



TRACK & FIELD

RICHARD MARTIN JR INVITATIONAL

March 15-16, 2024

WHERE: Bill Stephens Track/Soccer Complex

DATE: Friday – Saturday March 15-16, 2024

ENTRIES: All team entries will be done online at www.directathletics.com entries will open the week of March 3rd. 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 12th 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.

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

ADMISSION: Free Admission



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FINAL Schedule

FRIDAY, MARCH 15TH

Field Events:

	12:30PM	Men's Hammer (Women Follow)
Approx	3:00PM	Women's Hammer (Javelin Follow)
Aporox	5:00PM	Men's Javelin (Women Follow)
Approx	7:00PM	Women's Javelin

SATURDAY, MARCH 16TH

Field Events:

	10:30AM	Men's Discus (Women Follow)
Approx	12:30PM	Women's Discus
	10:30AM	Women's High Jump (Men Follow)
Approx	12:15PM	Men's High Jump
	2:00PM	Women's Pole Vault (Men Follow)
Approx	4:30PM	Men's Pole Vault
	2:30PM	Men's Shot Put (Women Follow)
Approx	4:30PM	Women's Shot Put
	2:30PM	Men's Long Jump (Women Follow)
Approx	4:15PM	Women's Long Jump

SATURDAY, MARCH 16TH

Running Events:

10:00AM	Women's 5000m
10:30AM	Men's 5000m
2:45PM	Senior Recognition
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
4:00PM	Men's 400m
4:10PM	Women's 100m
4:20PM	Men's 100m
4:30PM	Women's 1500m
4:55PM	Men's 1500m
5:15PM	Women's 400m Hurdles
5:20PM	Men's 400m Hurdles
5:30PM	Women's 200m
5:45PM	Men's 200m
6:00PM	Women's 4x400m Relay
6:05PM	Men's 4x400m Relay

Note: No Triple Jump and No 3000m Steeple will be contested

Progressions:

MHJ: 1.71, 1.76, 1.81, 1.86, 1.91, 1.96 +3cm

WHJ: 1.41, 1.46, 1.51, 1.56, 1.61 +3cm

MPV: 4.04, 4.19, 4.34, 4.49, 4.64 +10cm

WPV: 2.84, 2.99, 3.14, 3.29, 3.44 + 10cm