

Larry Ellis Invitational

April 19th and 20th, 2013

Entry Procedure: All entries will be done electronically through www.direathletics.com

Entry Deadline: Monday, April 15th at 5:00pm (EST).

Entry Standards and Limitations: Event field sizes and entry standards are listed below. All entries must have a TFRRS verifiable mark during the 2012 or 2013 season. Please adhere to the minimum standards when determining whom from your team to enter. Athletes running the event for the first time may provide speculative marks, however sufficient previous performances (e.g indoor 3k time for a FY doing the 5k) must also be provided. Meeting the standard does not guarantee acceptance into the meet.

Unattached/Individual Entry: \$20 per entry. Individual entry fee **must** be paid by credit card online at the time of submitting your entry or your entry will not be accepted in to the meet.

Team Entry fee: \$20.00 per entry. \$400 max per gender. Make checks payable to Princeton University. Team entry fees can be paid at the meet (with cash or check) or sent by April 10th to

Mike Henderson
Princeton University
Jadwin Gym
Princeton, NJ 08544

Note: if your payment was sent to an incorrect address you will be required to pay at the meet

Accepted entries: will be posted on www.goprincetontigers.com by Wednesday April 17th
Meeting the entry standard does not guarantee acceptance in the meet.

Facility Info: 8 lane polyurethane surface. Dual field event facilities for jumps. Hammer throw will be held at the West Windsor Fields Throwing Complex off of Washington road.

Results: From Tumey Timing. They will be posted at the meet and on our website after the meet. They will also be available live online as the meet progresses.

Implement Inspection: Weigh-ins will be held at each throwing area directly before the competition. They will begin 90 minutes prior to the first throwing event and conclude one hour before the start of the event.

Field Event Info: Each competitor will get one legal throw or horizontal jump measured. After that, competitors must reach the minimum measure mark in order to get subsequent measurements. Top 9 competitors will advance to finals.

Time Schedule: A final time schedule will be posted on the website after entries are finalized.

** Questions to Mike Henderson 609-258-2457, mh15@princeton.edu

Event Entry Standards and Field Sizes – We have minimum entry standards and maximum field sizes. **Meeting an entry standard does not guarantee acceptance into the meet.**

Men	Standard	Field Size	# of Heats
100m	11.24	40	5
200m	22.74	40	5
400m	50.24	40	5
800m Elite	1:52.0	72	7
800m	1:56.0	60	5
1500m Elite	3:51.0	72	6
1500m	4:05.0	60	5
3000m Steeplechase	9:25.0	40	2
5000m	14:45	90	3
110m hurdles	15.74	32	4
400m Hurdles	56.0	32	4

Women	Standard	Field Size	# of Heats
100m	12.80	40	5
200m	26.00	40	5
400m	59.00	40	5
800m Elite	2:13.0	72	7
800m	2:20.0	60	5
1500m Elite	4:30.0	72	6
1500m	4:45.0	60	5
3000m	10:30	40	2
3000m Steeplechase	11:00	40	2
5000m	17:30	90	3
100m hurdles	16.44	32	4
400m Hurdles	65.00	32	4

Men	Standard	Field Size	Scratch Line
Hammer Throw	47.00m	24	47.00m
Discus Throw	42.00m	24	42.00m
Javelin Throw	50.00m	24	50.00m
Shot Put	14.00m	24	14.00m
Long Jump	6.50m	24	6.50m
Triple Jump	13.50m	24	13.50m
High Jump	1.90m	24	
Pole Vault	4.50m	16	

Women	Standard	Field Size	Scratch Line
Hammer Throw	42.00m	24	42.00m
Discus Throw	37.00m	24	37.00m
Javelin Throw	36.00m	24	35.00m
Shot Put	12.00m	24	12.00m
Long Jump	5.20m	24	5.20m
Triple Jump	11.00m	24	11.00m
High Jump	1.55m	24	
Pole Vault	3.35m	16	

LARRY ELLIS MEMORIAL INVITATIONAL
APRIL 17-20, 2013
WILLIAM WEAVER STADIUM

WEDNESDAY

Decathlon Day 1 1:00 9 athletes

THURSDAY

Decathlon Day 2 Noon

FRIDAY

Heptathlon – Day 1 Noon 9 athletes
 Hammer (Men, Followed by Women) 3:00 pm 2 flights
 Discus (Men, Women to follow) 5:00 2 flights
 5000m – Women’s 5:00 heat 4
 5000m – Men’s 5:30 heat 4
 3000m – Women’s Steeplechase 6:00 2 heats
 3000m – Men’s Steeplechase 6:30 2 heats
 800m Elite – Women’s 7:00 7 heats
 800m Elite– Men’s 7:25 7 heats
 1500m Elite – Women’s 7:50 6 heats
 1500m Elite – Men’s 8:30 6 heats
 5000m – Women’s 9:00 3 heats
 5000m – Men’s 10:00 3 heats

SATURDAY

Heptathlon- Day 2 9:45 am
 Princeton Senior Recognition 11:00 am
 4x100 Relay – Women Noon
 4x100 Relay – Men 12:10 pm
 1,500 – Women 12:20 4 heats
 1,500 – Men 12:45 4 heats
 100 M Hurdles – Women 1:20 4 heats
 110 M Hurdles – Men 1:40 4 heats
 400 M – Women 2:00 5 heats
 400 M – Men 2:20 5 heats
 100 M – Women 2:40 5 heats
 100 M – Men 3:00 5 heats
 800 M – Women 3:20 5 heats
 800 M – Men 3:40 5 heats
 400 M Intermediate Hurdles – Women 4:10 4 heats
 400 M Intermediate Hurdles – Men 4:25 4 heats
 200 M - Women 4:40 5 heats
 200 M – Men 5:00 5 heats
 3,000 M - Women 5:20 2 heats
 4x400 M Relay – Women 5:45
 4x400 M Relay – Men 6:00

FIELD EVENTS

Shot Put- Women, Men to follow Noon 2 flights
 High Jump- Women, Men to follow 12:30 pm
 Long Jump- Women (Outside Pit) 12:00 noon 2 flights
 Followed by Triple Jump
 Long Jump – Men (Inside Pit) NOON 2 flights
 Followed by Triple Jump
 Pole Vault (Men) 1:00 pm
 Pole Vault (Women) 3:30 pm
 Javelin Throw - Men, Women to follow 1:00 pm 2 flights