



TRACK & FIELD

RICHARD MARTIN JR INVITATIONAL

MARCH 17-18, 2023

WHERE: Bill Stephens Track/Soccer Complex

DATE: Friday – Saturday March 17-18, 2023

ENTRIES: All team entries will be done online at www.directathletics.com entries will open the week of March 6th. Unattached athletes will be allowed at discretion of the games committee and should contact Meet Director Derek Jacobus at djacobus@uca.edu

DEADLINE: All entries are due on Tuesday, March 14th at 5:00pm

FEES: \$300/team (\$600 if entering men and women. \$30 per athlete if less than 10)

UNATTACHED ATHLETES: \$30 per athlete

LIMITS: No entry limits. However, if the vertical jump entries exceed 16 larger jump increments will be implemented

WEIGH IN: Will start two hours prior to the event's posted starting time. Weight in will be in the shed located at the end of the home stretch straight away.

CHECK IN: Check in for running events 1 hour prior to the start at the clerks station next to the shed located at the end of the home stretch straight away. Field event check-in is on site one hour prior to the event start. After checking in, please be at the start line 10 to 15 minutes before your event starts. We will not run ahead in the running events.

SEEDING: Heats will be seeded from fast to slow in all events 200m and up.

SCORING: The event will be scored 10-8-6-5-4-3-2-1 for individual events and 10-8-6-5-4-3 for relays. Only the top relay from each team will be allowed to score.

FACILITY: The facility will open two hours prior to the first event

ADMISSION: Free Admission



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FINAL SCHEDULE

FRIDAY, MARCH 17TH

Field Events:

1:00PM	Men's Hammer (Women Follow)
Approx 2:15PM	Women's Hammer
1:30PM	Women's High Jump (Men Follow)
Approx 2:45PM	Men's High Jump
4:30PM	Men's Long Jump (Women Follow)
Approx 5:45PM	Women's Long Jump
4:30PM	Men's Javelin (Women Follow)
Approx 6:00PM	Women's Javelin

Running Events:

6:45PM	Men's 200m
7:00PM	Women's 200m
7:15PM	Men's 1500m
7:35PM	Women's 1500m

Progressions:

MHJ: 1.70 , 1.75...1.95, +3cm

WHJ: 1.45, 1.50...1.60, +3cm

MPV: 3.50, 3.65...4.40, +10cm

WPV: 2.70, 2.85, 3.05, +10cm

SATURDAY, MARCH 18TH

Field Events:

12:00PM	Women's Discus (Men Follow)
Approx 1:45PM	Men's Discus
12:00PM	Women's Triple Jump (Men Follow)
Approx 1:00PM	Men's Triple Jump
2:30PM	Women's Pole Vault (Men Follow)
Approx 4:30PM	Men's Pole Vault
3:30PM	Women's Shot Put (Men Follow)
Approx 5:45PM	Men's Shot Put

Running Events:

10:00AM	Women's 5000m
10:30AM	Men's 5000m
3:00PM	Women's 4x100m Relay
3:05PM	Men's 4x100m Relay
3:10PM	Women's 800m
3:25PM	Men's 800m
3:40PM	Women's 100m Hurdles
3:45PM	Men's 110m Hurdles
3:55PM	Women's 400m
4:05PM	Men's 400m
4:15PM	Women's 100m
4:25PM	Men's 100m
4:40PM	Women's 400m Hurdles
4:45PM	Men's 400m Hurdles
5:00PM	Women's 3000m Steeplechase
5:20PM	Men's 3000m Steeplechase
5:40PM	Senior Recognition
6:00PM	Women's 4x400m Relay
6:05PM	Men's 4x400m Relay