



**Central College Invitational  
Saturday, March 31, 2012**

**TO: Track & Field Coaches**  
**FROM: Joe Dunham, Head Track & Field Coach, Central College**  
**RE: Central College Track & Field Invitational-Saturday, March 31, 2012**

1. Central College will be hosting the Central Invitational on Saturday, March 31, 2012. Starting time will be 10:00 a.m. for 10k and 11:00 a.m. for the field events. The hurdle prelims will start at 11:10 a.m. unless more time is needed for the 10k. We will not start the hurdles early.
2. Teams will be allowed unlimited entries in all events. There is a chance I will need to limit the entries in specific events if the field sizes get too large. If this is the case, I will let you know on the morning of Thursday, March 29.
3. Entry fee is \$350 for both men's and women's team or \$175 for a single team. Individual entries are \$20/athlete and \$40/relay.
4. Fully automatic timing will be used – Finish Lynx
5. Entries are due **Wednesday, March 28th by 11:59 p.m.** The following link will allow you to do the entries online: <http://www.aspimeetz.com/15846>
6. Scoring: 10-8-6-5-4-3-2-1
7. The field house will be available for your athletes to warm-up. No spikes please.
8. Spikes no longer than 1/4" are allowed on our outdoor track.
9. Unattached athletes are eligible to compete.
10. Trainers will be available in Kuyper fieldhouse-upstairs from the indoor track.
11. Final results will include all prelim and heat times.
12. Weigh-ins will be done from 9:30-10:30 a.m. under the stadium.
13. Scratches can be made at 10:00 a.m. in the press box.
14. Please direct any questions to Joe Dunham at (641) 628-7603 or [dunhamj@central.edu](mailto:dunhamj@central.edu).

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**Saturday, March 31**

<b>Field Events:</b>		<b>Flights</b>
11:00 a.m.	Men's hammer (women to follow)	4/4
	Women's discus (men to follow)	3/4
	Women's high jump (men to follow)	1/1
	Men's long jump (triple jump to follow)	2/1
	Women's long jump (triple jump to follow)	2/1
	Men's javelin (women to follow)	3/3
Noon	Men's pole vault (women to follow)	1/1
Following hammer/discus	Women's shot put (men to follow)	3/4

<b>Running Events:</b>	<b>(Women before Men)</b>	<b>Heats</b>
10:00 a.m.	10,000m run- Men and women	1
11:10	100m hurdle prelims-Women	5
11:25	110m hurdle prelims-Men	4
11:40	100m dash prelims-Women	6
11:55	100m dash prelims-Men	8
12:20	3000m Steeplechase-Women	1
12:40	3000m Steeplechase-Men	1
1:00	4x100m relay-Women	3
1:15	4x100m relay-Men	3
1:30	1500m run-Women	4
2:00	1500m run-Men	5
2:35	400m dash -Women	4
2:50	400m dash -Men	6
3:10	100m dash finals-Women	1
3:15	100m dash finals-Men	1
3:25	110m hurdle finals- Men	1
3:35	100m hurdle finals-Women	1
3:45	800m run-Women	3
4:00	800m run-Men	5
4:30	400m hurdles-Women	4
4:50	400m hurdles-Men	4
5:05	200m dash-Women	8
5:25	200m dash-Men	9
5:45	5000m run-Women	1
6:10	5000m run-Men	2
6:50	4x400m relay-Women	3
7:05	4x400m relay-Men	4

**We are running a ROLLING SCHEDULE. If we get ahead, we will STAY AHEAD**