

**Vanessa Seljeskog Classic
Indoor Track & Field Meet
Macalester College, St. Paul, MN
Friday, January 19, 2018**

Entry Fee:	\$200 per team per gender
Entries:	Unlimited entries DUE WEDNESDAY, JANUARY 17th BY 7:00pm. After Wednesday, only scratches will be allowed. NO ADDITIONS!
Entry site:	http://www.directathletics.com/
Teams:	Augsburg, Bethel, Gustavus, Macalester, St. Catherine
Facility:	1/4 inch spikes everywhere (NO pins), plywood circles for the throws.
Heat sheets:	Heat sheets will be emailed and posted on the Macalester website on Thursday, January 18th
Field Events:	Horizontal jumpers and throwers will be given three trials attempts with the top nine advancing to finals for three more attempts.
Scoring:	This will be a scored meet.
Awards:	New this year: event winners will receive a mug
Implements:	All implements will be weighed 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 in the atrium adjacent to the track.
Parking:	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

4:30	Weight Throw (M) (Women to follow men)
4:30	Pole Vault (W) (Men to follow women)
4:30	Triple Jump (W) (Men to follow women)
5:00	Long Jump (M) (Women to follow men)
5:00	High Jump (M) (Women to follow men)
5:00	Shot put (W) (Men to follow women)

RUNNING EVENTS (women compete first except hurdle finals where men compete first)

5:30	60m Hurdle prelims
5:50	60m Dash prelims
6:10	Mile Run
6:35	60m Hurdle finals
6:45	400m Dash
7:00	60m Dash finals
7:10	600m Dash
7:25	4x200m Relay (women = 3-turn stagger; men = lanes all the way)
7:40	800m Run
7:55	1000m Run
8:10	200m Dash
8:50	3000m Run
9:15	4x400m Relay