

# 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](mailto: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](http://Directathletics.com) or EIU's Athletic Website - [www.eiupanthers.com](http://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