

MEET:	Phil Esten Challenge
SITE:	UW-La Crosse – Veterans Memorial Field and Sports Complex
DATE:	Friday, April 15, 2011
TEAMS:	UW-Eau Claire, UW-Stout, Wartburg College, UW River Falls, Winona State (W), Stevens Point (W), St. Mary's College, and UW-La Crosse
Online Entries:	Entries must be submitted on line at: http://www.pttiming.com <u>Entries Open:</u> 12:00am on Sunday, April 10 th <u>Entries Close:</u> 12:00pm on Thursday, April 14 th
Entry Limits:	6 per individual events, 2 per 4 x 100 relay, unlimited 4 x 400 relays.
Schedule:	A tentative schedule is enclosed. A finalized schedule will be distributed once heats/flight numbers are established following the entry process.
Entry Fee:	A \$150 per team entry fee will be collected at the coaches check-in.
Check-in:	Coaches please check-in on the home stretch infield near the 50 yard-line.
Heat Sheets:	Heat Sheets will be posted at: http://www.pttiming.com by 6:00pm Thursday, April 14 th .
Results:	Will be posted following the meet at http://www.pttiming.com .
Clerking:	All races will be clerked on the home stretch infield near the 50 yard-line.
Rules:	2011 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 and the javelin 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.
Timing:	PT-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)
Parking:	Parking is available in the sports complex parking lot C-2 for vans and cars. BUS PARKING will be on Badger Street. (100m to the west of the sports complex)
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 1:30pm-2:45pm at the North Disc/Hammer venue.
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:	<i>Head Men's Coach: Josh Buchholtz at (608) 785-8622 or buchholt.josh@uwlax.edu</i> <i>Head Women's Coach Pat Healy at (608) 785-6531 or healy.pat@uwlax.edu</i>

TENTATIVE Esten Challenge Schedule of Events

Friday April 15, 2011

FIELD EVENTS:

3:00	High Jump (W) Pole Vault (W) Javelin Throw (W) Hammer Throw (W)-- <i>North Ring</i> Triple Jump (W) Discus Throw (M)-- <i>South Ring</i> Long Jump (M)
5:00	High Jump (M) Pole Vault (M) Javelin Throw (M) Hammer Throw (M)-- <i>North Ring</i> Triple Jump (M) Discus Throw (W)-- <i>South Ring</i> Long Jump (W)
7:00	Shot Put (W)-- <i>North Ring</i> Shot Put (M)-- <i>South Ring</i>

TRACK EVENTS: *(listed times will be adjusted once heats are finalized)*

2:45	Veterans Recognition and National Anthem
3:00	4 x 100 Relay (W)
3:10	4 x 100 Relay (M)
3:20	3000 Steeplechase (W)
3:35	3000 Steeplechase (M)
3:50	100 High Hurdles Prelim (W)
4:05	110 High Hurdles Prelim (M)
4:20	100 Meter Dash Prelim (W)
4:35	100 Meter Dash Prelim (M)
4:45	1500 Meter Run (W)
5:05	1500 Meter Run (M)
5:30	100 High Hurdles Final (W)
5:40	110 High Hurdles Final (M)
5:50	400 Meter Dash (W)
5:10	400 Meter Dash (M)
5:30	100 Meter Dash Final (W)
5:40	100 Meter Dash Final (M)
5:50	800 Meter Run (W)
6:05	800 Meter Run (M)
6:20	400 Hurdles (W)
6:35	400 Hurdles (M)
6:50	200 Meter Dash (W)
7:10	200 Meter Dash (M)
7:30	5000 Meter Run (W)
7:50	5000 Meter Run (M)
8:10	4 x 400 Relay (W)
8:25	4 x 400 Relay (M)
8:40	10,000 Meters (W)
9:15	10,000 Meters (M)