

# JOHN CRAFT INVITE

## Eastern Illinois University Track & Field January 15, 2022

### **Entries:**

All teams and unattached athletes must request entry into this meet through Direct Athletics or Coach Roberts at [karoberts3@eiu.edu](mailto:karoberts3@eiu.edu). All entries must be submitted online at Direct Athletics by January 12, 2022. Due to space and time consideration, teams may be limited to 4 entries per field event.

### **Entry Fees for Teams and Individuals:**

There is a \$350 entry fee per gender for teams. Unattached athletes are \$20. Please make checks payable to EIU Athletic Department. Unattached athletes will be issued a wristband at the scorer's table to verify their entry into the meet.

### **Team Packets:**

Team packets may be picked up at the scorer's table, located at the finish line prior to the meet.

### **Hurdle and Short Sprint Warm-Ups:**

1. 20 minutes prior to the start of the first hurdle race, lanes 3-8 will be reserved for hurdle warm-up starts until 10 minutes before the start of the first hurdle race. Lanes 3-5 will be reserved for women's hurdle warm-up starts and lanes 6-8 will be reserved for men's hurdle warm-up starts.
2. There will be a 10-minute warm-up before each the men and women's 60-meter hurdles.
3. 60-meter dash participants can complete starts on the backstretch prior to their race.
4. There will be a 10-minute warm-up before the start of the men and women's 60-meter dashes on the homestretch.

### **Inspection of Field Equipment and Field Event Warm-ups**

1. All throwing implements must be weighed and checked at the scorer's table, located at the finish line, by the head Weight & Measure judge.
2. No throwing implements may be used without the official markings.
3. All throwing implements that are found to be non-regulation will be impounded until the completion of the event.
4. All field event athletes must check in with the first flight to receive specific instructions for competition.
5. A 10-minute general warm-up for all competitors will begin 20 minutes prior to the start of the event and be followed by 10-minute warm-up periods for each consecutive flight.

### **Results:**

Results will be available as soon as possible following the completion of the meet. If you need to leave prior to the meet, results will be available on [Directathletics.com](http://Directathletics.com), [EIUpanthers.com](http://EIUpanthers.com), or at EIU's Athletic Media number, 217-581-7480.

# JOHN CRAFT INVITE

January 15, 2022  
FINAL TIME SCHEDULE

## Field Events

10:00am Women  
To Follow Men

## Event

Weight Throw

Follows WT Men  
Follows men Women

Shot Put

11:00am Men  
Follows men Women

Pole Vault

11:00am Men  
Follows men Women

Long Jump

Follows LJ Men  
Follows men Women

Triple Jump

11:00am Women  
To Follow Men

High Jump

## Running Events

**12:30pm** Men

60 H Prelims

**12:40pm** Women

**60 Hurdle Finals**

**12:55pm** Men

60 M Prelims

1:10pm Women

1:25pm Women

Mile

1:45pm Men

2:05 Women

400 Meter Dash

2:15 Men

2:25 Women

600 Meter Run

2:35 Men

**ALL 200 METER RUNNERS MUST DECLARE (25 MINUTE WINDOW 2:15-2:45)**

2:50 Men

60 Hurdle Finals

3:00 Women

60 Meter Dash Finals

3:10 Men

3:20 Women

800 Meter run

3:25 Men

3:40 Women

200

3:55 Men

4:15 Women

3K

4:30 Men

4:55 Women

DMR

5:10 Men

5:25 Women

4x4

5:35 Men

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