



**PLEX Shootout**  
**Tom & Helen Flynn PLEX, Alvernia University**  
465 St. Bernardine Street, Reading, Pennsylvania 19607  
**Saturday, January 31, 2026**

- SCORING:** No team scoring
- TIMING & RESULTS:** Fully Automatic Timing provided by 2L Race Services  
Live Results will be available at [live.2lraceservices.com](http://live.2lraceservices.com)
- TEAM ENTRY FEE:** \$40/athlete  
\$500/gender max  
*Must be paid online through DirectAthletics prior to entry deadline*
- ENTRY DEADLINE:** Via Direct Athletics by 11:59pm Wednesday, January 28, 2026
- ENTRY LIMITS:** Unlimited entry in all events  
*Maximum of 24 participating teams*
- FACILITY:** 6 lane (8 lanes on home straight) Mondo Super-X 720 track surface  
2 plywood throwing circles (inside of track)  
1 Jump Runway (outside of track) – 5 boards, 24' 28' 32' 36' 40' selection based on entries  
1 PV Runway (outside of track)  
**1/4 PYRAMID SPIKES ONLY** – other spike length/style may be grounds for disqualification  
Spike check upon check-in for event
- CHECK IN:** **RUNNING EVENTS:** Athletes must check in with the clerk a minimum of 30 minutes prior to event. There will be no formal scratching of student-athletes, those who do not check in will be considered a scratch. We will not announce those who have not checked in, checking in is the responsibility of the student-athlete. Declarations for the 200m will close prior to the 60mH Finals.
- FIELD EVENTS:** Check in at the event site 60 minutes prior to the start of the event.
- IMPLEMENT CERT:** Certification will be open approximately 60 minutes prior to the start of the first event and continue until up to 15 minutes prior to the first event. The implement certification area is at the event area.
- WARM-UPS:** We ask that all warm-up activities take place outside the track. Warm-up space is limited within the building, so there are additional recommended warm-up areas in fields surrounding the PLEX.
- SPORTS MEDICINE:** A licensed athletic trainer will be available for the entire track and field meet. The AT station will open on the main track level of the Flynn PLEX one hour prior to the start of the first event and will be closing approximately 30 minutes after the last event concludes. There will be no modalities available other than ice bags to visiting athletes. Pre-existing injuries will not be evaluated. Only acute issues will be addressed during the meet. Ice bags and emergency supplies will be available in the Flynn PLEX for the duration of the track meet. The athletic training staff will activate EMS in case of an emergency.

**OPENING HEIGHTS:**

<u>Event</u>	<u>Height</u>
Women's High Jump	1.35m
Men's High Jump	1.60m
Women's Pole Vault	2.30m
Men's Pole Vault	3.45m

**TIME SCHEDULE (Tentative):****8:30am** Facility Opens**FIELD EVENTS (9 to finals)**

**10:00am** Men LJ, Women to follow  
 Men PV, Women to follow  
 Women HJ, Men to follow  
 Women SP, Men to follow  
 Men WT, Women to follow

**After LJ** Men TJ, Women to follow

**TRACK EVENTS (Rolling Schedule)**

**10:00am** Men DMR  
 Women DMR  
 Men 5000m  
 Women 5000m  
 Men 60mH prelims  
 Women 60mH prelims  
 Men 60m prelims  
 Women 60m prelims  
 Men Mile  
 Women Mile  
 Men 4x200  
 Women 4x200  
 Men 400m  
 Women 400m  
 Women 60mH finals  
 Men 60mH finals  
 Women 60m finals  
 Men 60m finals  
 Men 800m  
 Women 800m  
 Men 200m  
 Women 200m  
 Men 3000m  
 Women 3000m  
 Men 4x400m  
 Women 4x400m