

2009 Yale Springtime Invitational

Yale University will host a "Post Penn Relays" invitational on Sunday, April 26th 2009

1. **Entry Fee:** \$200 per team. Men's and Women's Teams are separate. \$10 per athlete, \$15 per relay team up to \$200.
2. **Checks:** Make Checks Payable to "Yale Track Association"
3. **Entry Procedure:** All entries should be done through **Direct Athletics**.
4. **Deadline:** **Monday, April 20th 2009 by 12:00 Noon.**
5. **Prizes:** Awards will be presented to collegiate event winners.
6. **Changes:** Changes can be made until 10:30 AM on the morning of the meet.
7. **Event Schedule:**

FIELD EVENTS: In order to complete the field events in a timely manner, we will enforce **minimum measurements**.

10:00AM	(01)Discus Men (130'), followed by (02) Discus Women (115').
	Following discus men,(03) Hammer Men (145'), then (04) Hammer Women (115').
10:00	(05)Long Jump men (21'), followed by (06) women (16'6), then Triple Jump (07) men (43'), followed by (08) Triple Jump women (34').
11:30	(09)Shotput Men (45'), followed by (10) Shotput Women (36').
11:00	(11)Pole Vault women (9'6), followed by (12) Pole Vault men (13-6).
12:00 PM	(13)High Jump men (6-2), followed by (14)High Jump women (4-10).
1:00	(15)Javelin Throw women (115'), followed by (16) Javelin Throw men (150').

RUNNING EVENTS: All are final sections on time. Sections will be seeded. Events are listed in order starting at **12:00 Noon**

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| (17) 400 Meter Relay - women | (28) 100 Meter Dash - men |
| (18) 400 Meter Relay - men | (29) 800 Meter Run - women |
| (19) 3000 Meter Steeplechase - women | (30) 800 Meter Run - men |
| (20) 3000 Meter Steeplechase - men | (31) 400 Meter Hurdles - women |
| (21) 1500 Meter Run - women | (32) 400 Meter Hurdles - men |
| (22) 1500 Meter Run - men | (33) 200 Meter Dash - women |
| (23) *110 Meter High Hurdles - men | (34) 200 Meter Dash - men |
| (24) *100 Meter Hurdles - women | (35) 3000 Meter Run - women |
| (25) 400 Meter Dash - women | (36) 5000 Meter Run - men |
| (26) 400 Meter Dash - men | (37) 1600 Meter Relay - women |
| (27) 100 Meter Dash - women | (38) 1600 Meter Relay -men |