

MEET:	UW-La Crosse Phil Esten Challenge			
SITE:	UW-La Crosse – Veterans Memorial Field Sports Complex			
DATE:	Thursday, April 21st, 2016 - 2pm start & Friday, April 22nd, 2016 - 3pm start			
TEAMS:	Open Meet			
Online Entries:	Entries must be submitted on line at: http://www.pttiming.com <u>Entries Open:</u> 12:00am Saturday, April 16 th ; <u>Entries Close:</u> 12:00pm Wednesday, April 20 th			
Entry Limits:	Open			
Schedule:	A tentative schedule is enclosed. A finalized schedule will be distributed once heats/flight numbers are established following the entry process.			
Entry Fee:	\$10 per individual, \$20 per relay team OR Maximum of \$150.00 per team. All entry fees must be paid when Coaches check in at the clerking table on the 50 yard line.			
Check-in:	Coaches please check-in at the clerking table on the 50 yard line.			
Heat Sheets:	Heat Sheets will be posted at: http://www.pttiming.com by 9:00pm Wednesday, April 20 th .			
Results:	Results will be posted following the meet at http://www.pttiming.com .			
Clerking:	All races will be clerked at the north end of the facility near the starting line.			
Rules:	2016 NCAA Rules will be in effect for the meet			
Track:	The Veterans Memorial Field and Sports Complex outdoor track has 10 lanes. All jumps, running events will be contested on a Beynon BSS 1000 Embedded Performance Surface. ¼ inch pyramid or tree spikes will be allowed on all rubberized surfaces. The throwing rings are cement. Javelin will be thrown on a grass runway.			
Timing:	PrimeTime Timing will provide FinishLynx timing system as the primary timing device.			
Scoring:	This meet will be scored (10,8,6,5,4,3,2,1) and (one scoring relay only). Only attached athletes will be scored.			
Advancement: (Heat/Section Sizes)	In the 100, 100H & 110H we will advance heat winners and next fastest times to fill 9 lanes in finals. In the horizontal jumps and throws the top 9 from the preliminary rounds will advance to finals. All other running events will be timed finals. In timed final events, NCAA recommendation will be followed to fill each heat/section.			
Parking:	Parking is available in the sports complex parking lot C-2 for vans and cars. BUS PARKING will be on 17 th Street across from University Police.			
Lockers:	Locker room #5 for men and #13 for women are located on the lower level of Mitchell Hall and are unsecured. Bring your own towels and locks.			
Weigh-Ins:	Weigh-in and certification of implements will take place from 1:00pm-2:00pm on Thursday and from 1:00-2:30pm on Friday in the north visiting team locker room.			
Trainers:	UW-La Crosse will provide Certified Athletic Trainers for the meet. The main athletic training room is located on the lower level of Mitchell Hall. A satellite training room will be available under the stadium on the south end of the facility.			
Questions:	Katie Ehlen Josh Buchholtz Pat Healy Dave Johnson	Events Coordinator Men's T&F Women's T&F Sports Information	608-785-8615 608-785-8622 608-785-6531 608-785-8493	kehlen@uwlax.edu jbuchholtz@uwlax.edu phealy@uwlax.edu djohnson@uwlax.edu

UW-La Crosse Phil Esten Challenge

Thursday, April 21st, 2016

DECATHLON & HEPTATHLON:

2:00pm

Decathlon 100m
Decathlon Long Jump
Decathlon Shot Put
Decathlon High Jump
Decathlon 400m

2:00pm

Heptathlon 100m Hurdles
Heptathlon High Jump
Heptathlon Shot Put
Heptathlon 200m

UW-La Crosse Phil Esten Challenge

Friday, April 22nd, 2016

FIELD EVENTS:

3:00 High Jump (W)
Triple Jump (M & W)
Pole Vault (W)
Javelin Throw (M)

5:00 High Jump (M)
Pole Vault (M)
Javelin Throw (W)
Long Jump (M & W)

THROWS EVENTS:

3:00 Hammer Throw (M)-*North Ring*
Discus Throw (W)-*South Ring*

TBD Discus Throw (M)-*Venue tbd*
**venue for men's discus will be assigned following the completion of the men's hammer throw*
Shot Put (W)-*South Ring*

TBD Hammer Throw (W)-*North Ring*
Shot Put (M)-*North Ring*

TRACK EVENTS: 3:00pm start time for running events.

Event	Round	Gender
100h	P	W
110h	P	M
100m	P	W
100m	P	M
5000m	F	W
5000m	F	M
4 x 100 Relay	F	W
4 x 100 Relay	F	M
400m	F	W
400m	F	M
110h	F	M
100h	F	W
100m	F	M
100m	F	W
800m	F	W
800m	F	M
400h	F	W
400h	F	M
3000m ST	F	W
3000m ST	F	M
200m	F	W
200m	F	M
1500m	F	W
1500m	F	M
4 x 400 Relay	F	W
4 x 400 Relay	F	M
10k	F	W
10k	F	M

Events

Decathlon Day 2 schedule:

(all times are tentative)

12:00pm 110m Hurdles
Discus
Pole Vault
Javelin
1500m

Heptathlon Day 2 schedule:

(all times are tentative)

12:00pm Long Jump
Javelin
800m

Directions To UW-La Crosse:

From the West: Exit Interstate I-90 at Onalaska Highway 157 (Exit 4). Turn right on Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

From the North: Highways 61 on the Minnesota side of the Mississippi and 53 on the Wisconsin side join Interstate I-90.

If traveling south on Highway 61, go east on I-90 to Highway 157 (Exit 4). Turn right onto Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

If traveling south on Highway 53 (go over I-90 at Exit 4). Follow Highway 157 to Highway 16. Turn right on Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

From the East: Travelers heading west to La Crosse on Interstate I-90 exit at Onalaska-La Crosse Highway 16 (Exit 5). Turn left onto Highway 16. Drive 4.8 miles and right on La Crosse Street and then left on East Avenue to campus.

From the South: Highway 14, 61, and 35 enter the city on the South. Follow the green "UW-La Crosse" signs north on Losey Boulevard to Highway 16 (3.0 miles). Turn left on La Crosse Street and then left on East Avenue to campus.



Mitchell Hall is Building #26 and the Veteran's Memorial Field and Sports Complex (Track and Field Venue) is #31 on this map.