

Lincoln University Open
Dwight T. Reed Stadium - Lincoln University
1110 Chestnut St, Jefferson City, MO 65101

Date: April 5, 2025

Entry Limits: Unlimited entries, Unattached athletes allowed (\$25.00 unattached athlete)

Entry Fee: \$250.00 per gender, \$500.00 for combined men's and women's teams

Entries: Entries will be accepted through www.directathletics.com. Entry site opens on February 28, 2025 and closes on April 3 at 6:00 p.m.

Scoring: Non-scoring meet

Meet results: Will be posted on Direct Athletics and www.LUBlueTigers.com at the end of the meet.

Packet Pickup: Pick up heats sheet at the official table upon arrival at the stadium; an updated schedule will be e-mailed to teams prior to arrival.

Scratch/Declaration/ Schedule: Scratches will only be taken the day of the meet. All field event participants report to the competition area. No scratches or declarations need to be made. All running event participants will need to check into the declaration shed by the appropriate times listed to declare your intention to compete or they will be scratched.

Time/Schedule: Will be available at www.directathletics.com

Check-in: Hip numbers will be located at the north end corner of the stadium near the main gate entrance. Please check-in to get hip numbers 30 minutes before the event begins.

Field events: Participants should check-in at their events. All throwing events and jumps consist of three attempts, with the top nine athletes advancing to the finals for three additional attempts.

Spike/Equipment: The maximum allowable spike length will be 7mm (1/4 inch). Pyramid spike only. Blocks will be readily available.

Facilities: Locker rooms will be available for showers following the meet at the LINC. Do not leave valuables in the locker rooms.

Teams: Please clean up your area after the conclusion of the meet. (Camp in the bleacher)

Trainers: Lincoln University Head Trainer-Joshua Thompson (573) 681-5331 or thompsonj@lincolnu.edu

Meet questions: Victor Thomas 573 353 9349 thomasv@lincolnu.edu
Ailene Smith (573) 680-7929 smitha@lincolnu.edu

Bus Parking/Drop-off: Teams arriving on buses will need to drop off their athletes in front of the track gate. Bus parking is available at the Jason Gym parking lot 809 Lafayette St Jefferson City, 65101.

Saturday, April 5, 2025
Tentative Schedule of events

Field Events

10:00 am Women Hammer (Men to follow)
10:00 am Men shot Put (women to follow)
1:00 pm Discus Men (women to follow)
1:00 pm Javelin Women (Men to follow) Jefferson City High School
11:00 am Long Jump Women (Men to follow)
Triple Jump Women (Men to follow) ½ hour after conclusion of
11:00 am Pole Vault Women (Men to follow)
2:30 pm High Jump Women (Men to follow)

Track Events

1:05pm National Anthem	<u>4:00pm Rolling Schedule</u>
1:10pm 4x100 Relay Women	400 Meters Women
1:20pm 4x100 Relay Men	400 Meters Men
1:30pm 3000 meters Women	800 Meters Women
1:45pm 3000 meters Men	800 Meters Men
2:05pm 110 Hurdles Prelim Men	400 Hurdles Women
2:15pm 100 Hurdles Prelim Women	400 Hurdles Men
2:25pm 100 Meters Prelim Women	200 Meters Women
2:35pm 100 Meters Prelim Men	200 Meters Men
2:40pm 1500 Meters Women	5000 Meters Women
3:00pm 1500 meters Men	5000 Meters Men
3:20pm 110 Hurdles Men Finals	4x400 Relay Women
3:25pm 100 Hurdles Women Finals	4x400 Relay Men
3:35pm 100 meters Men Finals	
3:40pm 100 meters Female Finals	