

2009 BVU Open
Buena Vista University
Lamberti Recreation Center
Storm Lake, Iowa

- Time:** Saturday, January 31, 2009
10:00am – Field Events 10:50am – Running Events
- Facilities:** Six lane, 200 meter Mondo track surface including HJ, LJ, and PV approaches. Throwing circle is wood. Only 1/8" or 3/16" pyramid spikes may be used. No Christmas tree or needle spikes will be permitted.
- Rules:** NCAA rules will govern this meet. No score will be kept. Selected Open/Unattached athletes will be allowed to compete.
- Entries:** Enter On-line at: <http://trackmeet.aspisolutions.com/team/index.asp?IDMeet=2319>
College coaches may enter their unattached athletes online with their team – just make sure you mark the UNATTACHED box.
All other unattached athletes must e-mail me at maasn@bvu.edu to enter the meet.
Please include your name, affiliation if any, events and marks.
All entries are due by 10:00pm on Thursday, January 29th.
This system is automated and will shut down at the deadline time listed above. Please make sure you have entered and **declared** all athletes and relays by this time. If you have any questions or concerns please e-mail or call Nick Maas at maasn@bvu.edu or 712-299-2470.
- Entry Fee:** \$200 per team (men and women separate)
\$20 per individual
- Entry limits:** None
- Heat Sheets:** Will be posted at www.bvu.edu/athletics/sports/track/ Friday afternoon.
- Meet Information:** Heat sheets and other pertinent meet information can be picked up at the scorer's table located in the north-east corner. **Please pay your entry fee at this time.**
- Implement Weigh-In:** Will take place in the equipment room located on the south wall approximately 45 minutes prior to the start of the first throwing event. Please weigh in all implements at this time. Listen to announcements for exact time and location.
- Results:** A full set will be available as soon as possible after the meet. Results will also be posted at www.bvu.edu/athletics/sports/track/ and in the center court during the meet
- Showers:** Available in the lower level of the Siebens Fieldhouse for all student-athletes. Please bring your own towel and soap.

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Meet Schedule

Saturday, January 31, 2009

| FIELD EVENTS | | |
|---|-----------------------|-----------------------|
| 10:00am | Weight Throw | Men followed by Women |
| 10:00am | Long Jump | Men followed by Women |
| 10:00am | High Jump | Women followed by Men |
| 10:00am | Pole Vault | Men followed by Women |
| 12:30pm | Shot Put | Men followed by Women |
| 12:30pm | Triple Jump | Men followed by Women |
| <i>Shot Put will begin immediately following the conclusion of the Weight Throw</i> | | |
| <i>Triple Jump will begin immediately following the conclusion of the Long Jump</i> | | |
| TRACK EVENTS | | |
| 10:50am | 4 x 200m Relay | Women |
| 11:00am | 4 x 200m Relay | Men |
| 11:10am | DMR | Women |
| 11:25am | DMR | Men |
| 11:40am | 55m Hurdles – Prelims | Men |
| 11:50am | 55m Hurdles – Prelims | Women |
| 12:00pm | 55m – Prelims | Men |
| 12:10pm | 55m – Prelims | Women |
| 12:20pm | Mile | Women |
| 12:30pm | Mile | Men |
| 12:40pm | 400m | Women |
| 12:50pm | 400m | Men |
| 1:05pm | 55m Hurdles – Finals | Women |
| 1:10pm | 55m Hurdles – Finals | Men |
| 1:15pm | 55m – Finals | Women |
| 1:20pm | 55m – Finals | Men |
| 1:25pm | 800m | Women |
| 1:35pm | 800m | Men |
| 1:45pm | 200m | Women |
| 1:55pm | 200m | Men |
| 2:05pm | 3000m | Women |
| 2:20pm | 3000m | Men |
| 2:35pm | 4 x 400m Relay | Women |
| 2:50pm | 4 x 400m Relay | Men |

Running time schedule for all track and field events