



# L&C INVITATIONAL

## APRIL 17-18, 2009

### Meet Information

<b>Entry Procedures</b>	All entries must be online at Direct Athletics ( <a href="http://www.directathletics.com">www.directathletics.com</a> ).
<b>Entry Deadline</b>	All entries are due by <b>11:59 p.m. on Wednesday, April 15, 2008.</b>
<b>Entry Fee Structure</b>	Entry fees are \$10 per athlete with a maximum entry fee for a team of \$75 per gender (i.e. \$75 for women / \$75 for men). Entry fees are collected at packet pick-up on Saturday. Checks should be made payable to the <i>Lewis &amp; Clark Athletic Department</i> .
<b>Friday Event Schedule</b>	Field events will begin at 3:00 p.m. and will be held at the Concordia University Throws Facility located at NE 33rd & Sunderland (at the west end of PDX and just past the Riverside Country Club).
<b>Saturday Event Schedule</b>	Field events will begin at 11:00 a.m. and will be on a rolling schedule. Track events will begin at noon. A tentative time schedule of events is attached. The final time schedule may be revised based on the entries received.
<b>Packets</b>	Coaches and athletes may pick up packets at the finish line shed on Saturday beginning at 9:30 a.m.
<b>Implement Inspection</b>	Implement inspection will begin at 9:30 a.m. at the equipment shed on the northwest corner of the track (head of the straightaway). All implements must be inspected at least one hour before the start of that event. All implements will be impounded with the certified ones delivered to the event area one hour prior to the start of the event. Implements not passing inspection will be held in the shed and may be picked up after the completion of the event.
<b>Starting Heights</b>	High Jump: Women - 4' 06" / Men - 5' 06" Pole Vault: Women - 7' 00" / Men - 10' 00"
<b>Take-Off Boards</b>	Long Jump: 10' 00" Triple Jump: Women - 28' 00" / Men - 34' 00"
<b>Locker Rooms</b>	Dressing and shower facilities are available in Pamplin Sports Center adjacent to the stadium. Please provide your own towels. Lewis & Clark assumes no responsibility for your personal items and valuables.
<b>Training Room</b>	Athletic trainers will be present in Pamplin Sports Center and at the trainers shed on the track infield. Requests for use of training modalities must be made to Mark Pietrok at 503-768-7065.
<b>Results</b>	Results will be available in hard copy after the meet from the finish line shed and will be online at <a href="http://www.lcpioneers.com">www.lcpioneers.com</a> at the conclusion of the meet.
<b>Questions</b>	Please direct all questions to David Fix ( <a href="mailto:fix@lclark.edu">fix@lclark.edu</a> / 503-768-7068)

# Lewis & Clark College

## L&C Invitational Track & Field Meet

# Schedule of Events

**Eldon Fix Track, Portland, Oregon**

**Friday-Saturday, April 17-18, 2009**

### **Field Event Schedule**

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#### **Friday, April 17 at Concordia Throws Facility**

at NE 33rd & Sunderland just past the Riverside Country Club by Airport

- 3:00 Hammer Throw - Men
- 3:00 Javelin Throw - Women
- After HT-M Hammer Throw - Women
- After JT-W Javelin Throw - Men

#### **Saturday, April 18 at Lewis & Clark College**

- 11:00 Shot Put - Men
- 11:00 Discus Throw - Women
- 11:00 Pole Vault - Women
- 11:00 Long Jump - Men
- 11:00 High Jump - Women
- After SP-M Shot Put - Women
- After DT-W Discus Throw - Men
- After PV-W Pole Vault - Men
- After LJ-M Long Jump - Women
- After HJ-W High Jump - Men
- After LJ-W Triple Jump - Men
- After TJ-M Triple Jump - Women

### **Track Event Schedule**

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- 12:00 Steeplechase - Women
- 12:20 Steeplechase - Men
- 12:40 4 x 100m Relay - Women
- 12:50 4 x 100m Relay - Men
- 1:00 1500m Run - Women
- 1:15 1500m Run - Men
- 1:30 100m Hurdles - Women
- 1:45 110m Hurdles - Men
- 2:00 400m Dash - Women
- 2:15 400m Dash - Men
- 2:30 100m Dash - Women
- 2:45 100m Dash - Men
- 3:00 800m Run - Women
- 3:15 800m run - Men
- 3:35 400m Hurdles - Women
- 3:45 400m Hurdles - Men
- 3:55 200m Dash - Women
- 4:10 200m Dash - Men
- 4:25 5,000m Run - Women
- 4:55 5,000m Run - Men
- 5:20 4 x 400m Relay - Women
- 5:30 4 x 400m Relay - Men