



# PRIN RELAYS

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

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

**Entries:** Entries are due no later than Thursday, January 26<sup>th</sup> at 9:00 am. [Direct Athletics](#)

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

**Entry Fee:**

<b>Teams:</b>	1.	<b>Men's and Women's</b> \$175.00 per gender or \$300 Combined
<b>Unattached Athletes:</b>	2.	<b>School Teams</b> – Unattached athletes. Fee of \$15.00/per event must be paid at the registration table near the finishline.
	3.	<b>Post Collegiate or Non Team Athletes</b> - will need to register using Direct Athletics, you will need to create an account to complete this registration process. Fee of \$15.00/per event must be paid at the registration table near the finishline.
	4.	<b>NO REFUNDS</b> or <b>SUBSTITUTIONS</b> . All entries once made are final – please be careful when making entries. Entry Fees are collected by what you enter.

**Performance List:** [Prin Relays](#)

**Heat/Flight Sheets:** [Heat/Flight Sheets](#)

**Height Progressions:** [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

Last Updated 1/11/22

(A final Time Schedule will be made after the scratch/change deadline)

## Friday

### Field Events

**2:00 pm** Long Jump (W),  
Weight Throw (M)  
Pole Vault (M)  
High Jump (M)

**4:00 pm** Long Jump (M)  
Weight Throw (W)

### Running Events

**5:00 pm** 60 Dash Prelims (W-M) (Top 8 Times to Finals Next Day)  
**5:45 pm** 60 Hurdles Prelims (W-M) (Top 8 Times to Finals Next Day)  
**6:00 pm** Distance Medley Relay (W-M) Final  
**6:30 pm** 200 Meter (W-M) Final  
**7:30 pm** 5000 Meter Run (W-M) Final

## Saturday

### Field Events

**9:30 am** Triple Jump (M)  
**10:00 am** Shot Put (M)  
High Jump (W)  
**11:30 pm** Triple Jump (W)  
Pole Vault (W)  
**12:00 pm** Shot Put (W)

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

**1:40 pm** 60 Hurdles (M-F) Final  
**1:50 pm** 60 Meter Dash (W-M) Final  
**2:00 pm** 500 Meter Dash (W-M) Final  
**2:25 pm** 1 Mile Run (W-M) Final  
**3:20 pm** Sprint Medley (200,200, 400, 800) (W-M) Final  
**3:30 pm** 4 x200 Meter Relay (W-M) Final  
**3:50 pm** 4x800 Meter Relay (W-M) Final  
**4:15 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

<b>9:00 am</b>	Pent 60h	Women
<b>9:15 am</b>	Hep 60m	Men
<b>9:45 am</b>	Pent High Jump	Women
<b>9:55 am</b>	Hep Long Jump	Men
<b>10:55 am</b>	Hep Shot Put	Men
<b>12:00 pm</b>	Pent Shot Put	Women
<b>12:10 pm</b>	Hep High Jump	Men
<b>1:00 pm</b>	Pent Long Jump	Women
<b>2:00 pm</b>	Pent 800m	Women

## Saturday

<b>9:00 am</b>	Hep 60m	Men
<b>9:45 am</b>	Hep Pole Vault	Men
<b>11:45 am</b>	Hep 1000m	Men