

**New England Men's & Women's Quad Cup #1
@ Tufts University**

Bowdoin, Colby, Mt. Holyoke, Rhode Island, Trinity, US Coast Guard

Saturday January 15, 2000

FIELD EVENTS:

1:00pm Weight Throw (Men then Women)

****Shot to follow (Men, Women)**

Pole Vault (Women then Men)

High Jump (Men then Women)

Long Jump (Women then Men)

****Triple Jump to follow (Women, Men)**

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TRACK EVENTS:

2:00pm 55m Hurdle Trials (Women)

55m Hurdle Trials (Men)

55m Dash Trails (Women)

55m Dash Trials (Men)

2:30 5000m (Women)

2:55 4 x 200 m Relay (Women)

3:05 Mile (Women)

Mile (Men)

3:25 55m Hurdle Final (Men)

55m Hurdle Final (Women)

3:35 400m (Women)

400m (Men)

3:55 600m (Women)

600m (Men)

4:15 55m Dash Final (Women)

55m Dash Final (Men)

4:25 800m (Women)

800m (Men)

4:45 1000m (Women)

1000m (Men)

5:10 200m (Women)

200m (Men)

5:30 5000m (Men)

5:50 4 x 400m Relay (Women)

4 x 400m Relay (Men)

6:10 4 x 800m Relay (Women)

4 x 800m Relay (Men)

Scoring: Individuals 9-7-6-5-4-3-2-1

Relays Determined by # teams entered

Meet Information

Rosters: FAX to (617) 627-3668 by Monday January 10. Include all possible athletes.

Entries: Due Thursday January 13 by 10:00am. Fax to (617) 627-3668.

Each team is limited to 4 scoring entries per event.

(We will do our best to accept additional athletes depending on the number of entries & keeping the meet manageable)

Format: Please TYPE entries as follows on school letter head:

Name Event Performance

Sue North 800 2:25

Scratches: Coaches are asked to make any scratches or changes by Friday 1/14 at 6pm.

If you have last minute changes we need to know by 12 noon on Saturday.

Tufts is not yet in session, so we may be a little under staffed, in which case it is necessary for us to have all meet management arranged prior to Saturday.

Facility: 6 lanes (8 straight) mondo surface.

Spikes: ¼" maximum

Entrance: All teams **MUST ENTER** from the Main Ramp Entrance to Cousens Gym!

Coaches & athletes are requested not to use the front entrance of the building as it is alarmed.

Weights: Only **BAGGED** weights allowed.

Weigh-In: 11:45 – 12:30 at throwing area.

Results: Available at end of the meet on ase. tufts.edu/athletics

Locker Rooms: Showers & locker rooms are located at the Lower Level of the building

Trainer: A certified trainer will be available

Parking: All buses & vans should park in the Cousens Gym Parking Lot

Questions: Call Branwen Smith-King (617) 627-3782 or bran.smith-king@tufts.edu