

NESCAC TRACK & FIELD CHAMPIONSHIPS
APRIL 29-30, 2000
TUFTS UNIVERSITY

SCHEDULE OF EVENTS

Saturday April 29

Track Events

2:30 100m Hurdles Heptathlon
Jump (W)
2:45 100m Hurdles Trials (W)
(M)
3:00 110m Hurdles Trials (M)
3:15 Distance Medley Relay (M)
3:30 100m Dash Trials (W)
(Heptathlon)
3:45 100m Dash Trials (M)
4:15 200m Dash Trials (W)
4:30 200m Trials (M)
4:45 10,000m (W)
Follow Women
5:35 200m(Heptathlon)
5:50 10,000m (M)

Field Events

WEIGH-IN 1-2:15PM
2:30 Triple
2:30 Shot Put
2:30 Discus (W)
2:30 Pole Vault (W)
3:10 High Jump
4:00 4x800m Relay (W)
4:30 Triple Jump (M)
4:30 Javelin (W)
Discus (M) to
4:45 Shot (Heptathlon)

Sunday April 30

Track Events

9:45am
10:00 5000m (W) Seeded & Unseeded
10:45 4x100m Relay (W)
10:55 4x100m Relay (M)
11:05 3000m Steeplechase (M)
11:25 1500m (W)
11:40 1500m (M)
(Heptathlon)
11:55 National Anthem
(Heptathlon)
12:00 100m Hurdle Final (W)
12:10 110m Hurdle Final (M)
12:20 400m (W)
12:35 400m (M)
12:50 100m Final (W)
1:00 100m Final (M)
1:10 800m (W)
1:25 800m (M)
1:40 400m Hurdles (W)
1:55 400m Hurdles (M)
2:10 200m (W)
2:20 200m (M)
2:30 800m (Heptathlon)
2:40 3000m (W) Seeded & Unseeded

Field Events

WEIGH-IN 8:30-
10:00 Hammer (M)
10:00 Pole Vault (M)
10:00 Long Jump (W)
10:00 Shot Put (W)
10:00 High Jump (W)
12:00 Long Jump
1:15 Javelin
12:00 High Jump (M)
12:00 Hammer (W)
12:15 Javelin (M)
1:15 Long Jump (M)

3:10 5000m (M) Seeded & Unseeded
3:45 4x400m Relay (W)
3:55 4x400m Relay (M)

NESCAC CHAMPIONSHIP INFORMATION

Date: April 29 - 30 at Tufts University, Dussault Track

Rosters: Team Rosters are due Thursday April 20th.

Entries: Due Wednesday April 26 by 8:00pm
Fax to: (617) 627-3668 or emergency #(617) 627-3614 or
Email preferred: BSmith-King@Infonet.Tufts.Edu
1} List athletes alphabetically & include all events
2} Use school letterhead, no cover sheets please.

Athlete's Name	Event	Performance	Date
Sue North	800	2:22	4/15/00
	1500	4:50	4/8/00

Only verifiable outdoor marks from the current season may be submitted. If an athlete does not have a mark, you must submit "no mark" or "no time".

A maximum of THREE athletes per event can be entered in an event. A FOURTH

athlete can be entered if all four athletes are ranked in the top 16 in the NESCAC

ranking. Eric Nedeau (men) & Ned Bishop (women) will do NESCAC ranking. A rankings list will be sent out on the Monday prior to the Championship.

Substitutions: Can be made after the final declaration deadline for any athlete who will be unable to compete. Substitutions can be made up to one hour before the first event on Day one of competition. Any athlete being replaced from an event after the final declarations deadline will be ineligible to compete in the meet (Honest Effort Rule).

Scoring: 10-8-6-5-4-3-2-1

Declarations: Will be posted on our home page by 12noon on Friday April 28.

ase.tufts.edu/athletics

Results: Will be posted on the home page & available to coaches at the end of the day.

Awards: Plaques to the winning men's & women's teams.
Sebastianski Award to the Most Outstanding male & female athletes as voted by the coaches.

Games Committee: Debbie Aitken (Colby), Martin Beatty (Middlebury), Brett Hull (Hamilton)

Trainers: Will be on site during the entire meet.
If you have any special needs please contact
Mark Doughtie - Head Athletic Trainer at (617) 628-5000
x75145

Locker Rooms: Available at Cousens Gym & limited facilities at
Baronian FieldHouse.

Parking: Please follow directions from Police detail. Campus will
be quite busy
with our Spring Fling weekend activities.

Dining Services: Dewick Dining Hall, close to the track, is
available for teams for
dinner and brunch. This is a newly renovated facility with a pasta bar,
veggie bar, fresh
fruit, main course, grilled foods etc. If you are interested in
attending any of these
meals on campus, please call Branwen before Monday April 24th (with
number of athletes].
Dining services will than allocate a discount depending on the
response!
Lunch & Brunch \$7, Dinner \$9 (prices without discount)

Restaurants: There are several in the area, if you have any specific
needs let us know.

Questions? Branwen King (617) 627-3782/3440
Connie Putnam (617) 628-5000 ext 5062