Macalester College Pre-MIAC Meet  
Macalester College, St. Paul, MN  
Friday, February 28, 2014

Entry Fee: $150 per team per gender  
Entries: Unlimited entries  
Entry site: http://www.directathletics.com/  
ENTRIES ARE DUE WEDNESDAY, FEBRUARY 26 BY 7:00pm.  
After Wednesday, only scratches will be allowed. NO ADDITIONS!  
Teams: Augsburg, Bethel, Gustavus, Hamline, Macalester, St. Catherine’s

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, February 27th.  
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: 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  
Coaches Meeting: There will be a brief coaches meeting at the finish line at 5:00.

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

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

RUNNING EVENTS (women compete first with the exception of the hurdles finals where the men will compete first)

5:30 60m Hurdle prelims  
5:45 60m Dash prelims  
6:00 Mile Run  
6:30 60m Hurdle finals  
6:40 400m Dash  
6:55 60m Dash finals  
7:00 600m Dash  
7:15 4x200m Relay (run in lanes all the way)  
7:30 800m Run  
7:45 1000m Run  
8:00 200m Dash  
8:25 3000m Run  
8:55 4x400m Relay  
9:10 DMR (if there is interest)