



SIUE TWILIGHT OPEN

Ralph Korte Stadium
Saturday, April 24, 2010

REVISED MEET INFORMATION

- Meet Director:** Kareem Jackson
Office Phone: (618) 650-2731
E-Mail: karjack@siue.edu
- Entry Deadline:** Wednesday, April 21st, 5:00 pm
Please use the following website for all entries: <http://entries.precision-timing.com/13032>
Scratches can be made online until Thursday, April 22nd, 12:00 pm
- Entry Limitations/Fees:** **None, \$150 Women, \$150 Men (\$300 Combined programs), Unattached \$20.00 per individual**
- Packet Pickup:** Stadium press box, please use north entrance.
- Athletic Training:** Trainers will be available under the direction of Gerry Schlemmer.
For special requests, call: (618) 650-2883, email: gschlem@siue.edu
- Results:** Results will be posted at: <http://www.siuecougars.com/>
- Implement Weigh-In:** Weigh-in for all implements will be from 9:30 am – 12:00 pm, behind the stadium in the south corridor.
- Meet Format:** In all applicable field events, top 8 performers will advance to finals.
- Declarations:** In the 200m Dash, all participants will need to declare at the check-in tent by the end of the 800m Run. In the 4 x 400m Relay, all relay teams will need to declare by the end of the 3,000m Run (*Relay Cards, turned in at press box, will be used for declaration*)
- Time Schedule:** Rolling time schedule, women then men unless otherwise noted
- Minimum Marks:** Minimum marks will be used in the field events. First legal attempt will be measured regardless.

<i>Long Jump:</i>	Women - 16'-06"	Men - 20'-00"
<i>Triple Jump:</i>	Women - 35'-00"	Men - 42'-00"
<i>Hammer Throw:</i>	Women - 110'-00"	Men - 110'-00"
<i>Discus Throw:</i>	Women - 100'-00"	Men - 110'-00"
<i>Javelin Throw:</i>	Women - 90'-00"	Men - 110'-00"
<i>Shot Put:</i>	Women - 30'-00"	Men - 35'-00"
<i>Pole Vault:</i>	Women - 9'-00"	Men - 12'-06"
<i>High Jump:</i>	Women - 5'-00"	Men - 6'-00"

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Updated Meet Schedule

Saturday, April 24th

Field Events

11:00 am Hammer (m-w) – Northwest Ring
Discus (w-m) – Southwest Ring
Javelin (w-m) *follows w hammer*
Shot Put (m&w) *follows m discus/w hammer*

12:00 pm Pole Vault (w-m)
High Jump (w-m)
Long Jump (m&w)
Triple Jump (m&w) *follows long jump*

Track Events

2:00 pm 4 x 100 Meter Relay
3,000 Meter Steeple
1,500 Meter Run
100 Meter Hurdles
110 Meter Hurdles
400 Meter Dash
100 Meter Dash
800 Meter Run
400 Meter Hurdles
200 Meter Run (*Declare by end of 800's*)
3,000 Meter Run - w
5,000 Meter Run
4x400 Meter Relay (*Declare by end of 3,000*)