

Bucknell University
 Elizabethtown College
 Gwynedd Mercy College
 Hagerstown Comm. Col.
 Loyola College
 Mansfield University

BUCKNELL UNIVERSITY TRACK & FIELD

GULDEN RELAYS

SATURDAY, JANUARY 10, 2009

MEET SCHEDULE

McDaniel College
 Mt. St. Mary's College
 U. of District Columbia (women)
 Univ. of MD (Balt. Cty.)
 Wagner College

FIELD EVENTS (MEN THEN WOMEN)

(Tentative Time Schedule to be posted on Meet Day)

			<u>MINIMUM</u>	
10:30 AM	LONG JUMP	(20-minute break before next event begins)	19' M	15' W
	TRIPLE JUMP	(to follow long jump)	39' M	33' W
11:00 AM	POLE VAULT	(Opening height determined day of meet)	12'9" M	9'4" W
11:00 AM	WEIGHT THROW	(20-minute break before next event begins)	40' M	35' W
	SHOT PUT	(to follow weight throw)	40' M	35' W
11:30 AM	HIGH JUMP	(Opening height determined day of meet)	5'7" M	4'7" W

RUNNING EVENTS (WOMEN THEN MEN - except for 60M Hurdles and 60 Dash Final)

(Tentative Time Schedule to be posted on Meet Day)

12:00 PM	Shuttle Hurdle Relay		
12:20 PM	4x800		
1:00 PM	60M Dash Trials		
1:20 PM	500		
1:45 PM	60M Hurdle Finals	(Section vs. time)	[men then women]
2:05 PM	60M Dash Finals	(also consolation final)	[men then women]
2:20 PM	Mile		
2:40 PM	Sprint Medley	(400-200-200-800)	
3:05 PM	3000 Meters		
3:35 PM	Distance Medley Relay	(1200-400-800-1600)	
4:00 PM	4x200		
4:20 PM	4x400		

- ◆ \$20 Per Individual/Unattached Athlete
- ◆ \$250 Entry Fee Per Team (\$500 for men's and women's teams) [Bring to meet]
- ◆ Awards will be given to winning relay teams as well as first place in all individual events. We will also award a trophy for the Field Event MVP and Running Event MVP.
- ◆ We will have a consolation final in the 60M
- ◆ Unlimited entries in all running events, pole vault and high jump
- ◆ 4 entries per event in Long Jump, Triple Jump, Shot Put and Weight Throw
- ◆ No team scoring
- ◆ **Entries MUST be made via DIRECT ATHLETICS by THURSDAY, JANUARY 8 at NOON.**
www.directathletics.com
- ◆ In running events – we will run the sections from slow to fast
- ◆ Weigh-ins – 9:30 AM – 10:30 AM
- ◆ THERE WILL BE ABSOLUTELY NO ADDITIONS ON THE DAY OF THE MEET
- ◆ NOTE – no 5K this year due to lack of participation and quality in previous years

QUESTIONS, CONTACT:

BOBBY WILSON

Assistant Track and Field Coach

(570) 577-3060 [office]

blw015@bucknell.edu