



Stillman Relays
Saturday, February 26, 2011
At Stillman College in Tuscaloosa, Alabama
Hosted by Stillman College Stadium



Eligibility: NCAA schools, open men and women, and unattached athletes. High School athletes will not be allowed to compete.

Entry Fee:

\$150 per gender, \$300 for both men's and women's teams. Teams are defined as 14 or more athlete per gender. Unattached and teams with less than 14 are \$20.00 per individual. No entry limits. Entry fees are non-refundable.

Make Checks Payable To:

Stillman College track and field and mail to: Pierre Goode, P O Box 1430, Tuscaloosa, Alabama. Payment is due at packet pick-up.

Entries:

Entries will be handled by www.cfpitiming.com via online entries. No FAX or phone entries accepted. Entries will open February 9, 2011 and close February 23, 2011 at midnight. No changes will be allowed the day of the meet.

Opening heights:

Pole Vault opening heights will be determined at the event.

Field events/ Throwing Events:

There will not be a Long Jump, triple jump, or high Jump events. Four attempts each, no finals. All attempts will be measured.

Check-ins:

Check in at least 30 minutes before the event.

Warm-up area:

The infield of the track will not be available for warm ups. Warm up area will be at the top of the stadium to the left and across the street next to the Wynn Center.

Results:

Results will be posted within the stadium and online after the meet at www.cfpitiming.com

Facilities:

Restrooms are available at the stadium. No showers or locker rooms will be available.

Implements:

All teams must provide their own implements, (ie: shots, hammers, javelins, etc.)

Parking:

Ample parking is available around the track and adjacent fields.

Trainers:

Trainers will be available for minimal assistance, ice bags and fluids.

Stillman College
3601 Stillman Blvd.
Tuscaloosa, Alabama 35401



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Tentative Schedule



Implement Weigh-in (Equipment shed)
9:00-9:30am

Field Events:

10:00am Hammer, men followed by women
Javelin, women followed by men
Pole Vault, men followed by women
Discus, men followed by women
Shot Put, men followed by women

Note: We will throw the Discus M-W, the Hammer and the Shot, M-W.
(15 minutes between events and 10 minutes between men and women)

Running Events:

11:30am 4 x 100 Hurdles relay, women
11:50 4 x 110 Hurdles relay, men
12:10pm Distance Medley Relay, women (1200,400,800,1600)
12:30 Distance Medley Relay, men (1200,400,800,1600)
12:50 4 X 100m Relay, women
1:10 4 X 100m relay, men
1:30 4 x 1600 relay, women
1:50 4 x 1600 relay, men
1:10 100, women
1:30 100, men
1:50 4 x 200 relay, women
2:00 4 x 200 relay, men
2:20 Sprint Medley, women (200,200,400,800)
1:40 Sprint Medley, men (200,200,400,800)
2:00 4 x 800 relay, women
2:20 4 x 800 relay, men
2:40 4 x 400 relay, women
3:00 4 x 400 relay, men

