



WASHINGTON AND LEE UNIVERSITY
TRACK & FIELD

16th Annual Track & Field Invitational

DATE: Saturday March 17, 2007

SCORING: Meet will be scored to 6 places (10,8,6,4,2,1).

ENTRIES: Unlimited entries.
Multiple relay teams will be permitted but only your designated "A" team will score.
"A" relay teams will have priority in seeding.

ENTRY DEADLINE: Email or Fax entries by 12 noon Monday March 12th!
PLEASE Type or print Clearly!!!
Email: Hoeyk@wlu.edu or Fax # (540) 458-8173

ENTRIES/ RESULTS: View entries and check final results at <http://www.GeneralsTrackandXc.net>

CORRECTIONS & SCRATCHES: Please check your entries on the website listed above. A performance list will be posted by Wednesday March 14th. If you have any corrections or scratches, **PLEASE LIST** them **by athlete (not by event)** and **on a separate page** from original entries. Scratches should be emailed (hoeyk@wlu.edu) or faxed (**540-458-8173**) before **12 noon Thursday March 15th**. Final heat sheets will be posted by Friday March 16th.
ENTRY FEE BASED ON ORIGINAL NUMBER OF ENTRIES

PARKING (MAP): Vans and cars in parking garage. Buses in the Law School lot. See map Map at <http://newsoffice.wlu.edu/Printmap.pdf>

RUNWAYS AND TAKE-OFF AREAS:

Pole Vault	Polyurethane surface
Long Jump	Polyurethane surface
Triple Jump	Polyurethane surface
High Jump	Polyurethane surface
Shot & Discus Areas	Concrete
Javelin	Grass

TRACK: Six lane, all weather, polyurethane surface
Only flats or 1/4" or shorter spikes will be permitted on the track and runways.

- IMPLEMENTS:** Weigh-in will be on the upper field at 9:30am.
- TIMING:** Timing will be fully automatic by FinishLynx Systems.
- STARTING BLOCKS:** Will be furnished by Washington and Lee. Bring your own if you prefer.
- DRESSING FACILITIES:** There will be limited dressing facilities in Doremus Gymnasium. (Room #338-Men) (Room #327 - Women). **BRING YOUR OWN TOWELS.** Please remove valuables from lockers.
- MEALS:** If you plan on eating in our dining hall, please call at least 2 weeks in advance. Please ask for Kelly Brown: 540-458-8106.
- AWARDS:** Awards will be given to the top three (3) finishers in each event. Team awards to winners (Men & Women). There will also be an award for the top overall combined team (Men's and Women's score combined)
- ENTRY FEE:** \$125 per team (10 or more individuals)
Men's and Women's teams considered separate teams
\$12 per individual (if under 10 individuals)
ENTRY FEE BASED ON ORIGINAL # OF ENTRIES

PLEASE MAKE CHECKS PAYABLE TO WASHINGTON AND LEE UNIVERSITY

CONTACT: Kris Hoey
Office - 540-458-8679
Fax - 540-458-8173

DIRECTIONS: Lexington is located at the intersection of Interstates 81 and 64. Washington and Lee is less than two miles from the interstate.

- If you are traveling from the north, south, or east, follow I-81 to exit 191 (which puts you onto I-64). Next, take exit 55 off I-64. Turn left onto Route 11 south at the stop sign.
- If you are traveling from the west, take I-64 to exit 55. Turn right on Route 11 south at the stop sign. Once you are on Route 11 south, you will drive through three stoplights. After the third stoplight, you will cross the Maury River, and bear right onto Route 11 Business. You will pass Virginia Military Institute. After you pass VMI, you will see W&L on your right.
- Turn Right On Rt. 60 West (Nelson Street)
- Follow Straight-up and over small hill
- At base of hill go under a foot bridge and turn right on to West Denny Circle. Follow that road back to the law school parking lot.



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March 17, 2007

ORDER OF EVENTS

Starting Time 10:00am

DMR (W)-1,200m,400m,800m,1600m
DMR (M) -1,200m,400m,800m,1600m
100m Trials (W)
100m Trials (M)
100m Hurdle Trials (W)
110m Hurdle Trials (M)

Restart time 11:45am*

Norris Aldridge 4x100m relay (W)
Norris Aldridge 4x100m relay (M)
1500m (W)
1500m (M)
110m Hurdle Final (M)
100m Hurdle Final (W)
400m (W)
400m (M)
100m Final (W)
100m Final (M)
800m (W)
800m (M)
400m Hurdles (W)
400m Hurdles (M)
200m (W)
200m (M)
5000m (W)
5000m (M)
4x400m Relay (W)
4x400m Relay (M)
Awards

Field Events

9:30am Implement Weigh-In (Upper Field)

10:00am Men's Discus
Women's Shot
Women's Long Jump
Men's High Jump
Women's Pole Vault

11:30am Men's Shot
Women's Discus
Women's High Jump
Men's Long Jump
Men's Pole Vault

1:00pm Women's Triple Jump
(Followed by Men's Triple Jump)
Women's Javelin
(Followed by Men's Javelin)

Please Note

We will start the Norris Aldridge 4x100m at 11:45am and continue with a rolling schedule for the rest of the meet.