



# PRIN RELAYS 2025

Friday, January 31st and Saturday, February 1st

- Where:** Crafton Athletic Center, Elsah, IL; 200-Meter Indoor Track (Mondo)
- Entries:** Entries are due no later than Wednesday, 1/29/25 at 12 noon – [Direct Athletics](#)
- Scratches/Changes:** Finals scratches and changes can be made by Thursday 1/30/25 at 12 Noon – [Direct Athletics](#)
- Entry Fees:** \$30 per athlete was a max of \$300.00/per gender  
Unattached Athletes (post-collegiate or non-team athletes) \$30.00  
**All entry fees must be paid on Direct Athletics**  
Unpaid athletes will not be accepted
- Performance List:** [Performance List](#)
- Live Results:** <https://liveresults.trxctiming.com>
- Height Progressions:** [Click Here](#)
- Heat and Flight Sheets:** [Multi Events](#) [Friday](#) [Saturday](#)
- Meet Conduct:** Starting heights determined after entry information is received. 3 attempts for throws and horizontal jumps with top 9 collegiate athletes to finals plus unattached with a qualifying mark. Team scoring in accordance with the NCAA rule book. All events will be run as finals (slow to fast) with the exception of the 60m dash and 60m hurdles (prelims Friday, finals Saturday). Implement certification will begin 60 minutes before the beginning of field event. Weigh-in will close 15 minutes prior to the event start.
- Venue Info:** Six lane, 200-meter indoor Track, Mondo
- Spikes:** Only 1/8" to 1/4" Pyramid spikes allowed. No xmas tree or needle spikes. Spikes will be checked at check-in. Spikes must be removed when off the mondo track surface. No spikes on the basketball courts, in the restrooms, or in the lobby areas.
- Showers:** Will be available.
- Trainer:** Principia will have one Athletic Trainer on site. Please bring specific supplies in needed (e.g. K-Tape). Teams are welcome to bring their own trainer.
- Entry Questions:** Rich Schilling – TRXC Timing – 314-522-6176 – [rich@trxctiming.com](mailto:rich@trxctiming.com)
- Meet Questions:** Nick Barron – Principia College – 618-363-1329 – [nick.barron@principia.edu](mailto:nick.barron@principia.edu)

# Principia Relays Time Schedule

(Will be updated after the entry deadline)

## Friday

### Field Events

- 2:00 pm** Long Jump (Women)  
Weight Throw (Men)  
Pole Vault (Men)
- 4:00 pm** High Jump (Women)  
Long Jump (Men) – **(Warm-up begins after Women's LJ)**  
Pole Vault (Women)  
Weight Throw (Women)  
High Jump (Men)

### Running Events

- 4:30 pm** 3,000 Race Walk (Men and Women Combined)
- 5:00 pm** 60 Dash Prelims (W-M) (8 to Finals Next Day)
- 5:40 pm** 60 Hurdles Prelims (W--M) (8 to Finals Next Day)
- 6:00 pm** Distance Medley Relay (W-M) Final
- 6:30 pm** 5000 Meter Run (W-M) Final
- 7:30 pm** 200 Meter Dash (W-M) Final

## Saturday

### Field Events

- 9:00 am** Triple Jump (Men)  
Shot Put (Men)
- 11:30 am** Triple Jump (Women) – **(Warm-up begins after Men's TJ)**  
Shot Put (Women)

### Running Events (Heats run slow to fast)

- 12:00 pm** 60 Hurdles (M-W) Final
- 12:10 pm** 60 Meter Dash (W-M) Final
- 12:20 pm** 1 Mile Run (W-M) Final
- 1:00 pm** 500 Meter Dash (W-M) Final
- 1:40 pm** 4x200 Meter Relay (W-M) Final
- 2:05 pm** 4x800 Meter Relay (W-M) Final
- 2:30 pm** 300 Meter Dash (W-M) Final
- 3:15 pm** 3,000 Meter Run (W-M) Final
- 4:00 pm** 4x400 Meter Relay (W-M) Final

## Heptathlon/Pentathlon Time Schedule

## Friday

### PENT/ HEP: All times are approximate

- 9:00 am** Pent 60H Women
- 9:15 am** Hep 60m Men
- 9:45 am** Pent High Jump Women
- 9:55 am** Hep Long Jump Men
- 10:55 am** Hep Shot Put Men
- 12:00 pm** Pen Shot Put Women
- 12:10 pm** Hep High Jump Men
- 1:00 pm** Pen Long Jump Women
- 2:00 pm** Pen 800m Women

## Saturday

- 8:45 am** Hep 60H Men
- 9:30 am** Hep Pole Vault Men
- 10:45 am** Hep 1000m Men