American University Bloomsburg University Bucknell University Indiana Univ. (Pa) Kutztown University Lafayette College Lincoln University

**BUCKNELL UNIVERSITY** TRACK AND FIELD **BISON OPENER**

FRIDAY-SATURDAY

DECEMBER 1-2, 2023

Meet Schedule

# FRIDAY, DECEMBER 1

## Pentathlon/Heptathlon [approximate times]

Lock Haven University Mansfield University Millersville Univ. (W) Mt. St. Mary's Univ. Penn State University Shippensburg Univ. St. Francis University

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 5:00 PM | 60 Meters | Hept.-M |  | apx. 7:45 PM | Shot Put | Pent.-W |
| 5:15 PM | 60M Hurdles | Pent.-W |  | apx. 7:45 PM | High Jump | Hept.-M |
| 5:30 PM | Long Jump | Hept.-M |  | apx. 8:30 PM | Long Jump | Pent.-W |
| 5:45 PM | High Jump | Pent.-W |  | apx. 9:30 PM | 800 Meters | Pent.-W |
| apx. 6:30 PM | Shot Put | Hept.-M |  |  |  |  |

# SATURDAY, DECEMBER 2

## Heptathlon

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 8:30 AM | 60M High Hurdles | Hept.-M |  | 9:05 AM | Pole Vault | Hept.-M |
| TBA | 1000 Meters | Hept.-M |  |  |  |  |

Field Events

|  |  |  |
| --- | --- | --- |
| 10:30 AM | Long Jump (men then women)  FOLLOWED BY Triple Jump (men then women) | |
| 11:00 AM | Weight Throw (women then men)  FOLLOWED BY Shot Put (women then men) | |
| 11:30 AM | High Jump (men then women) |  |
| 12:00 PM apx. | Pole Vault (women then men) | AFTER Heptathlon |

Running Events

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1:00 PM | 60 M HH Trials | men -women |  | 3:15 PM | 800 Meter Run | men -women |
| 1:20 PM | 60 M Dash Trials | men - women |  | 3:30 PM | 500 Meter Dash | men - women |
| 1:40 PM | Mile Run | men - women |  | 3:45 PM | 300 Meter Dash | men - women |
| 2:00 PM | 60 M HH Final | women - men | (Top 8) | 4:10 PM | 200 Meter Dash | men - women |
| 2:15 PM | 60 M Dash Final | women - men | ( Top 8) | 4:40 PM | 3000 Meter Run | men - women |
| 2:30 PM | 400 Meter Dash | men -women |  | 5:10 PM | 4 X 400 | men - women |
|  |  |  |  | 5:30 PM | 4 X 400 | mixed gender |
|  | OFFICIALS BREAK |  |  |  |  |  |
|  |  |  |  |  |  |  |

# ENTRY FEES

$30.00 per individual athlete. Maximum of $425.00 per school per team ($850.00 for men's and women's teams of 15 or more people per team). Make checks payable to: BUCKNELL UNIVERSITY and deliver the day of the meet.

# NOTES

1. Entries due by **Thursday, November 30 by Noon**
2. Entries should be made via [www.directathletics.com](http://www.directathletics.com/)
3. In all running events, **men first, then women; except hurdle Finals & 60 finals – women first, men second**
4. ¼” spikes allowed in all events, except throws
5. Maximum of **4** long jumpers and **4** triple jumpers, **4** shot putters, **4** weight throwers and **4** pole vaulters
6. **Fastest seeded sections will be run first in races around the track**
7. **There will be absolutely no additions on the day of the meet**
8. **Weigh-ins: 4:00-4:45 PM – FRIDAY; 9:30-10:45 AM - SATURDAY**
9. Decathlon and Heptathlon is by invitation only. Richard Alexander is in charge of fields. Call him if interested.

# CONTACT PERSON

**RICHARD ALEXANDER**

Assistant Track & Field Coach 570-577-3060 (office) [relaxand@bucknell.edu](mailto:relaxand@bucknell.edu)

Revised schedule will be sent based on entries by Friday morning, but we will not start meet earlier than above schedule.

We will follow the time schedule and not run ahead. Mixed gender 4X400 is an exhibition event and we can just slap teams together prior to race. No need to enter on DA.