

Suffolk Relays

Reggie Lewis Center Track

Saturday December 6, 2025



Track 10:00am start, rolling schedule (Women followed by Men unless otherwise noted)

10:00 am	5,000m	Final
	<i>MASCOT 60M KICK OFF RACE</i>	<i>ALL TEAM MASCOTS WELCOME!</i>
	60m HH (<i>Men followed by Women</i>)	Qualifying
	60m	Qualifying
	60m HH (<i>Men followed by Women</i>)	Final
	60m	Final
	Mile	Final
	400m	Final
	300m	Final
	800m	Final
	1,000m	Final
	200m INVITE	Final
	200m OPEN	Final
	3,000m	Final
	Sprint Medley Relay	Final
	Mixed 4x400m Relay	Final

Field Events

Dual Pits Men + Women at the same time for LJ and HJ

Please note that we do NOT have Pole Vault at this meet

9:00 am	Weight Throw – W then M
	Shot Put (Follows WT, W then M)
10:00 am	Long Jump
	Triple Jump (30 minutes after Long Jump, M then W)
	High Jump (infield 60 minutes after 60m final)

Information to Note

- All Final running events are run **fast to slow**.
- INVITE section of 200m will have blocks (top 20 entries), OPEN section will not
- Check-in/Scratches: All entries and scratches must be completed at the check-in next to the warm-up area.
- Spike Check: MANDATORY for all participants at the track entrance. $\frac{1}{4}$ Pyramid Only.

Meet Information

Entry:

- Open to all college/university teams, open, club, red-shirt and unattached athletes.
- All entries MUST go through www.directathletics.com. **Entries close at 11:59pm on Monday, December 1, 2025.**
- All seeds will be verified on TFRRS.
- **Entry Fees: Please remember this is an entry fee, not an acceptance fee. All checks must be payable to Suffolk University.**
 - \$25 per event **Note: we are unsure if we have two circles available for throws, if we only have one circle we will have to limit entries to top 32**
 - \$50 per relay
 - \$650 team max per gender.
- **Open/Club/Red-Shirts/Unattached:**
 - MUST pay through www.directathletics.com to complete your entry.
- A descending order list will be sent to all Coaches for review and scratches. I will send updates and let people know if someone moves into the meet after scratches.
- Please send scratches until the final acceptance list is sent out on *December 5th*.
- All other scratches should be done on meet day at the facility.

- **THROWS WILL BE LIMITED TO TOP 32 ENTRIES. MARKS WILL BE VERIFIED VIA TFRRS, NO SPECULATIVE MARKS WILL BE ACCEPTED. TBT on Throws limits waiting on facility**

- **5,000m Race requires a MINIMUM of 5 athletes per gender. Entries not hitting the standard below will not be accepted and if there are less than 5 per gender the race will be scratched. Standards are as follows:**
 - Men: 15:30 / Women: 18:45

Drop Off

Teams may unload outside of the Reggie Lewis Center.

Teams and spectators should park in Lots 1 & 2 at Roxbury Community College.

Spectators and Athletes

- Spectators: Tickets available at the entrance.
 - Adult - \$10, Children (Under 15) - \$5, Infants (Under 5) - Free

Please direct all questions to Meet Director:

Will Feldman wpfeldman@suffolk.edu 413.695.7000