

Whittier Twilight T&F Meet

Friday April 7th, 2023

Hosted by: Whittier College

Location: Aubrey Bonham Track at Memorial Stadium
7214 Canyon Dr, Whittier, CA 90602

TIME: Field Events: 3:00PM Running Events: 4:45PM

ENTRIES: Entries are due, Wednesday, April 5th by 12:00PM (noon) through Direct Athletics. Please submit all entries.

COST: \$30 per athlete, maximum \$600 per gender, \$1200 for both teams. Teams and open athletes can pay by check to Whittier College Track and Field.

COMPETITION: Track events will be timed finals, seeded slow to fast. Athletes in the throws and horizontal jumps will receive four trials.

CHECK-IN: Athletes must declare for their event(s) 20 minutes (or longer) before the event's scheduled time at the clerk's tent near the finish line. Field events athletes check in at their event site 20 minutes before the first section.

WEIGH-INS: Implement weigh-ins will take place on the northwest corner of the track in the Track building. Implement weigh-in will take place from 2pm—3:15 pm.

FACILITIES: Athletes must wear ¼" spikes or shorter pyramid spikes. The track and all runway surfaces are Beynon Sports BSS 2000. Our track has eight 48" lanes.

TEAM CAMPS: Please set up tents in the upper half of the west grandstand.

WARMUPS: Please complete most of the warmup on the western part of the upper field. Athletes may complete final part of warmup on the track between events.

TIMING: Results will be announced during the meet and available live at FinishedResults.com or on the Finished Results app.

QUESTIONS: Contact Bob Ramsey email (preferred): bramsey@whittier.edu or by phone: 562-464-453

Tentative Schedule

FIELD EVENTS

3:00	Hammer	W then M
	Shot	M then W
3:30	Long Jump	M then W
	Pole Vault	W then M
4:45	High Jump	M then W
	Javelin follows shot	W then M
	Discus follows javelin	W then M
	Triple Jump follows LJ	M then W

TRACK EVENTS

4:45	3000m Steeple	W
5:00	3,000m Steeple	M
5:15	4x100 Relay	W
5:20	4x100 Relay	M
5:25	1500m run	W
5:35	1500m run	M
5:45	100m Hurdles	W
5:55	110m Hurdles	M
6:05	400m run	W
6:15	400m run	M
6:20	100m run	W
6:35	100m run	M
6:45	800m run	W
6:50	800m run	M
7:00	400m Hurdles	W
7:10	400m Hurdles	M
7:20	200m dash	W
7:30	200m dash	M
7:50	5,000m run	W
8:15	5000m run	M
8:35	4x400 Relay	W
8:45	4x400 Relay	M