

# CSB / SJU Invitational

Donald McNeely Spectrum  
Saint John's University - Collegeville, Minnesota  
Saturday, February 11, 2023

**Entries:** Unlimited. Enter through Direct Athletics.

**Entry Deadline:** 10:00am; Thursday, February 9<sup>th</sup>.

**Teams:** Concordia-Moorhead, UM-Morris, St. Cloud State, Southwest, Gustavus, Martin Luther, MN Running Club, St. Cloud State Running Club, CSB, SJU

**Entry Fee:** \$200 per gender/ \$400.00 for both men and women: Payable to Saint John's University

**Unattached:** \$20. Email Jeremy to enter: [jeremkg@csbsju.edu](mailto:jeremkg@csbsju.edu)

**Parking:** Drop off team members at Door #1 along Abbey Road (busses may drive to Abbey Plaza and use the circle to easily reverse direction and drop off on the correct side of the road), then park bus ¼ mile away in the Flyntown Lot.

**Implement Inspection:** 10:00 – 10:45 along the west wall.

**Horizontal Jumps:** 4 attempts with no finals.

**Throws:** 3 attempts and finals. Top nine athletes will advance to finals.

**High Jump:** **New surface and able to use spikes.**

**Spikes:** ¼ inch pyramids. No Christmas tree or needles.

**Clerking:** Clerking and hip numbers will be at the announcer's table.

**Sports Medicine:** Athletic trainers will be set up on the infield

**MEN'S 4 x 200 RELAY:** Lanes all the way.

**WOMEN'S 4 X 200 RELAY:** Three turn stagger.

**HIP NUMBERS:** Lane races: number on left hip. 400 meters and longer: number on left hip and on front of torso.

**Time Schedule:** Tentative pending receipt of entries.

## FIELD EVENTS

11:00	High Jump	Men
	High Jump	Women (30' after Men)
11:00	Pole Vault	Women
	Pole Vault	Men (45' after Women)
11:00- 12:00	Long Jump	Women
12:30- 1:15	Long Jump	Men
1:35- 2:05	Triple Jump	Women
2:25	Triple Jump	Men
11:00	35 Pound Weight	Men
11:00	Shot Put	Women
~1:00	35 Pound Weight	Women
~1:00	Shot Put	Men

## TRACK EVENTS

11:00	5000m	M/W
11:45	60m Hurdles	M/W
12:00	60m Dash Prelims	M/W
12:20	Mile	M/W
12:45	400m	M/W
1:00	600m	M/W
1:10	60m Final	M/W
1:20	800m	M/W
1:35	1000m	M/W
1:45	200m	M/W
2:10	3000m	M/W
2:35	1600m Relay	M/W
2:50	800m Relay	M/W