



**TRACK & FIELD INVITATIONAL
MARCH 24-25, 2023**

March 24-25, we will host the Montreat College Open. We have hosted a highly competitive and highly attended meet over the last few years at our beautiful facility.

FACILITY: Pulliam Stadium/Howard Fisher Memorial Field (191 Vance Avenue, Black Mountain NC, 28711)

SPIKES: FLATS or ¼" PYRAMID SPIKES ONLY

ENTRIES: Entries will be done online at directathletics.com. Entries will be open until Monday March 21, 3:00 PM. There are max field event sizes. We will take the TOP verified marks in those field events. This is to ensure the movement of the events and optimal conditions for those athletes attempting to reach conference/national standards.

FIELD EVENTS: For those field events with finals, three attempts and top nine will advance to finals for an additional three more attempts.

Long Board: 12 ft

Men's Triple Jump Boards: 40ft and 36ft

Women's Triple Jump Board: 32ft and 28ft

ENTRY FEE: \$50 per person with a \$450 per team charge max. Also, opened to unattached athletes. Payment is to be made on DirectAthletics.

The track has eight lanes (42in) on both the oval straightaways. Track surfaced by Beynon. Same surface used during the 2016 US Olympic Trials. The facility has provided multiple national qualifier performances.

TM

TENTATIVE SCHEDULE

FRIDAY March 24

Field Events	Time	Gender	Event Notes	Max Athletes
Shot	12:00 PM	W/M	Weigh-in will be performed at the throwing cage	30
Discus	12:00 PM	W/M	Weigh-in will be performed at the throwing cage	30
Long Jump	3:00 PM	W/M		30
Pole Vault	1:00 PM	W/M		18

10:30 AM- Implement Weigh-in

Women followed by Men

Running Events	Time	Event Notes
3,000m Steeplechase	4:00 PM	Please check in 1 hour prior
1500m		
5,000m		
10,000m		

TM

Saturday, March 25

Field Events	Time	Gender	Field Notes	Max
Javelin	9:30 AM	W/M	Weigh-in will be performed at the Discus/Hammer cage	35
Hammer	1:30 PM	W/M	Weigh-in will be performed at the Discus/Hammer cage	35
Triple Jump	11:00 AM	W/M		30
High Jump	11:00 AM	W/M		20

7:30 AM Implement Weigh-in

Running Events	Time	Event Notes
'5,000m Racewalk	10:00 AM	Please check in 1 hour prior
4x800m Relay		
4x100m Relay		
Senior Recognition		
100m Hurdles		
110m Hurdles		
400m		
100m		
400m Hurdles		
800m		
200m		
4x400m		

TM