



## SOUTHWEST BAPTIST UNIVERSITY

### BEARCAT INVITATIONAL

March 31<sup>st</sup> – April 1<sup>st</sup> 2023



- Location: SBU Track on the campus of Southwest Baptist University
- Starting Time: **Friday:** Field – 3:00pm /5k – 7:00pm  
**Saturday:** Field – 10:30am / Running – 11:30am
- Entries: Team entries are to be done online at [Direct Athletics](#) Entries will be accepted until **Wednesday March 29<sup>th</sup> at 6:00pm** at this time they will be Final so we can set the schedule and give teams time to finalize travel.
- Entry Limit: Unlimited Entries:
- Entry Fee: \$250.00 per team (men and women are separate) or \$25 per athlete. Unattached and open athletes are welcome. Payment will be made online not on the day of the meet. **Unpaid entries will not be downloaded into the meet.**
- Performance List: [Performance List](#)
- Heat/Flight: [Click Here](#) to see heat and flight sheets for day 1  
[Click Here](#) to see heat and flight sheets for day 2
- Schedule: An updated meet schedule will be emailed out after the scratch/change deadline.
- Packets: All coaches can pick up packets and pay under the tent on the infield
- Weight in: Throwing implements will be weighed in **at their events**  
**Weigh in Times**  
Friday: 1:00-2:30pm  
Saturday: 9:00am-10:30am
- Spikes: 1/8” or 1/4” spikes only
- Scoring: Team Scores will be kept 10-8-6-5-4-3-2-1
- Awards: Event winners and teams will receive awards
- Contact: Head Coach, Corey McElhaney (417) 664-6955 [cmcelhaney@sbuniv.edu](mailto:cmcelhaney@sbuniv.edu)
- Entry Questions: TRXC Timing, Rich Schilling (314) 522-6176 [rich@trxctiming.com](mailto:rich@trxctiming.com)



# 2023 Southwest Baptist Bearcat Invitational

March 31<sup>st</sup> – April 1<sup>st</sup>



## Friday March 31<sup>st</sup>

3:00 pm Men's Shot Put – (Women to follow) (*Upper field behind Stands*)  
3:00 pm Women's Hammer – (Men to Follow) (*Upper field behind stands*)  
7:00 pm Women's 5,000m Run  
7:30 pm Men's 5,000m Run

## Saturday April 2<sup>nd</sup>

### Field Events

11:00 am Women Pole Vault – (*Raised runway on infield*)  
To follow WPV Men Pole Vault – (*Raised runway on infield*)  
11:00 am Men Javelin - (Women to follow) (*Lower Fields behind Softball field*)  
11:00 am Women Discus – (Men to follow) (*upper field behind the stands*)  
11:00 m Women Long Jump – (Men to follow) (*Raised runway on infield*)  
To Follow LJ's Women Triple Jump – (Men to follow) (*Raised runway on infield*)  
11:00 am Men High Jump – (Women to follow)

### Running Events

11:30am ***Senior Recognition***  
M 110 Hurdle (Prelim)  
W 100 Hurdle (Prelim)  
M 100m Dash (Prelim)  
W 100m Dash (Prelim)  
W 1500m Run  
M 1500m Run  
W 100 Hurdle (Final)  
M 110 Hurdle (Final)  
W 100m Dash (Final)  
M 100m Dash (Final)  
W 3,000m Steeplechase  
M 3,000m Steeplechase  
W 4x100 relay  
M 4x100 relay  
W 400 meter dash  
M 400 meter dash  
W 800 meter run  
M 800 meter run  
W 400 Hurdle  
M 400 Hurdle  
W 200 meter dash  
M 200 meter dash  
W 3,000m Run  
M 3,000m Run  
W 4x400 meter relay  
M 4x400 meter relay