

RAMAPO COLLEGE TWILIGHT LAST CHANCE

Friday, May 8th 2026

@ Ramapo College

Running Events @ 5:00

Women's 4x100 Meter Relay
Men's 4x100 Meter Relay
Women's 100 Meter Hurdle Trials
Men's 110 Meter Hurdle Trials
Women's 100 Meter Trials
Men's 100 Meter Trials
Women's 400 Meters
Men's 400 Meters
Men's 110 Meter Hurdle Final
Women's 100 Meter Hurdle Final
Women's 100 Meter Final
Men's 100 Meter Final
Women's 800 Meters
Men's 800 Meters
Women's 400 Meter Hurdles
Men's 400 Meter Hurdles
Women's 200 Meters
Men's 200 Meters
Women's 1500 Meters
Men's 1500 Meters
Women's 5000 Meters
Men's 5000 Meters
Women's 4x800 Relay
Men's 4x800 Meter Relay
Women's 4x400 Meter Relay
Men's 4x400 Meter Relay

Jumping events start @ 5:00PM

5:00: Women's Long Jump followed by Women's Triple

5:00 Men's Long Jump followed by Men's Triple

5:00 Women's High Jump followed by Men's High Jump

5:00 Women's Pole Vault followed by Men's Pole Vault

Meet Entries: Close Wednesday, May 6th @ 8:00 pm. **Please use Direct Athletics** for your entries (follow instructions at www.directathletics.com). No additional entries will be allowed after Wednesday's deadline. Please report scratches after the deadline to jcassave@ramapo.edu

Unattached or Club athletes register by contacting jcassave@ramapo.edu

Entry Limits: There are no throwing events at this meet

5 per running event

3 per jumping event

2 Relay Teams

Two flights max in LJ/TJ

Finals: 8 to finals on the track and 9 for field events

Women's Triple Jump: 30' and 34' board. Please don't enter athletes that can't make the pit

Men's Triple Boards: 37' and 41'

Contact: Justina Cassavell jcassave@ramapo.edu 908-303-7568

Entry Fee: \$400 per team (Men's and Women's teams are separate)

\$40 per individual if under 10 athletes per gender

You can pay on DA or CC (contact jcassave@ramapo.edu for CC link , no extra fees) or

Make Checks payable to:

Ramapo College Track & Field

Attention Justina Cassavell

505 Ramapo Valley Rd

Mahwah, NJ 07430

Timing: Lexicontiming.com

Athletic Training Information

The Ramapo College Athletic Training Staff will be located under a tent in the infield during the entire meet. There will also be a Certified Athletic Trainer at the throwers site. Water and ice will also be situated around the track and at the throwers site. Please send a stocked medical kit with copies of each athlete's emergency contact and insurance information. In case of a medical emergency, Ramapo College Public Safety will be contacted for EMS response (201-684-6666). There are two nearby hospitals which we use for emergencies:

Athletic Trainer: Jesse Boyland jboyland@ramapo.edu and Luis Pomales, ATC, at 201-684-7676 or lpomales@ramapo.edu