

**MIT INDOOR TRACK
ORDER OF EVENTS AND TIME SCHEDULE**

**MIT vs. Bates and Colby 1/10/2015
Varsity vs. Alumni**

<u>TIME</u>	<u>FIELD</u>	<u>TIME</u>	<u>RUNNING (Women first)</u>
12:00	Shot Put (M and W)	12:00	60 M HH Trials (if necessary) – alumni automatically advance to final
	Wt Throw (follows SP)	12:15	60 M Dash Trials (if necessary) - alumni automatically advance to final
	Women then Men	12:30	Mile
12:00	Long Jump (M and W)	12:45	60 M HH Final
	Triple Jump (follows LJ)	1:00	400 M
	Pole Vault (M then W)	1:15	600 M (not an alumni event)
12:00	High Jump (W then M)	1:30	60 M Dash Final
		1:40	800 M
		1:50	1000 M (not an alumni event)
		2:00	200 M
		2:15	3000 M
		2:40	5000 M (not an alumni event)
		3:25	800 M Relay
		3:35	1600 M Relay (not an alumni event)
		3:45	DMR (not an alumni event)

TRACK INFORMATION

1. 200 meter flat mondo rubber track (6 lanes)
2. 8 dash and 8 hurdle lanes
3. Mondo approaches for PV, HJ, LJ, TJ (1/4" spikes maximum)
4. Concrete circles for shot put and weight throw

ADDITIONAL INFORMATION

1. Meet to be conducted by NE Div. III and NCAA Rules.
2. Throwing implements will be weighed prior to competition (Indoor implements only).
3. Events of 200 meters or longer will be conducted in sections on time with the fastest section last. Throws and horizontal jumps will also be seeded.
4. Starting Heights in the PV, and HJ will be decided by the games committee (head coaches of competing teams) prior to the start of competition.

5. Increments for the PV will be 15cm and for the HJ 5cm
6. Flights will take place in all other field events, with 8 advancing to the final
7. Seeding and Lane assignments will be done by computer
- 8. Please submit your entries via direct athletics by January 7 at the latest.**
9. Upon arriving at the Johnson Track, please come to the scorer's table to announce any changes in your entries.

Scoring Varsity and Alumni Meet: 7-5-4-3-2-1, Relays 7-5-4

Scoring Varsity vs. Alumni: 5-3-1, Relay 5-0

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