



Hilltop Invitational

Saturday, January 24th

Meet Information

- Competing Teams:** Augustana College, Cornell College, Culver-Stockton, Grinnell College, Grand View, Mount Mercy, University of Dubuque, Upper Iowa University
- Facility:** Richard & Norma Small Athletic & Wellness Center
835 1st Street West, Mount Vernon, IA 52314
- Track:** 6 lane Mondo Super X Performance track surface
Up to ¼" pyramid spikes may be worn for all running and jumping events
- Throws:** Shot & weight throw will utilize a plywood throwing ring w/removable toeboard
Weight throw will use a Gill – NCAA Portable Indoor Cage for safety
- Entries:** Unlimited entries in all individual and relay events.
Entries will be done online at Direct Athletics.
Entries are due at 7:00pm on Wednesday, January 21st
- Entry Fee:** \$300 per gender (\$600 men & women combined)
**Online Entry Fee Payment through Direct Athletics*
- Weigh Ins:** Weigh ins will take place near the throws cage from 8:00am-9:15am
All implements need to be certified prior to competition.
- Team Camps:** Located in the bleachers of the main gym, please keep team bags, coolers, food, equipment, etc...in the team camp area. Only bring essential spike bags/equipment into the track fieldhouse
****NO SPIKES** in the gym**
- Infield Area:** We will use the infield tennis courts as a general warm-up area
****Spikes are not allowed on the infield tennis courts****
- Trainer:** We will have a certified athletic trainer on site.
- Timing:** Kauder Racing: Finish Lynx w/MeetPro Timing Software
- Meet Director:** Jerry Monner – Head Track & Field Coach
515-865-5692 jmonner@cornellcollege.edu



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FIELD EVENTS

9:30am	Pole Vault	Women followed by Men
9:30am	High Jump	Women followed by Men
9:30am	Long Jump	Men followed by Women
*After LJ	Triple Jump	Men followed by Women
9:30am	Weight Throw	Women followed by Men

***Men's Shot Put:** *will take place in the main ring & begin at the conclusion of men's wt throw*

***Women's Shot Put:** *will take place in the north ring (high jump area) & begin at the conclusion of women's wt throw & conclusion of all vertical jumps*

RUNNING EVENTS: *Estimated 1pm start time for running events, then a rolling schedule

<i>*Est. 1pm</i>	5,000m Run	W	
	5,000m Run	M	
	Sprint Medley Relay	W	<i>*(200-200-400-800)</i>
	Sprint Medley Relay	M	<i>*(200-200-400-800)</i>
	Mile Run	W	
	Mile Run	M	
	60m Hurdle	W	Prelims (8 fastest times qualify for Final)
	60m Hurdle	M	Prelims (8 fastest times qualify for Final)
	60m Dash	W	Prelims (8 fastest times qualify for Final)
	60m Dash	M	Prelims (8 fastest times qualify for Final)
	400m Dash	W	
	400m Dash	M	
	60m Hurdle	W	Final (2 heats) [Heat 1: 5 th -8 th qualifier, Heat 2: 1 st -4 th qualifier]
	60m Hurdle	M	Final (2 heats) [Heat 1: 5 th -8 th qualifier, Heat 2: 1 st -4 th qualifier]
	60m Dash	W	Final (2 heats) [Heat 1: 5 th -8 th qualifier, Heat 2: 1 st -4 th qualifier]
	60m Dash	M	Final (2 heats) [Heat 1: 5 th -8 th qualifier, Heat 2: 1 st -4 th qualifier]
	800m Run	W	
	800m Run	M	
	200m Dash	W	
	200m Dash	M	
	3,000m Run	W	
	3,000m Run	M	
	4x200m Relay	W	
	4x200m Relay	M	
	4x400m Relay	W	
	4x400m Relay	M	