Dewey Allgood Invitational
Track and Field

General Information

Date:	Saturday, April 23, 2016
Starting Times:	Saturday-Field Events 11:30 a.m./Track Events 1 p.m.
Location:	Allgood-Bailey Stadium - 10th & Hwy 63, Rolla, Missouri
Registration:	Team entries must be done Online at TRXCTiming.com Entries will close at 7:00pm Wednesday, April 20th
Entry Fee:	$20.00 per athlete up to 100.00 per gender. $20.00 per individual entry (unattached athletes) Please make check payable to Missouri S&T Track and Field
Spikes:	Only ¼" pyramid spikes will be permitted, Athletes with longer spikes will be disqualified.
Check-in	**Running events**: All competitors must check in with the clerk at the start line of their event 20 minutes prior to the scheduled start of the event. Check in will be closed 5 minutes prior to the scheduled start of the event. Those not checked in will be scratched from the event. **Field events**: All competitors must check in with the event official at the event site 20 minutes prior to the start of their event.
Implement Weigh-in:	Weigh-in for all hammers, shots, and javelin will take place in the Track Shed at the north end of the track from 9:00am – 11:15am. Weigh-in for all discus will take place at the event location following the completion of the women's hammer.
Contact Person:	Sterling Martin, 573-341-4971 or www.martinsb@mst.edu

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Because of the increased entries in this year Dewey Allgood's Invitational we are forced to utilize minimum marks in all horizontal Jumps and throwing events. ***With no lights at the hammer/discus area we ask that anyone who clearly can't achieve the minimum marks scratch from the event.***

Nothing will be measured if it is under these distances in the throwing events...

- Men's Hammer – 40 Meters
- Women's Hammer – 35 Meters
- Men's Shot – 12 Meters
- Women's Shot – 10 Meters
- Men's Discus – 40 Meters
- Women's Discus – 35 Meters
- Men's Javelin – 40 Meters
- Women's Javelin – 33 Meters

For the Long Jumps, the minimum marks will take effect in rounds 2-6... There is no minimum distance in the Triple Jumps... ***With limited lighting at the long/triple area we ask that anyone who clearly can't achieve the minimum marks scratch from the event.***

- Men's Long Jump - 6.30m
- Women's Long Jump - 4.70m

Field Events

11:30 a.m.	Men's Hammer Throw (Women's Hammer to follow) (Men's Discus to follow) (Women's Discus to follow)
11:30 a.m.	Women's Shot Put (Men's Shot to follow)
11:30 a.m.	Men's Long Jump (Women's Long Jump to follow) (Men's Triple Jump to follow) (Women's Triple Jump to follow)
11:30 a.m.	Men's Javelin (Women's Javelin to follow)
11:30 a.m.	Women's Pole Vault (Men's Invite to follow) (Men's Open to follow)
4:30 p.m.	Women's High Jump (Men's High Jump to follow)

Track Events – heats will go fast to slow

1:00 p.m.	Women's 3000 Steeplechase
	Men's 3000 Steeplechase
	Women's 4 x 100 Meter Relays
	Men's 4 x 100 Meter Relays
	Women's 1500 Meter Run
	Men's 1500 Meter Run
	Women's 100 Meter Hurdles Finals
	Men's 110 Meter Hurdles Finals
	Women's 100 Meter Dash Finals
	Men's 100 Meter Dash Finals
	Women's 400 Meter Dash
	Men's 400 Meter Dash
	Women's 800 Meter Run
	Men's 800 Meter Run
	Women's 400 Hurdles
	Men's 400 Hurdles
	Women's 200 Meter Dash
	Men's 200 Meter Dash
	Women's 3000 Meter Run
	Men's 3000 Meter Run
	Women's 4 x 400 Relay
	Men's 4 x 400 Relay
	Women's 4 x 800 Relay
	Men's 4 x 800 Relay
	Women & Men 10,000 Meter Run