

Eastern Illinois University Track and Field- EIU Early Bird Meet, December 9, 2022

Entries: All teams and unattached athletes must request entry into this meet through Direct Athletics or karoberts3@eiu.edu. All entries must be submitted online at Direct Athletics by December 6, 2022. Provided space and with the consideration of time, unlimited entries are permitted.

Entry Fees for Teams and Individuals: There is a \$350 cap per gender for teams. Unattached athletes are \$25. Please make checks payable to the EIU Athletic Department. Unattached athletes will be issued a wristband at the scorer's table in order 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. **WEIGH IN WILL BE FROM 1:00-1:45**
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. Results will be available on DirectAthletics.com or EIU's Athletic Website - www.eiupanthers.com

2022 EIU EARLY BIRD

Charleston, IL
Eastern Illinois

Friday, December 9, 2022

MEET OFFICIALS

Timing:
MacDonaldTiming.com/EIU



OFFICIAL MEET REPORT

TENTATIVE SCHEDULE

Field Events

Time	Order	Event #	Event Name	Round	Heats/Flights
2:00 PM	1	26	Men's Weight Throw	Final	1
	2	27	Women's Weight Throw	Final	1
	3	24	Men's Shot Put	Final	1
	4	25	Women's Shot Put	Final	1
3:00 PM	5	18	Men's Pole Vault	Final	1
	6	19	Women's Pole Vault	Final	1
2:30 PM	7	20	Men's Long Jump	Final	1
	8	21	Women's Long Jump	Final	1
	9	22	Men's Triple Jump	Final	1
	10	23	Women's Triple Jump	Final	1
4:00 PM	11	17	Women's High Jump	Final	1
	12	16	Men's High Jump	Final	1

Track Events

Time	Order	Event #	Event Name	Round	Heats/Flights
4:00 PM	1	13	Women's 60m Hurdles	Final	1
	2	12	Men's 60m Hurdles	Final	1
4:20 PM	3	1	Men's 60 Meters	Prelim	2
	4	2	Women's 60 Meters	Prelim	2
4:45 PM	5	11	Women's 1 Mile Run	Final	1
	6	38	Men's 1 Mile Run	Final	1
5:00 PM	7	6	Women's 400 Meters	Final	2
	8	5	Men's 400 Meters	Final	2
5:20 PM	9	2	Women's 60 Meters	Final	0
	10	1	Men's 60 Meters	Final	0
5:40 PM	11	4	Women's 200 Meters	Final	2
	12	3	Men's 200 Meters	Final	2
6:10 PM	13	15	Women's 4 x 400m Relay	Final	1
	14	14	Men's 4 x 400m Relay	Final	1