

# UW-SUPERIOR

## TWIN PORTS INVITE

January 20, 2018

### Meet Schedule

#### RUNNING EVENTS

12:00 PM 4x 1600m Relay Men/Women  
Sprint Medley Relay (200-200-400-800) Men/Women  
60 Meter HURDLES, TIMED FINAL ONLY Men/Women  
1 Mile Run Men/Women  
60 Meter DASH, TIMED FINAL ONLY Men/Women  
Distance Medley Relay (1200/400/800/1600) Men/Women  
400 Meters Men/Women  
600 Meters Men/Women  
800 Meters Men/Women  
200 Meters Men/Women  
200 Meter Hurdles (men) (3 per heat) (Lanes 2, 4, 6) Men/Women  
4x 800m Relay Men/Women  
4 x 200 Meter Relay Men/Women

#### FIELD EVENTS

11:00 Weight Throw Men first Women to follow  
11:00 Long Jump Men first Women to follow  
ONE PIT (3 jumps and finals)  
11:00 Pole Vault (Women) – Men to follow  
11:00 High Jump (Women) – Men to follow  
Shot Put (Men) - After Women's Weight Throw  
Shot Put (Women) – After Men's Shot Put  
Triple Jump (Women after Men's long jump) ONE PIT  
(Men after Women's triple jump)  
(3 jumps and finals)

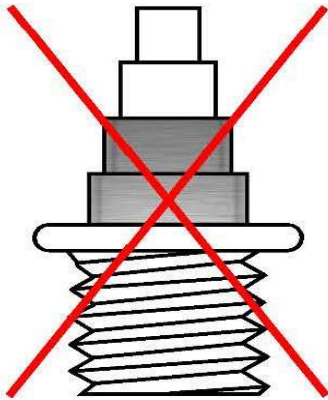
## Meet Notes & Information:

- **Participation:** This is an open invitational meet.
- **Facility:** 6 lane (8 sprint lane) 200 meter Mondo surface. Spikes are allowed on all competition areas **EXCEPT THE HIGH JUMP**. ¼-inch pyramid spikes are permitted.
- **Spikes** of up to ¼” pyramid are acceptable on the track surface (Pyramid Only).  
¼” Spikes are allowed on Long, Triple and PV runways, spikes not allowed on HJ area.
- **Entry fee** is \$150 per team gender/ 300 per combined, or \$20 per “Open” individual (Post High School Athletes Only) Team scoring will not be kept. .
- **Entry Process:** **Will send link when it becomes available;** Entries will most likely be Open by Jan. 1st. Entries are tentatively due on Thursday, January 18<sup>th</sup> at 11:59 am.
- **Weigh-In:** The weigh in time is currently set from 10:30 a.m. – 10:55 a.m. so please try and get this taken care during this time frame. Please let us know if you will need more time (Travelling, etc.).
- **LJ/TJ/WT/SP:** 3 preliminary attempts, plus 3 more attempts to top 8 in finals.

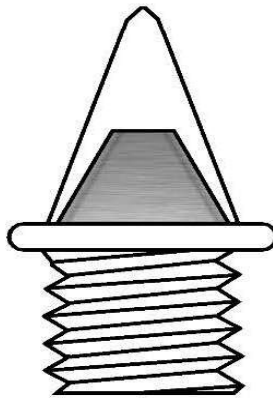
## SPIKES

Spikes of 1/4” or less are acceptable on the track surface.

**Pyramid ONLY** – No Christmas trees, no needles, nothing over 1/4”.



**NO**  
**Christmas**  
**Tree Spike**  
**Pins**



**1/4”**  
**Pyramid**  
**“Cone Shape”**  
**Only**



**NO**  
**Needle**  
**Spike**  
**Pins**