



2016 Embry-Riddle Challenge January 23, 2016

- Facilities:** The Embry-Riddle track is a 400m Mondo Super X performance track with 8 lanes. All field events will be contested on the infield of the track facility.
- Spikes:** Pyramid & X'mas Tree spikes of ¼" (6mm) or smaller are allowed. No pin or needle spikes.
- Eligibility:** This meet is open to the public.
- Entry Deadline:** The entry deadline for all entries is **January 19, 2016**. Entries should be submitted on Direct Athletics. Late entries will not be accepted. No additions may be made after this date - scratches only.
- Entry Fee:** The entry fee will be **\$300** per team (with 12 or more participants) per gender (**\$600** for both teams). Make checks payable to Embry-Riddle Aeronautical University. The entry fee is due at the time of packet pick-up. The entry fee for individuals participating will be **\$25**.
- Entry Limitations:** There is no limit on entries for this meet.
- Performance List:** A performance list and heat sheets will be available for viewing on-line by **January 21, 2016**.
- Heats/ Flights:** All running events will be run as heats against time. In all field events, athletes will have three preliminary attempts with nine athletes advancing to finals for an additional 3 attempts. Note in the throws athletes who throw lighter implements will not be allowed to advance to finals over someone throwing the collegiate weights.
- Event Check-In:** Athletes must check-in with the clerk of the course 20 minutes prior to the start their event. Field events will check in at event locations.
- Starting Heights:** The starting height will be determined by the meet officials once all entries are turned in.
- Timing:** We will be using a FinishLynx scoring system in all races.
- Waivers:** All unattached and club athletes are required to fill out a waiver form which can be found at:
http://erauathletics.com/documents/2014/6/16/Medical_and_Liability_Waiver_Form_2014.pdf?id=943
- Food:** Food services are available on campus, at the concession stand or at several restaurants located within a few miles of the campus.
- Meet Results:** Meet results will be posted on the result board by the bleachers. They will also be found on-line at <http://erauathletics.com>, <http://elitetiming.net/> and <http://www.flrunners.com>
- Questions:** Please direct all questions to Coach Mike Rosolino at 386-323-5008 or e-mail at michael.rosolino@erau.edu



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Meet Schedule

Field Events

11:00 a.m.	Weight Throw (Indoor wt.)	(W then M)
11:00 a.m.	Long Jump	(W & M)
11:30 a.m.	Pole Vault (pit opens at 10:30 a.m.)	(W then M)
12:00 p.m.	Shot Put	(W then M)
12:30 p.m.	Triple Jump	(W & M)
1:00 p.m.	Discus	(W then M)
1:00 p.m.	High Jump	(W then M)

Track Events

11:00 a.m.	Women's 4 x 800
11:10 a.m.	Men's 4 x 800
11:20 a.m.	Women's 3000m
11:35 a.m.	Men's 3000m
11:55 a.m.	Women's 1000m
12:05 p.m.	Men's 1000m
12:15 p.m.	Women's 60m Hurdle
12:25 p.m.	Men's 60m Hurdle
12:40 p.m.	Women's 600m
12:45 p.m.	Men's 600m
12:55 p.m.	Women's mile
1:10 p.m.	Men's mile
1:25 p.m.	Women's 400
1:40 p.m.	Men's 400
1:55 p.m.	Women's 60m
2:15 p.m.	Men's 60m

----- **ALL 200 PARTICIPANTS MUST DECLARE BY NOW**

2:35 p.m.	Women's 800m
2:45 p.m.	Men's 800m
3:00 p.m.	Women's 200m
3:20 p.m.	Men's 200m
3:40 p.m.	Women's 5000m
4:05 p.m.	Men's 5000m
4:25 p.m.	Women's 4 x 400
4:30 p.m.	Men's 4 x 400