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| <b>MEET:</b>        | <b>Phil Esten Challenge</b>                                                                                                                                                                                                                                    |
| <b>SITE:</b>        | <b>UW-La Crosse</b>                                                                                                                                                                                                                                            |
| <b>DATE:</b>        | <b>Friday, April 16, 2010</b>                                                                                                                                                                                                                                  |
| <b>TEAMS:</b>       | <b>UW-Eau Claire, UW-Stout, Wartburg College, UW River Falls, Winona State (W), Stevens Point(W), St. Mary's College, Illinois Wesleyan, and UW-La Crosse</b>                                                                                                  |
| <b>Entry Form:</b>  | Entries must be submitted on line at: <a href="http://www.pttiming.com">http://www.pttiming.com</a> <b>Only electronic entries will be accepted.</b> Begin entries anytime on April 13 <sup>th</sup> and they will close on April 15 <sup>th</sup> at 12:00pm. |
| <b>Schedule:</b>    | A tentative schedule is enclosed.                                                                                                                                                                                                                              |
| <b>Fee:</b>         | A \$100 per team entry fee is associated with this meet                                                                                                                                                                                                        |
| <b>Entries:</b>     | 5 per individual events, 2 per 4 x 100 relay, unlimited 4 x 400 relays                                                                                                                                                                                         |
| <b>Heat Sheets:</b> | Heat Sheets will be posted at: <a href="http://www.pttiming.com">http://www.pttiming.com</a> by 6:00pm Thursday, April 15 <sup>th</sup> .                                                                                                                      |
| <b>Clerking:</b>    | <b>All races will be clerked at the starting line for each event.</b>                                                                                                                                                                                          |
| <b>Rules:</b>       | 2010 NCAA Rules will be in effect for the meet                                                                                                                                                                                                                 |
| <b>Eligibility:</b> | Only collegiate athletes on your eligibility form will be allowed to compete.                                                                                                                                                                                  |
| <b>Track:</b>       | The outdoor track has 10 lanes on the straight and around and will accept ¼" Pyramid or "tree" spikes as will the runways. The throwing rings are cement. The pole vault, long jump, triple jump and high jump will be contested with ¼" spikes.               |
| <b>Timing:</b>      | Finishlynx will be the primary timing system                                                                                                                                                                                                                   |
| <b>Scoring:</b>     | This meet will be scored (10,8,6,5,4,3,2,1) and (one scoring relay only)                                                                                                                                                                                       |
| <b>Parking:</b>     | Parking is available in the Veteran's Memorial Stadium parking lots                                                                                                                                                                                            |
| <b>Lockers:</b>     | 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.                                                                                                                   |
| <b>Weigh-Ins:</b>   | Weigh-in and certification of implements will take place from <b>1:00pm-2:15pm</b> at the home team halftime room under the stadium.                                                                                                                           |
| <b>Trainers:</b>    | UW-La Crosse will provide Certified Athletic Trainers for the meet. The athletic training room is located on the lower level of Mitchell Hall.                                                                                                                 |
| <b>Questions:</b>   | <b>Contact Josh Buchholtz at (608) 785-8622 or <a href="mailto:buchholt.josh@uwlax.edu">buchholt.josh@uwlax.edu</a></b><br><b>Or Pat Healy at (608) 785-6531 or <a href="mailto:healy.pat@uwlax.edu">healy.pat@uwlax.edu</a></b>                               |

# Esten Challenge Order of Events

Friday April 16, 2010 (Tentative Schedule)

## Field Events:

|      |                        |
|------|------------------------|
| 2:30 | High Jump (M&W)        |
|      | Long Jump (M)          |
|      | Discus Throw (M)       |
|      | Javelin Throw (W)      |
|      | Hammer Throw (W)       |
|      | Triple Jump (W)        |
| 4:15 | Long Jump (W)          |
|      | Discus Throw (W)       |
|      | Pole Vault (M&W)       |
|      | Javelin Throw (M)      |
|      | Hammer Throw (M)       |
|      | Triple Jump (M)        |
| 4:45 | High Jump (Heptathlon) |
| 6:00 | Shot Put (M&W)         |

## Track Events:

|      |                             |
|------|-----------------------------|
| 2:45 | 4 x 100 Relay (W)           |
| 2:50 | 4 x 100 Relay (M)           |
| 3:00 | 3000 Steeplechase (W)       |
| 3:15 | 3000 Steeplechase (M)       |
| 3:30 | 100 High Hurdles Prelim (W) |
| 3:45 | 110 High Hurdles Prelim (M) |
| 4:00 | 100 Meter Dash Prelim (W)   |
| 4:10 | 100 Meter Dash Prelim (M)   |
| 4:20 | 1500 Meter Run (W)          |
| 4:30 | 1500 Meter Run (M)          |
| 4:45 | 100 High Hurdles Final (W)  |
| 4:50 | 110 High Hurdles Final (M)  |
| 4:55 | 400 Meter Dash (W)          |
| 5:05 | 400 Meter Dash (M)          |
| 5:15 | 100 Meter Dash Final (W)    |
| 5:20 | 100 Meter Dash Final (M)    |
| 5:25 | 800 Meter Run (W)           |
| 5:35 | 800 Meter Run (M)           |
| 5:45 | 400 Hurdles (W)             |
| 5:55 | 400 Hurdles (M)             |
| 6:05 | 200 Meter Dash (W)          |
| 6:15 | 200 Meter Dash (M)          |
| 6:25 | 5000 Meter Run (W)          |
| 6:50 | 5000 Meter Run (M)          |
| 7:10 | 4 x 400 Relay (W)           |
| 7:20 | 4 x 400 Relay (M)           |
| 7:30 | 10,000 Meters (M/W)         |

## 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.

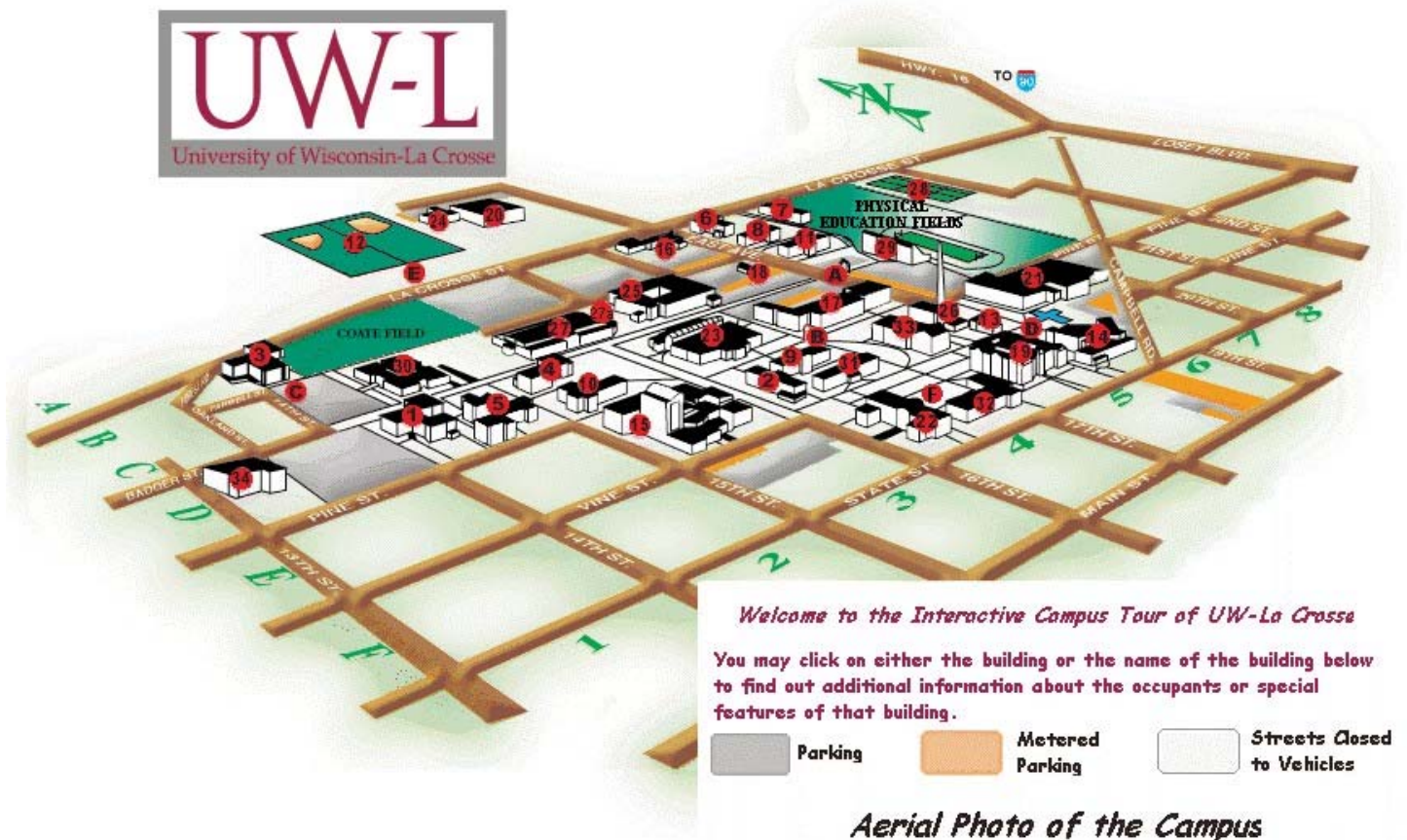
**From the North:** Highways 61 on the Minnesota side of the Mississippi and 53 on the Wisconsin side join Interstate I-90.

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 #21 and the Veteran's Memorial Stadium is #29.