



**Salisbury University Eastern Shore Challenge**  
**Saturday, April 22, 2023**

**Date:** Saturday, April 22, 2023

**Location:** Salisbury, Maryland

**Facilities:** 8 Lane Track (*1/4" spikes only*)  
1 Javelin Runway (track surface)  
1 Discus Circle with cage  
1 Hammer Circle with cage  
1 Shot Put Circle

**Awards:** None

**Entry Fee:** \$350.00 per team (\$700.00 for both teams, men and women) to cover timing and officials. \$35 per individual entries to \$350.00 max per team. **Make checks out to: "Salisbury University Foundation"**

**Scoring:** Team scoring will occur based on NCAA rules.

**Entries:** Entries will be done using Direct Athletics: [www.directathletics.com](http://www.directathletics.com).

**Entries deadline is 7:00 PM on Thursday, April 20, 2023.**

These are your final entries. It is the responsibility of each coach to ensure that his or her entries are complete and accurate!

**We will have a limit to four entries in each field event and unlimited entries in running events.**

All coaches are encouraged to create an account **now** so that it will not lead to difficulty on April 20, 2023.

**Our data specialist for the meet:**

**Mr. John Amery**

Ultimate Sports Productions

Phone: (302) 559-3829

Email: [jamerusp@aol.com](mailto:jamerusp@aol.com)

Web Site: [www.usp-sports.com](http://www.usp-sports.com)

**Results:** Results will be posted on our web site ([www.salisbury.edu](http://www.salisbury.edu)) and e-mailed to you that evening.

**Parking:** Parking areas are next to the track or in the parking garage.

**Questions:** Please contact Jim Jones - (410) 726-6620 cell  
**Track Office:** (410) 543-6337 **E-Mail:** [jajones@salisbury.edu](mailto:jajones@salisbury.edu)



**TIME SCHEDULE**

***Salisbury University Eastern Shore Challenge***

***April 22, 2023***

**Field Events**

**Throwing Events**      ***(Four throws, no finals)***

11:00	Men's Hammer	
	Women's Javelin	
	Women's Hammer	(Follow Men's Hammer)
	Men's Javelin	(Follows Women's Javelin)
	Men's Discus	(Follows Women's Hammer)
	Women's Shot Put	(Follows Men's Javelin)
	Women's Discus	(Follows Men's Discus)
	Men's Shot Put	(Follows Women's Shot Put)

**Jumping Events**      ***(Four Jumps in the Long & Triple Jump, no finals)***

11:00	Women's High Jump	(Men Follow)
11:00	Men's Pole Vault	(Women Follow)
11:00	Women's Long Jump	(Women Follow)
	Men's Long Jump	(Follows Women's Long Jump)
	Women's Triple Jump	(Follows Men's Long Jump)
	Men's Triple Jump	(Follows Women's Triple Jump)

**Running Events**      ***(Rolling time schedule, women followed by men)***

***(No Trials in events. Heats against time. The fastest heat will be last.)***

1:15	3000 meter Steeplechase
	4x100 meter relay
	1500 meter run
	100/110 Hurdles
	400 meter dash
	100 meter dash
	800 meter run
	400 IM Hurdles
	200 meter dash
	5000 meter run
	4 x 400 meter relay

**NOTE: Senior Celebration after the women's 4x400**

**NOTE: THIS MEET WILL BE RUN VERY FAST SO TELL YOUR ATHLETES TO STAY ALERT.**

**WE WILL BE ON A ROLLING TIME SCHEDULE!**

**WE WAIT FOR NO ONE!**