The Fox River Showdown

Hosted by Lawrence University

May 3rd 2024

Invited Teams: Lawrence University, Ripon College, Milwaukee Track Club

Meet Director: Jason Fast – jason.fast@lawrence.edu – 920.203.3733

Location: Our Track & Field facility is located next to Alexander Gymnasium. The address is 1100 E. South River Rd, Appleton, WI 54915. Buses should park at parking lots off campus. No buses will be allowed to stay in the Alex Gym Parking lot.

Whiting Field Track & Field Complex: (Facility Map Enclosed)

Track: 9 Lane Beynon BSS1000 track surface.

Field: Long and Triple Jump pits and Pole Vault located outside of the track on the North side of the facility. One jump runway has boards at 12', 36' and 40'. The other has boards at 10', 28' and 32' with a min of 40m of approach from any of those boards.

We have 2 circles for the shot and a single hammer/disc cage located inside the track on the east end of the facility.

The javelin runway is track surface so the same spike rules apply there as well. Both Javelin and High Jump take place in the D area on the west end of the track.

The complex has a 6 pole LED lighting system that will provide light for all event areas. We will run all sprint races and jumping events wind aided.

Meet Entry: This meet is for collegiate athletes from invited teams only. If your team is not on the list above and you would like to be invited please email the meet director. Unattached athletes must contact Jason Fast (jason.fast@lawrence.edu) to enter. Entry fee is $40 per event for unattached athletes. All entries and entry fees are done through **directathletics.com** with a deadline of Wednesday, May 1st at 1pm.

Entry Fee: The entry fee will be $200 per gender ($400 for Men and Women total). Your entry fee must be paid on DirectAthletics when you submit your entries.

Spectators: Adults: $5. Kids K-8: Free

Head Athletic Trainer: Nevada Watson - nevada.j.watson@lawrence.edu – 920.832.6762

Scoring: Collegiate athletes on invited teams will be scored only. 10-8-6-5-4-3-2-1 scoring system.

Spikes: Spikes will be checked prior to each event. Only 1/4 inch pyramid spikes will be allowed. **No pin or needle spikes of any length are allowed.**

Implement Weigh in: Implements will be weighed in at the Track garage from 3:15pm-4:00pm

Locker Rooms/Bathrooms: Locker room facilities and bathrooms will be available to visiting teams and spectators in Alexander Gymnasium through the lower East side entrance nearest the track.

The Fox River Showdown Meet Schedule

Field Events: Begin at 5pm

5pm - Hammer Throw - Women followed by Men

5pm - High Jump - Women followed by Men

5pm - Long Jump - Women followed by Men

5pm – Triple Jump - Men followed by Women

5pm - Pole Vault - Men followed by Women

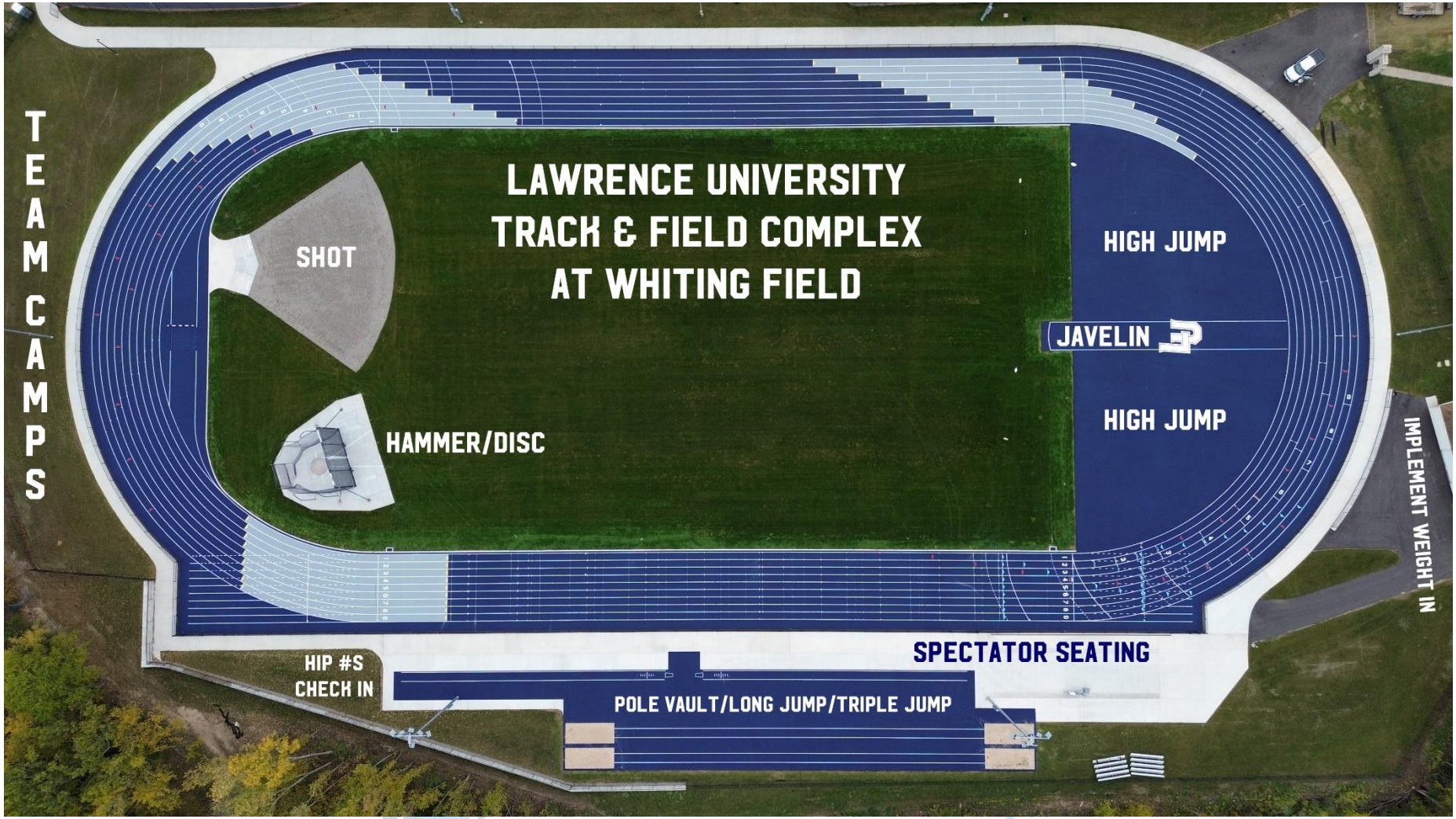
5pm – Shot - Men followed by Women

Immediately Following Hammer Throw – Discus – Women followed by Men

Immediately Following Shot Put – Javelin – Men followed by Women

Running Events: Begin at 5pm.
(Women followed by Men for all running events)

5pm - 3000m Steeplechase -Men Only
5:15 - 400m Relay (1W, 1M)
5:25 - 1500m (1W, 1M)
5:45 - 400m (1W, 1M)
6:00 - 100m/110m Hurdles - Timed Final (1W,1M)
6:10 - 100m - Timed Final (1W, 1M)
6:15 - 800m (1W, 2M)
6:35 - 400m Hurdles (1M,1W)
6:45 - 200m (1W, 1M)
6:55 - 5000m (1W, 1M)
7:35 - 1600m Relay (1W, 1M)
Anticipated end time 7:45pm


LAWRENCE UNIVERSITY
TRACK & FIELD COMPLEX
AT WHITING FIELD
TEAM CAMPS
SHOT
HAMMER/DISC
HIGH JUMP
JAVELIN
HIGH JUMP
IMPLEMENT WEIGHT IN
SPECTATOR SEATING
HIP #S
CHECK IN
POLE VAULT/LONG JUMP/TRIPLE JUMP