



# PRIN RELAYS

## January 28<sup>th</sup>, 29th 2022

**Where:** Crafton Center, Principia College, Elsah, IL, on our 200m Mondo track.

**Entries:** Entries are due no later than Wednesday, January 26th at 5:00 pm. [Online Entry Form](#)

**TFRRS #'s** No entries will be taken after the deadline, scratches only on the day of the meet.

**Changes:** Can be made using the online entry site until **Thursday, January 27th<sup>h</sup> at 9:00 am**  
[Scratches/Changes](#)

**Entry Fee:**

<b>Teams -</b>	1.	Men's or Women's, \$175.00, \$350.00 Combined.
<b>Unattached Athletes -</b>	2.	<b>School Teams</b> - Unattached athletes can be added to the roster using "UN" for the year in school designation. Payment for these athletes can be made at packet pickup.
	3.	<b>Post Collegiate or Non Team Athletes</b> - Fee will be \$15/event
	4.	<b>NO REFUNDS</b> or <b>SUBSTITUTIONS</b> . All entries once made are final – please be careful when making entries.

**Meet Info:** [Meet Program](#)

**Event Sheets:**

[Horizontal](#)

[Vertical](#)

[Height Progressions](#)

**Meet**

**Conduct:** Starting heights determined after entry information is received. Events run as finals. 4 attempts for throws and horizontal jumps. No finals, no minimum marks. No team scores will be kept.

**Weigh-in:** Implement certification will begin one hour before the beginning of field events.

**Event**

**Check In:** Athletes should check in for running events at the clerk's table by the 200m start/finish line at least 30 minutes before their event. Field event competitors will check in at the event site. Scratches may be made prior to start of running events. Field event scratches will be made at event site prior to competition.

**Facilities:** Showers will be available, as well as limited concessions.

**Meet**

**Questions:** Robert Baker - Principia College - 618-374-5078 – [robert.baker@principia.edu](mailto:robert.baker@principia.edu)

**Entry**

**Questions:** Rich Schilling – TRXC Timing – 314-522-6176 – [rich@trxctiming.com](mailto:rich@trxctiming.com)

# Time Schedule

(Tentative)

A more detailed time schedule will be released after the entry deadline

## Friday

### Field Events

- 2:00 pm** Long Jump (Women)  
Weight Throw  
(Men) Pole Vault  
(Men) High Jump  
(Men)
- 4:00 pm** Long Jump (Men)  
Weight Throw (Women)

### Running Events

- 5:00 pm** 60 Dash Prelims (W-M) (8 to Finals Next Day)  
**5:30 pm** 60 Hurdles Prelims (W-M) (8 to Finals Next Day)  
**6:00 pm** Distance Medley Relay (W-M) Final  
**6:30 pm** 200 Meter (W-M) Final  
**7:00 pm** 5000 Meter Run (W-M) Final

## Saturday

### Field Events

- 9:30 am** Triple Jump (Men)  
**10:00 am** Shot Put (Men)  
Pole Vault (Women)  
High Jump (Women)
- 11:30 pm** Triple Jump (Women)  
**12:00 pm** Shot Put (Women)

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

- 1:40 pm** 60 Hurdles (M-W) Final  
**1:50 pm** 60 Meter Dash (W-M) Final  
**2:00 pm** 500 Meter Dash (W-M) Final  
**2:20 pm** 1 Mile Run (W-M) Final  
**2:50 pm** Sprint Medley (200,200, 400, 800) (W-M) Final  
**3:30 pm** 4 x200 Meter Relay (W-M) Final  
**4:00 pm** 4x800 Meter Relay (W-M) Final  
**4:30 pm** 300 Meter Dash (W-M) Final  
**5:00 pm** 3,000 Meter Run (W-M) Final  
**6:00 pm** 4x400 Meter Relay (W-M) Final

# Hep/Pen Time Schedule

## Friday

### PENT/ HEP: All times are approximate

- 11:00 am** Pent 60h Women  
**11:15 am** Hep 60m Men  
**11:45 am** Pent High Jump Women  
**11:55 am** Hep Long Jump Men  
**12:55 am** Hep Shot Put Men  
**1:45 pm** Pent Shot Put Women  
**2:10 pm** Hep High Jump Men  
**2:45 pm** Pent Long Jump Women  
**4:00 pm** Pent 800m Women

## Saturday

- 9:00 am** Hep 60m Men  
**9:45 am** Hep Pole Vault Men  
**11:45 am** Hep 1000m Men