



**Sam Howell Invitational and Distance Carnival
Princeton University
Saturday, April 4, 2026**

**PLEASE READ ALL OF THE MEET INFORMATION BEFORE
CONTACTING OUR STAFF WITH QUESTIONS.
NO CLUB OR UNATTACHED ENTRIES PERMITTED.**

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COLLEGIATE TEAM ENTRY PROCESS

- All entries must be done online through the “College” section on Direct Athletics.
- Collegiate Team Entry deadline **Tuesday, March 31, 2026 at 4:00pm** (EST).
 - Coaches will only be allowed to enter a TFRRS verified performance from **2025 outdoor and 2025-2026 indoor/outdoor seasons only.**
 - If an athlete has never competed in the event before, enter with NT, and submit a TFRRS verifiable comparable performance for consideration into faster sections. All determinations and decisions related to an athlete's participation in a faster section are at the sole discretion of Meet Organizers, and are conclusive and final.
 - All athletes that you wish to have compete must be entered. This includes relay-only athletes and relay alternates.
 - For each relay, you must enter at least four athletes.
 - Final relay declarations can be made at the meet.
 - You may edit and update your entries at any time before the entry deadline.
 - All submitted entries will be considered final at the entry deadline.
 - No unattached athletes can be submitted through your team account.
 - If the 10,000m does not have more than five entries at the time entries close, we reserve the right to cancel the event and will notify the coaches of athletes who were registered. They can receive a refund or move the athlete to another available event.
- A list of accepted entries will be posted on www.goprincetontigers.com by **Thursday, April 2 at 7:00pm.**
 - If you have verifiable performance marks, please email those marks to Kim Keenan at kim.keenan@princeton.edu for review by the close of entries (Tuesday March 31st 4pm)
 - If an entry mark cannot be verified, the entry will be subject to being changed to NT.
 - You may edit and update your entries any time before the entry deadline.
 - All submitted entries will be considered final at the close of entries.
 - You must pay with a credit card on Direct Athletics.

Entry Fee:

**Teams (14 entries or more) \$650 for men's team, \$650 for women's team (and \$1300 if combined).
Individuals: \$40.00 per entry.**

- **Entry fee is based upon entry status at the close of entries, NOT by acceptance to the meet.**
- Entry fee must be paid ONLINE with a credit card when you submit your entries.
- Refunds will not be given for athletes who fail to declare or check in for their event on time and are scratched from an event.

Field Sizes

- *We are limiting the meet to the following field sizes. Only the top times/marks will be accepted.*

Track Events	Field Size	# of Heats
100m	40	5
200m	40	5
400m	40	5
800m	32	4
Elite 800	20	2

1500m	60	5
3000m Steeplechase	32	2
5000m	60	2
10000m	30	1
100/110m Hurdles	40	5
400m Hurdles	40	5
Field Events	Field Size	# of Flights
Hammer Throw	16	1
Discus Throw	16	1
Javelin Throw	16	1
Shot Put	16	1
Long Jump	16	1
Triple Jump	16	1
High Jump	16	1
Pole Vault	16	1

MEET INFORMATION

Check-in for distance events – located in West Stadium Tunnel (near the finish line)

1. Athletes must report to the clerking table at least **20 minutes prior** to the scheduled start of their event to receive their hip numbers
2. **If not timely checked-in athletes will be scratched**
3. Athletes should then report to the start line as instructed by the clerks
4. The fastest sections will run first in all events

Check-in for sprint events - located in West Stadium Tunnel (near the finish line)

1. Athletes must report to the clerk's table a **minimum of 1 hour prior** to the scheduled start of their event to declare their intent to compete.***
2. Coaches may check in their athletes.
3. **If not timely checked-in athletes will be scratched**
4. Heats will be made after the check in period ends.
5. Athletes should then return to the clerking area **20 minutes prior** to the start of their event to receive their heat and lane assignment and hip numbers.
6. The fastest sections will run first in all events.

The Declaration window for the 200m & 4x400 will be listed on the final meet schedule

Check-in for field events

1. Please check in **1 hour prior** to the start of your event, at the event site.
2. **If not checked-in, athletes will be scratched.**
3. The top 8 performers will advance to the finals.
4. 30 minutes will be allowed for warm-ups prior to the start of competition.

Field Event Height Progressions:

High Jump – TBD
Pole Vault – TBD

Implement Inspection: Will be in the East Stadium tunnel, except hammer throw. Hammer inspection will be at Broadmead near the hammer cage starting 1 hour 15 mins before the competition and ending 35 mins before the start of competition. All Shot and Discus must be checked in no later than 90 minutes prior to the competition start time. All Men's javelins must be checked in by 8:15am and all women's javelins must be checked in by 9:15am. Each competitor is only allowed to check in a max of two javelins. Implement Inspection will run from **8:00am-4:00pm.**

Meet Schedule: A final meet schedule will be available on April 2nd at **5:00PM**. We will not start events more than 15 minutes ahead of schedule, unless weather concerns push us to a complete rolling schedule.

Facility Info: Hammer throw will be held at the field on Broadmead. The javelin runway is a track surface. Women's LJ/TJ will be on the outside pit closest to the track. Men's LJ/TJ on the inside pit.

Spikes: ¼ in pyramid spikes only.

Team Camps: Can be set up in the bleachers, on the grass around the track, or in the bleacher in Jadwin Gym. NO TEAM CAMPS on the infield. Permitted locations for Team-Camps are subject to change at the sole discretion of Meet Organizers.

Warm-up Area: Athletes may warm-up on the turf fields outside the track or the indoor track.

PARKING: Team vans can park in the Stadium Drive Garage. Team buses can park along Stadium Drive by Denunzio Pool. *See map on page 6*

World Athletics and NCAA: The meet will follow all World Athletics and NCAA rules and policies and include a shoe check process.

If you have any additional questions, please contact:

- Kim Keenan – kim.keenan@princeton.edu or (609) 258-1231 office
- (609) 722-0582 cell

Sam Howell Invitational
Saturday, April 4, 2026
Tentative Schedule of Events

Throwing Event site will be indicated on the right next to the event, a final time schedule will be posted later

Field Events:

10:00am:	Men's Javelin	Weaver Track
12:00pm:	Women's Javelin	Weaver Track
	Women's Shot Put	Weaver Track
	Men's and Women's Long Jump (<i>Triple Jump to Follow</i>)	Weaver Track
	Women's Pole Vault (<i>Men to Follow</i>)	Weaver Track
	Men's High Jump (<i>Women to Follow</i>)	Weaver Track
2:00pm:	Women's Discus	Weaver Track
	Men's Hammer	Broadmead
4:00pm:	Men's Discus	Weaver Track
	Women's Hammer	Broadmead
6:00pm	Men's Shot	Weaver Track

Running Events:

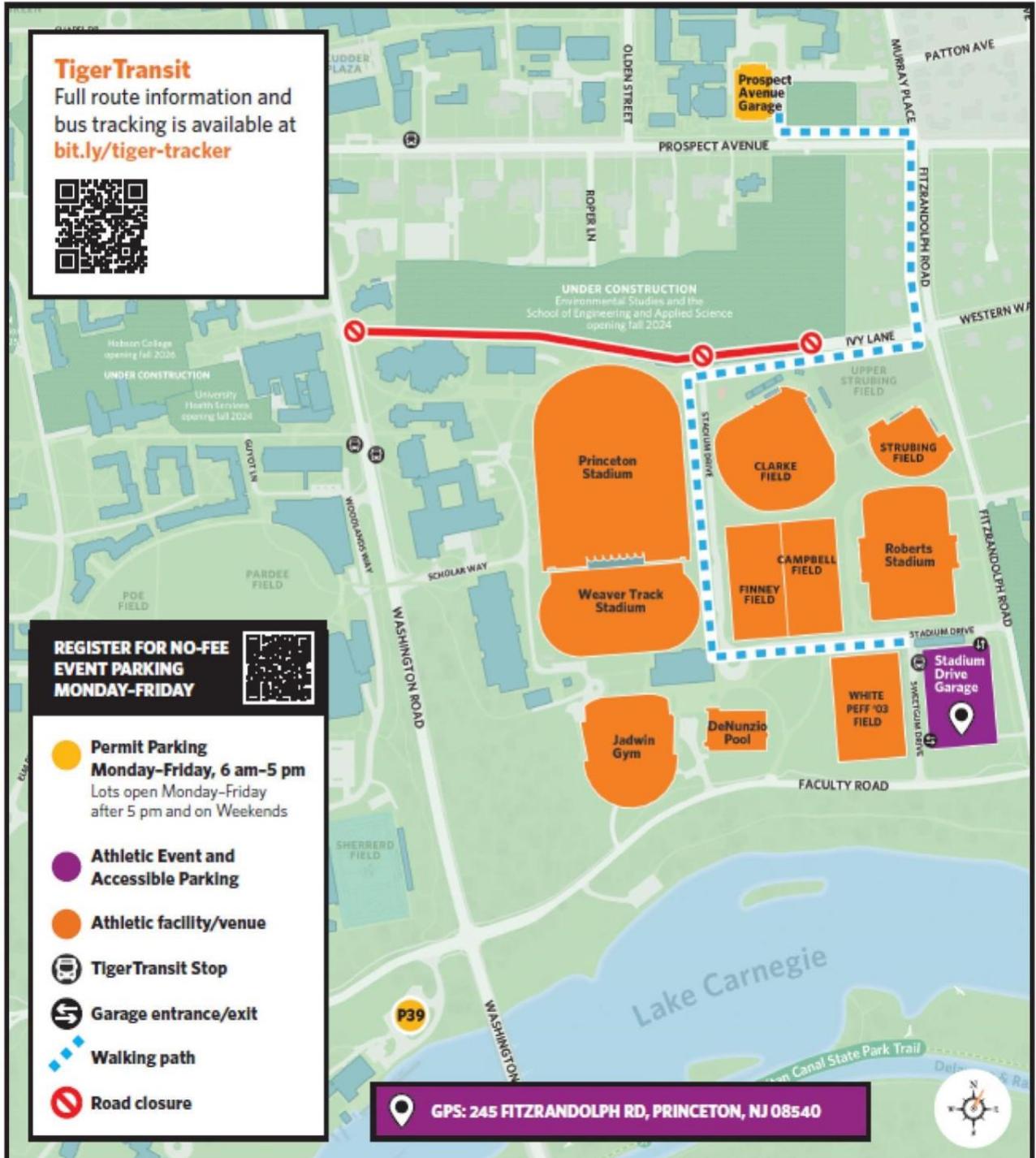
11:30AM	Men's 4X100M
11:45AM	Women's 4X100M
12:00PM	Men's 110M Hurdle Prelim (5 Sections)
12:20PM	Women's 100M Hurdle Prelim (5 Sections)
12:40PM	Men's 400M (5 Sections)
1:00PM	Women's 400M (5 Sections)
1:20PM	Men's 100M (5 Sections)
1:35PM	Women's 100M (5 Sections)
2:00PM	Women's 100M Hurdle Finals
2:10PM	Men's 110M Hurdle Finals
2:20PM	Men's 800M (4 Sections)
2:35PM	Women's 800M (4 Sections)
3:00PM	Men's 400M Hurdles (5 Sections)
3:15PM	Women's 400M Hurdles (5 Sections)
3:40PM	Men's 200M (5 Sections)
4:00PM	Women's 200M (5 Sections)
3:40PM	Men's 4x400M (2 Sections)
4:00PM	Women's 4x400M (2 Sections)

Distance Carnival

5:00PM	Women's Unseeded 5000M (1 Section)
5:30 PM	Women's 800M Elite (2 sections)
5:40PM	Men's 800M Elite (2 sections)
6:00PM	Women's 3000M Steeplechase
6:20PM	Men's 3000M Steeplechase
6:35PM	Women's 1500M (2 Heats)
6:45PM	Men's 1500M (3 Heats)
7:00PM	Men's Unseeded 5000M
7:20PM	Women's Seeded 5000M
7:40PM	Men's Seeded 5000M
8:00PM	Men's 10,000M
8:40PM	Women's 10,000M

East Campus Athletics Event Parking

CAMPBELL FIELD • CLARKE FIELD • DeNUNZIO POOL • FINNEY FIELD • JADWIN GYM • PRINCETON STADIUM
ROBERTS STADIUM • STRUBING FIELD • WEAVER TRACK • WHITE PEFF '03 FIELD



Broadhead Facility

