

Keiser University Flagship Twilight Invitational

December 8th, 2023

Facility Location: 500 Military Trail, Jupiter, FL 33458

Estimated amount in attendance: 300

Pay online, cash or checks. Please make checks out to **Keiser University**.

Entry Limitations: There is no limit on entries for this meet.

Field Events: 3 attempts and finals.

Weigh-ins: Implements will be weighed by throw cage starting out 90 minutes prior to the start of the meet.
Weigh-ins will end at 5:30 pm.

Starting Heights: Women's HJ 1.30m, Men's HJ 1.72m, Women's PV 2.17m, Men's PV 3.05m.

Allowed Spikes: ¼ pyramids spikes for all events.

Packet Pick-up: Packets may be picked up at the front gate to the stadium.

Athlete Check-in: Track event check-in needs to occur at least 30 minutes prior to race. Athletes in all running events will pick-up hip numbers at the hip number table located at east end of the stadium.

Warm-Up Areas: You may warm up in the infield.

Team Camps: May be in the bleachers (tents allowed). No team camps on the infield.

Athletic Trainer: Contact Nicole Albergo, Athletic Trainer, at (561)-319-4337 with any specific athletic training requests.

Bathrooms: Open (bathrooms located behind concessions)

West Palm Beach Ambulance and Fire: They will be on standby since they are within 5 miles.

Performance List: A performance list and heat sheets will be available for viewing online by December 8th, 2023.

Live Results: mogotiming.com

Meet Director: If there is any other information you need, please contact: Meet Director Jamaine Gordon, jagordon@keiseruniversity.edu, (561)-373-7520.

Keiser University Invitational Tentative Schedule

Be advised that this meet will never go ahead of schedule time.

Field Events

6:00 p.m.	Women & Men Long Jump
6:00 p.m.	Women's High Jump Followed by Men
6:00 p.m.	Women's Shot Put Followed by Men
6:00 p.m.	Women's Pole Vault Followed by Men
7:30 p.m.	Women's Weight Throw Followed by Men
7:30 p.m.	Women & Men Triple Jump

Running Events

6:30 p.m.	60-Meter Hurdles followed by 60 Meters Dash Prelims
6:55 p.m.	1 Mile Run
7:10 p.m.	400-Meter Run
7:20 p.m.	600-Meter Run
7:30 p.m.	60-Meter Hurdles followed by 60 Meters Dash Finals
7:50 p.m.	800-Meter Run
8:00 p.m.	1,000-Meter Run
8:15 p.m.	200-Meter Run
8:30 p.m.	3,000-Meter Run
9:00 p.m.	1,600 Meter Relay