

# SLIAC Championships

## Friday-Saturday, April 28- 29, 2023

### **THIS IS A CLOSED MEET**

- Location:** Corner of Elm and Bowman at the John Strahl Athletic Complex  
Greenville, IL 62246
- Entry Limit:** Unlimited
- Entry Fee:** None
- Entries:** Entry marks must be obtained from the current outdoor season  
Entries are due no later than Wednesday, April 26<sup>th</sup>, 2022 at Noon  
All entries will be done online on [Direct Athletics](#)
- Fraudulent Entry Rule:** **An athlete whose mark/time is determined to be fraudulent will be disqualified from the event in which the illegal mark/time was entered.**
- Schedule:** Once entries have been received a time schedule for running events will be determined and posted.  
We will not run ahead of schedule once finalized.
- Field Events:** All throwing events and long and triple jumps will consist of three attempts in preliminary rounds. The top 7 competitors will receive an additional three attempts.
- Running Events:** All running events will be seeded based on performance marks entered. All races will be run as timed finals.
- Scoring:** Meet will be scored in accordance with the NCAA rules. We will be scoring through 6<sup>th</sup> place.
- Implement Weigh-in:** Implement weigh-in will take place on Friday from **2:30-3:30pm** and on Saturday from **9:30-10:30am** in the soccer press box shed located to the east of the track.
- Facilities:** There will be numerous porta-potties located throughout the track venue.
- Spikes :** The maximum allowable spike length will be 7mm (1/4 inch). Pyramid spikes only.  
**Spikes will be checked at the clerk's tent. Those in violation will not be allowed to run.**  
**Spikes will also be checked at all jumping events and javelin.**
- Starting Heights:** Women's HJ will start at 1.32 and Men's HJ will start at 1.68
- PV Progressions:** Women's: 2:15, 2.30, 2.45, 2.60, 2.75, 2.90, 3.05 +0.15  
Men's: 3.15, 3.45, 3.60, 3.75, 3.90, 4:05 +0.15
- Heat/Flight Sheets:** [Heat/Flight Sheets](#)
- Results:** Will be made available on <https://www.trxctiming.com> and <https://www.greenville.edu/athletics/>
- Trainers:** Greenville University Head Trainer – **Mike Pepler** (618) 664-6629 or [mike.pepler@greenville.edu](mailto:mike.pepler@greenville.edu)
- Hotel Information:** <http://www.greenville.edu/about/visit/accommodations.html>
- Meet Questions:** Brian Patton @ 618-322-5817(cell); [brian.patton@greenville.edu](mailto:brian.patton@greenville.edu)
- Entry Questions:** Rich Schilling @ 314-522-6176; [rich@trxctiming.com](mailto:rich@trxctiming.com)

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## Time Schedule

**Friday, April 28<sup>th</sup>, 2023**

4:00 PM	Men's Pole Vault (women to follow approx. 5:30pm)(will give women 30 minute warm up)
4:00 PM	Women's Hammer (men to follow approx. 5:30pm)
4:30 PM	Men's Javelin (women to follow approx. 5:50pm)
4:30PM	Women's High Jump (Men's follow approx. 5:50pm)(will give 30 minute warm up)
7:00 PM	10,000 meter Run - Combined

**Saturday, April 29<sup>th</sup>, 2023**  
**(Will adjust after entries are received)**

### Field Events

11:00 AM	Disc-Men's (Women's to follow approx. 12:30) <b>LOWER CAGE</b>
11:00 AM	Shot- Women's ( <b>ring near Javelin</b> ) (Men's Shot to follow approx. 12:30)
11:00 AM	Long Jump – Men's (Women's follows approx. 12:45am)
1:45 PM (approx.)	Triple Jump-Men's (Women's follows approx. 2:45pm)

### Track Events **We will not run ahead of schedule-Heats will be slow to fast**

10:30	5000 meter Run-Women
11:00	5000 meter Run- Men
11:30	4x 100 meter Relay-Women
11:35	4 x 100 meter Relay-Men
11:45	100 meter Hurdles-Women
11:55	110 meter Hurdles-Men
12:05	1500 meter Run-Women
12:15	1500 meter Run-Men
12:25	400 meter dash-Women
12:35	400 meter dash-Men
12:45	100 meter dash-Women
12:55	100 meter dash-Men
1:10	800 meter dash-Women
1:20	800 meter dash-Men
1:30	400 meter Hurdles-Women
1:35	400 meter Hurdles-Men
1:50	200 meter dash-Women
2:00	200 meter dash-Men
2:20	3,000 Steeplechase-Women
2:40	3,000 Steeplechase-Men
3:00	4 x 400 meter Relay-Women
3:10	4 x 400 meter Relay-Men

# 1/4" PYRAMID SPIKES ONLY!



**NO  
Christmas  
Tree Spike  
Pins**



**1/4"  
Pyramid  
"Cone Shape"  
Only**



**NO  
Needle  
Spike  
Pins**

**NO CHRISTMAS TREE OR  
NEEDLE SPIKES!!**