The Fox River Showdown

Hosted by Lawrence University

Friday, May 2, 2025

Invited Teams: Lawrence University & Ripon College

Meet Director: Elizabeth Krug – elizabeth.r.krug@lawrence.edu – 501.691.6490

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. All sprint races and jumping events wind aided.

Field: Men's long/triple runway has boards at 12', 36' and 40'. Women's has boards at 10', 28' and 32' with a min of 40m of approach from any of those boards.

Two 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.

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 Elizabeth Krug (elizabeth.r.krug@lawrence.edu) to enter. Entry fee is $25 per event for unattached athletes. All entries and entry fees are done through **directathletics.com** with a deadline of Wednesday, April 30th 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 2:30-3:00PM

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

WEIGH-IN from 2:30-3:00 PM

FIELD EVENTS

3:30 PM	Women's Discus Throw (Men's to Follow)
	Men's Shot Put (Women's to Follow)
4:00 PM	Men's Javelin (Women's to Follow)
	Women's High Jump (Men's to Follow)
	Men's Pole Vault (Women's to Follow)
	Women's Triple Jump (Long to Follow)
	Men's Long Jump (Triple to Follow)

FIELD EVENTS

Women run first in all events.

3:30 PM	3000m Steeplechase
3:50 PM	400m Relay
4:00 PM	10,000m
5:30 PM	1500m
	400m
	110m/100m Hurdles - Timed Final
	100m - Timed Final
	800m
	400m Hurdles
	200m
	5000m
	1600m Relay