CORNELL TRACK & FIELD INVITATIONAL  
Cornell College, Mount Vernon, IA  
Saturday, April 2, 2022  
Tentative Meet Info

TEAMS
Clarke University, Coe College, Cornell College, Grand View University, Grinnell College, Iowa Wesleyan University, Luther College, Mount Mercy University, and University of Dubuque

FACILITY
Ash Park Stadium, Cornell College  
8-Lane 400-meter track, polyurethane surface, resurfaced September 2015  
High jump, pole vault, long jump, and triple jump are also the polyurethane surface  
Circles are concrete for shot put, discus throw, and hammer throw  
Grass runway for javelin

DATE & TIME
April 2, 2022  
Field events begin at 10:00 AM. Track events begin at 12:00 PM.  
All implement certification will occur from 9:00 to 9:30 AM at the brick storage building east of the track and field complex.

ENTRIES
Submitted online through Direct Athletics by Wednesday, March 30, 2021, at 7:00PM.  
Entry Fee: $300 per team ($600 combined M & W)  
No high school student-athletes permitted.

TIMING
Scored meet, invited intercollegiate teams.  
Accurace Timing will provide fully automatic timing and live results.

SCHEDULE
A rolling schedule will be followed.  
Heat sheets will be posted at www.cornellrams.com and www.accuracetiming.com  
Runners are to report to the Clerk of Course 15 minutes before their event. The Clerk of Course will direct them to the startline. Field event athletes should report to their event site 15 minutes before competition starts.

SPIKES
Only 1/4” or smaller pin or pyramid spikes may be used.

LONG & TRIPLE
3 jumps in prelims, 9 athletes to finals with 3 more jumps.

THROWS
3 throws in prelims, 9 athletes to finals with 3 more throws.

LOCKER ROOM
Not available

TRAINING ROOM
NATA Certified Athletic Trainers and staff on site.

RESULTS
Results provided by Accurace Timing and posted on Cornell athletic website.
Cornell College Track & Field
2022 Cornell Outdoor Invitational
Saturday, April 2
Tentative Schedule

**Field Schedule**
10:00 AM
- Javelin Throw M-W
- Hammer Throw W-M
- Pole Vault-W-M
- Long Jump W-M
- Discus Throw W-M (follows Hammer Throw)
- Triple Jump W-M (follows Long Jump)
- Shot Put M-W (follows Javelin Throw)
- High Jump W-M (follows Pole Vault)

**Track Schedule**
12:00 PM
- 3,000 M Steeplechase Women Final
- 3,000 M Steeplechase Men Final
- 4 x 100 Relay Women Final
- 4 x 100 Relay Men Final
- 1500 M Women Final
- 1500 M Men Final
- 100 M High Hurdles Women Final
- 110 M High Hurdles Men Final
- 100 M Women Final
- 100 M Men Final
- 400 M Women Final
- 400 M Men Final
- 800 M Women Final
- 800 M Men Final
- 400 M Hurdles Women Final
- 400 M Hurdles Men Final
- 200 Meters Women Final
- 200 Meters Men Final
- 5,000 Meters Women Final
- 5,000 Meters Men Final
- 4 x 400 Mixed Gender (M/F/F/M) Final