

SWARTHMORE COLLEGE

Widener University

Swat F&Q Meet

MONDAY, MAY 16th, 2022

Meet Information

- Location: Leslie C. Quick, Jr. stadium located at Widener University
- Entries: All entries must be submitted through Direct Athletics. (www.directathletics.com). Entries open 5/1/22
Entries close May 13th at 7:00 p.m.
All entries need to pay by **credit card** on-line on DirectAthletics. You need to create an account if you don't have one. Club teams must enter through DirectAthletics also. Teams and clubs not on invite list need to contact Peter Carroll: pcarrol2@swarthmore.edu **by May 7th PLEASE USE ENTRY SEEDS THAT HAVE BEEN ACHIEVED WITHIN THE LAST YEAR. THAT WAY THE HEATS WILL BE PROCESSED FAIRLY. We will only take top 12 entries for Hammer Throw. We will only take top 16 entries for all other field events.**
- Entry Fee: \$25.00 per athlete per event. Relays also \$25.00. **Entry fee is based on your entry, not on participation. No refunds for scratches.**
- Check in: Athletes should check in for their events no later than 1 hour prior to the start of their event or they will be scratched. Heats will be drawn at the close of check-in.
- Order: In running events, faster sections will compete first. Field events will be seeded if necessary. This is a limited events meet, please check the schedule to see the events offered.
- Equipment: Spike length will be 1/4" maximum. Starting blocks will be provided.
- Runways: All are synthetic. One runway for horizontal jumps.

Results: All results will be posted at the Swarthmore Athletic Department website and on-site by Pioneer Timing @ [HTTPS://LIVE.PIONEERTIMING.COM](https://live.pioneertiming.com) . This is a non-scoring meet.

Eligibility: The meet is open to collegiate and unattached athletes. NCAA rules will be followed.

Trainers: Will be on the infield.

Weigh-ins: Begin 1.5 hours before event.

SWAT FQ MEET

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SCHEDULE OF EVENTS

NOTICE: Hammer Throw will be conducted on Sunday May 15th at 1 pm

Order of Field Events

2:00P W Javelin, followed by M Javelin

4:00P M Discus, followed by W Discus

4:00P W Shot Put, followed by M Shot Put

3:00P M Long Jump, followed by W Long Jump, M Triple Jump, and W Triple Jump

4:00P W High Jump, followed by M High Jump

4:00P M Pole Vault, followed by W Pole Vault

Order of Track Events

2:00p W 4X100m Relay

M 4X100m Relay

W 400m IH

M 400m IH

W 100m

M 100m

W 100m Hurdles

M 110m Hurdles

W 400m

M 400m

W 200m

M 200m

W 4x400m Relay

M 4x400m Relay

W 800m

M 800m

W 1500m

M 1500m

W 3000m Steeplechase

M 3000m Steeplechase

W 5000m

M 5000m