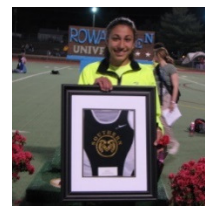


ROWAN UNIVERSITY GIRLS OPEN

Brought to you by



Friday, May 1st and Saturday, May 2nd, 2020

This will be the premiere meet of Pennsauken High School's new state-of-the-art track and field facility.

Dates: Friday, May 1st and Saturday, May 2nd, 2020

Starting Time: Friday – 4:00PM Field, 5:05PM Running / Saturday -5:00PM Field, 5:30PM Running

Location: Pennsauken High School

Entries: All entries must be done thru Milesplit. Online Entry Deadline: Wednesday, April 29, 2020

Awards: Watches to the winners of each individual & relay event. Medals 2nd – 6th place.

Plaques to the winning relay teams

Medals to the top-3 participants in Emerging Elite sections. No awards in the Open sections.

New this year – The Heptathlon

Field Events:

- 3 sections: ELITE, EMERGING ELITE, & OPEN FOR ALL FIELD EVENTS
- Seeding based on NJ Milesplit performances
- **3 athletes for Field Events**
- **A list of athletes and what section they are accepted in will be posted on pioneertiming.com on Thursday, April 30th.** Any questions, please contact Ringo Adamson at adamson@rowan.edu.

General Rules:

1. **Athletes must report to the paddock area 20min before the start of their event.**
2. **Heptathlon:** Any participant in this event cannot compete in any other events.
3. **Throwing Events:** Elite section – 3 throws. Top-8 to the finals for 3 additional throws.
Emerging Elite & Open sections – 3 attempts. No finals. **1st throw will be measured; after that only throws that meet the standard will be measured.**
4. **Long Jump/Triple Jump:** Open Pit, 2 runways. Top-9 competitors in the Elite Section will advance to the finals where they will be allowed 3 additional jumps. **Emerging Elite & Open: 3 jumps. 1st jump will be measured. After that, only jumps that meet the standard will be measured.**
5. **Starting blocks & batons will be provided** – yours are not permitted. Only pyramid spikes (1/4" or less) allowed.
6. All winners should be present for the awards ceremony.
7. Questions or concerns please contact: Ringo Adamson; cell (856) 904-3543; or adamson@rowan.edu

NOTE: There will be a coaches meeting at 4:30PM, both days, by the tent.

ROWAN UNIVERSITY GIRLS HS OPEN

Friday, May 1st and Saturday, May 2nd, 2020

ANTICIPATED TIME SCHEDULE

FRIDAY EVENTS

FIELD EVENTS

4:00 PM	Discus	Elite Section, followed by Emerging Elite, followed by Open
4:00 PM	Javelin	Elite Section, followed by Emerging Elite, followed by Open
4:00 PM	Shot Put	Elite Section, followed by Emerging Elite, followed by Open, followed by Heptathlon Shot Put (approx. 7:10 PM)
4:00 PM	Long Jump	Runway #1 – Elite Section (seeded) Runway #2 – Emerging Elite Section (seeded), followed by Open Section (Open Pit)
	Triple Jump	Runway #1 – Elite Section (seeded) following conclusion of the Elite Long Jump Runway #2 – Emerging Elite (seeded) following conclusion of the Open Long Jump Open Section (Open Pit) follow conclusion of the Emerging Elite Triple
4:00 PM	Pole Vault	1 section only
4:00 PM	High Jump	Elite Section
5:40 PM (approx.)	High Jump	Heptathlon Section, followed by Emerging Elite Section, followed by Open Section

TRACK EVENTS

5:00 PM	<i>Track cleared for competition</i>
5:05 PM	Heptathlon 100m hurdles
5:15 PM	100m hurdles TRIALS
5:45 PM	100m dash TRIALS
6:10 PM	1600m FINALS (Ed Mountainland 1600m Run)
6:35 PM	400m FINALS ON TIME; in lanes
7:05 PM	100m hurdle FINAL
7:15 PM	3200m FINALS ON TIME; 2 heats
7:45 PM	100m dash FINAL
7:55 PM	David K. Long Memorial 800m run
8:15 PM	200m FINALS ON TIME; in lanes
8:30 PM (approx.)	Heptathlon 200m
8:40 PM	400m hurdle FINALS ON TIME
9:05 PM	5000m run; 1 heat

SATURDAY EVENTS

FIELD EVENTS

5:00 PM	Heptathlon Long Jump
6:15 PM (approx.)	Heptathlon Javelin

TRACK EVENTS

5:15 PM	<i>Track cleared for competition</i>
5:30 PM	4x100m TRIALS
5:50 PM	Distance Medley
6:15 PM	Shuttle Hurdles
6:40 PM	4x100m FINALS; top-8
6:45 PM	3x400m Intermediate Hurdle FINALS
7:00 PM	800m Medley FINALS (100-100-200-400)
7:15 PM	4x1500m relay FINALS
7:45 PM (approx.)	Heptathlon 800m run
7:50 PM	4x200m FINALS
8:20 PM	4x800m FINALS
8:35 PM	Swedish Medley (100-200-300-400)
8:45 PM	4x400m FINALS

Meet Director: Ringo Adamson

ROWAN UNIVERSITY GIRLS HS OPEN – Entry Form Page 1

PLEASE PRINT CLEARLY

School: _____

Head Coach:

Athletic Director:

HC Email: _____

AD Email:

HC Cell:

AD Signature:

- **ENTRY FORMS and PAYMENT or PURCHASE ORDER DEADLINE: MONDAY, APRIL 27th *No exception**
- Online Registration for all events ends WEDNESDAY, APRIL 29th
- Email entries to: adamson@rowan.edu (email entries only. No mail or fax)

- Make checks payable to:
Rowan University Women's Track
Rowan University Women's Track
Attn: Ringo Adamson
ESBY Gym
201 Mullica Hill Road
Glassboro, NJ 08028

Entries: Max 3 contestants per event

TEAM ENTRY	Entry Fee			Total Entry Fee
TOTAL SCHOOL ENTRY (all events; both days)	\$500			
OR				
SCHOOL ENTRY for all events FRIDAY ONLY	\$375			
SCHOOL ENTRY for all events SATURDAY ONLY	\$375			
OR INDIVIDUAL ENTRIES (You must complete page 2)			# of entries	
Relay Teams (Total from page 2)	\$40	x		
Individual Entries (Total from page 2)	\$35	x		
			TOTAL	\$

ROWAN UNIVERSITY GIRLS HS OPEN – Entry Form Page 2

Complete Page 2 ONLY if you are NOT a FULL Team Entry

PLEASE PRINT CLEARLY

School: _____

Head Coach:

Athletic Director:

HC Email: _____

AD Email:

HC Cell:

AD Signature:

ENTRY FORMS and PAYMENT or PURCHASE ORDER DEADLINE: MONDAY, APRIL 27th *No exception

- Online Registration for all events ends WEDNESDAY, APRIL 29th
- Email entries to: adamson@rowan.edu (email entries only. No mail or fax)
- Make checks payable to:

Rowan University Women's Track
 Rowan University Women's Track
 Attn: Ringo Adamson
 ESBY Gym
 201 Mullica Hill Road
 Glassboro, NJ 08028

INDIVIDUAL ENTRY FORM - Max 3 contestants per individual event

If you are entering a FULL team, you DO NOT need to complete this page

INDIVIDUAL EVENTS				RELAY EVENTS			
100m Hurdles	_____	x \$35 per athlete =	_____	4x100m	_____	x \$40 per team =	_____
100m	_____	x \$35 per athlete =	_____	Shuttle Hurdles	_____	x \$40 per team =	_____
1600m	_____	x \$35 per athlete =	_____	Distance Medley	_____	x \$40 per team =	_____
400m	_____	x \$35 per athlete =	_____	3x400m IH	_____	x \$40 per team =	_____
3200m	_____	x \$35 per athlete =	_____	800m Medley	_____	x \$40 per team =	_____
5000m	_____	x \$35 per athlete =	_____	4x1500m	_____	x \$40 per team =	_____
800m	_____	x \$35 per athlete =	_____	4x200m	_____	x \$40 per team =	_____
200m	_____	x \$35 per athlete =	_____	4x800m	_____	x \$40 per team =	_____
400m Hurdles	_____	x \$35 per athlete =	_____	Swedish Relay	_____	x \$40 per team =	_____
Heptathlon**	_____	x \$35 per athlete =	_____	4x400m	_____	x \$40 per team =	_____
Shot Put	_____	x \$35 per athlete =	_____	TOTAL #	_____	TOTAL \$	_____
Discus	_____	x \$35 per athlete =	_____				
Javelin	_____	x \$35 per athlete =	_____				
High Jump	_____	x \$35 per athlete =	_____				
Long Jump	_____	x \$35 per athlete =	_____				
Triple Jump	_____	x \$35 per athlete =	_____				
Pole Vault	_____	x \$35 per athlete =	_____				
TOTAL #	_____	TOTAL \$	_____				

Place Totals on Page 1 of the Entry Form

INDIVIDUAL STANDARDS (Max 3 Contestants per event)	Minimum Qualifying Standard	
100m Hurdles	17.80 seconds	<i>Please respect standards when entering athletes</i>
100m Dash	13.63 seconds	
1600m	6:25	
400m	66 seconds	
3200m	13:50	
800m	2:40	
200m	29 seconds	
400m Hurdles	72 seconds	
Heptathlon	Fri: 100HH, 200m High Jump, Shot Put Sat: Long Jump, Javelin, 800m	No Standard
5000m	No Standard	

FIELD EVENT STANDARDS (Max 2 Contestants per event; 3 if all 3 meet qualifying standard verifiable through NJMilesplit)		
	Minimum Qualifying Standard	
Shot Put	29'	<i>Note: No measurement if throw/jump does not meet the standard</i>
Discus	80'	
Javelin	80'	
High Jump	4'-6"	
Long Jump	14'-0"	
Triple Jump	29'-0"	
Pole Vault	8'-0"	

RELAY STANDARDS (Max 3 Contestants per event)	Minimum Qualifying Standard	
4 x 100m	60 seconds	<i>Please respect standards when entering athletes</i>
Shuttle Hurdles	80 seconds	
Distance Medley	14:50.00	
3 x 400m IH	4:20.00	
800m Medley (1-1-2-4)	2:03.00	
4 x 1500m	27:30.00	
4 x 200m	2:02.00	
4 x 800m	11:20.00	
Swedish Relay (1-2-3-4)	NT	

4 x 400m	4:43.00	
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