

Cardinal Track & Field Classic

hosted by Catholic University
Prince George's Sport & Learning Complex
Saturday: January 16, 2027

Contact Information:

Steve Rahn - rahns@cua.edu (*EMAIL PREFERRED)

1. Entry Limits - 4 per team in running events, 3 per team in all jump events, and 2 relays per team. Throwing events capped at top 32 entries total but will still be capped at 3 entries per team. *Additional entries beyond this limit should be emailed directly to rahns@cua.edu for approval. Please note, there is no guarantee additional entries will be accepted.
2. The entry fee is \$600 per gender. \$60 for each open entry. Payment can be made on DirectAthletics ONLY before the entry deadline. NOTE: No Cash or Check will be accepted. Payment must be made by the entry deadline or the entry will not be accepted.
3. Please make entries at the direct athletics website. The following is the address to the direct athletics website: www.directathletics.com. This includes all unattached entries.
4. TEAM Entry deadline: **Wednesday, January 13th by 8:00 PM**. All late entries will be rejected! Please try to get your entries in early so we can have a better idea of field sizes. *Additional requests beyond the event limits should be emailed to rahns@cua.edu by 5:00pm on January 14th. You will receive an email confirmation for these entries and they will be manually entered if approved.
5. Live Results will be posted prior to the event.
6. There will be a shoe check.
7. On the track, the women's sections will run first with the men's sections immediately following. We will move to a rolling schedule up to 30 min ahead if necessary. The schedule will be updated and emailed to all coaches within 24 hrs of competition. Heats will run fast to slow.
8. The 800m run will use a one-turn stagger, or waterfall. The 4x400M Relay will use a two-turn stagger.
9. Long Jump, Triple Jump, Weight Throw, and Shot Put: Top 9 from trials advance to the finals. There will be designated coaches' boxes for the field events.
10. 60m dash and 60m hurdles: Top 8 times from trials advance to the finals.
11. The following are the opening heights:

High Jump	Women TBD	Men TBD
Pole Vault	Women TBD	Men TBD
12. Horizontal jump board distances are as follows:
Long Jump - 8ft
Triple Jump - 28ft, 34ft, and 41ft

13. Implement weigh-in will be an hour prior to each event. Located outside the fence by the throwing cage.
14. Athletic Trainers will be present located at the medical station near the start/finish line.
15. Spectators - there will be no entrance fee. All spectators and parents must stay off the track and infield.
16. Athletes warming up must not interfere with the meet. Coaches please keep your athletes away from the finish line while the meet is in progress!
17. Athletes must check in with the clerk at least 30 minutes before their race but can check into all of their events at any time prior to that. Athletes should report back 10 minutes prior to the event in the case that heat/lane changes are made. Field events participants report 30 minutes before their event at the event site. Please submit any scratches in advance so that we can plan accordingly and ensure no empty lanes.
18. All competitors must wear ¼" pyramid spikes or shorter. Spikes will be checked prior to competition. NO spikes in the stands.
19. The clerk of the course for running events is located at the 60m start at the North End of the track.
20. NO FOOD on the track/infield. Only water on the infield.

All policies of the Prince George's Sports and Learning Complex will be enforced.

Prince George's Sports and Learning Complex
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