

SWARTHMORE COLLEGE

Swat FQ Meet

MONDAY, MAY 13, 2019

Contact Phone Number for Meet: 610-328-8218 or 610-328-8213

FAX # 610-328-7798

Meet Information

- Location: Walter T. Skallerup, Jr. Track located behind Lamb-Miller Fieldhouse on Swarthmore College campus.
- Entries: All entries must be submitted through Direct Athletics. (www.directathletics.com). Entries open 4/25/19 @Noon. Entries close May 11th at 7:00 p.m. Unattached entries need to pay by **credit card** on-line on DirectAthletics. You need to create an account if you don't have one. Club teams must enter through DirectAthletics also. Teams and clubs not on invite list need to contact Peter Carroll: pcarrol2@swarthmore.edu **by May 1st PLEASE USE ENTRY SEEDS THAT HAVE BEEN ACHIEVED WITHIN THE LAST YEAR. THAT WAY THE HEATS WILL BE PROCESSED FAIRLY.**
- Entry Fee: \$25.00 per athlete. **Entry fee is based on your entry, not on participation. No refunds for scratches.** Make Checks payable to: **Swarthmore College.**
- Check in: Athletes must check in for their events no later than 1 hour prior to the start of their event or they will be scratched. Heats will be drawn at the close of check-in.
- Order: In running events, faster sections will compete first. Field events will be seeded if necessary. This is a limited events meet, please check the schedule to see the events offered.
- Equipment: Spike length will be 1/4" maximum. Starting blocks will be provided.
- Runways: All are synthetic except Javelin (grass). Two directions for horizontal jumps.
- Results: All results will be posted at the Swarthmore Athletic Department website and on-sight by Swarthmore Sports Communications Office. This is a non-scoring meet.

Eligibility: The meet is open to collegiate and unattached athletes. NCAA rules will be followed.

Trainers: Will be on the infield. Office number 610-328-8223

Weigh-ins: Begin 1.5 hours before event in home field baseball dugout.

Rain Date: May 14th, Tuesday

SWAT FQ MEET

Monday, MAY 13th, 2019

Hammer Throw will be held on Sunday, May 12 2019 @ Widener University 1:00 PM

Women followed Men

SCHEDULE OF EVENTS

Sunday, May 12, 2019

1:00 PM Hammer Throw- Women Followed by Men (Top 12 Entries will be accepted)

Monday May 13, 2019

Order of Field Events

4:00P W Javelin, followed by M Javelin

4:00P M Discus, followed by W Discus

4:00P W Shot Put, followed by M Shot Put

3:00P M Long Jump, followed by W Long Jump, M Triple Jump, and W Triple Jump

4:00P W High Jump, followed by M High Jump

4:00P M Pole Vault, followed by W Pole Vault

Order of Track Events

3:30P W 400m Hurdles

M 400m Hurdles

W 4x100m Relay

M 4x100m Relay

W 800m

M 800m

W 100m

M 100m

W 400m

M 400m

W 100m Hurdles

M 110m Hurdles

W 200m

M 200m

W 4x400m Relay

M 4x400m Relay

W 1500m

M 1500m

W 3000m Steeplechase

M 3000m Steeplechase

W 5000m

M 5000m

