Javelin
11:00	Long Jump (Triple Jump to follow)
11:00	Pole Vault
1:00	High Jump
1:00	Shot Put

RUNNING EVENTS (schedule will be adjusted if entries warrant)

10:00	10K
10:50	Janis Rider Tribute
11:00	100m Hurdle Prelims
11:15	100m Dash Prelims
11:30	Steeplechase
11:50	5000m Run
12:15	4x100m Relay
12:25	1500m Run
12:50	400m Dash
1:05	Macalester Senior Recognition
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