

- * A trainer will be available throughout the meet. If you have specific needs for treatment, contact Joan Couch (302-831-2255) or jmcouch@udel.edu.
- * Please use 1/4" spikes or shorter on the running and jumping surfaces.
- * All running events will be run as timed finals.
- * We will run all running event heats slow to fast.
- * The shot put and weight throw circles are wood. We will weigh implements.
- * Horizontal jumps will get three attempts with no finals.
- * Please enter your athletes with the current seeding performances.
- * Officiating will be provided by the Delaware Sports Club, a USATF certified group.
- * Awards will be presented to the over-all top six places in each event.
- * Please wear official team uniforms.
- * There will be no concession stand. We are sorry!

DIRECTIONS

Take exit #1 of I-95 (Rt. 896 which is South College Avenue). Follow Rt. 896 north one mile to the indoor facility in the Delaware Field House. Our outdoor facility is located on the east side of the football stadium.

RESTAURANTS

Boston Market - Rt. 896

Domino's - Newark

Friendly's - Rt. 896

Grotto's Pizza - Newark

Klondike Kate's – Newark

Malin's Deli – Rt. 896

McDonalds - Rt. 896

Subway - Newark

TGI Friday's – Rt. 896

- *** Due to our crowded conditions, please instruct your athletes to remain in the stands when not competing or warming up. Warm-ups should be done outside the main arena when possible and on the straightaway opposite the sprints and hurdles.

THOMSON INVITATIONAL

@University of Delaware
Delaware Field House, Newark, DE
Saturday, January 31, 2009

8:00 a.m. - Arena Opens for Warm-Ups

FIELD EVENTS

9:30am **WEIGHT THROW – Women, then Men (separate circle)**
SHOT PUT – Men, then Women (separate circle)

POLE VAULT – Women, then Men
LONG JUMP (3 jumps) – Women, then Men

11:00am **HIGH JUMP – Women, then Men**

TRIPLE JUMP (3 jumps) follows the LONG JUMP – Women, then Men

RUNNING EVENTS

9:30am **5000m Run – Women**
5000m Run - Men

10:15am **60m High Hurdles - Women**
60m High Hurdles - Men

10:45am **60m Dash - Women**
60m Dash - Men

11:25am **Mile Run - Women**
Mile Run - Men

12:40pm **400m Dash - Women**
400m Dash - Men

1:30pm **500m Run – Women**
500m Run - Men

2:10pm **800m Run - Women**
800m Run - Men

2:50pm **1000m Run - Women**
1000m Run - Men

3:15pm **200m Run - Women**
200m Run - Men

4:30pm **3000m Run - Women**
3000m Run - Men

5:40pm **4 x 400m Relay - Women**
4 x 400m Relay – Men

6:40pm **4 x 800m Relay – Women**
4 x 800m Relay - Men

** Throwing events are indoor and on a wooden surface.

** The time schedule is dependent on the number of entries. Whenever possible, we will run ahead of schedule.

** An athlete who is in two events simultaneously should please check in to both events.