**General Meet Information**: The same as any other meet you attend, with the following meet specific instructions.

1 – Entry fee will be equivalent to what you charge at your own home meets, so $200 per gender.

2 – Entries will be made via [www.directathletics.com](http://www.directathletics.com). Final entries will be due by Wednesday, April 17 at 9:00pm.

3 – **No EMBELLISHED Entries!!** We are trying to provide a level playing field for all teams. We know that it’s still early in the year, so please try to enter reasonable marks. Please use either the “suggested mark in DirectAthletics” OR performances from 2019, either indoors or outdoors. To convert an Indoor Mile time to 1500m, please multiply by 0.926. If your athlete has not competed in the event, please enter the time as a hand-time, i.e., 4:00.0 etc. Do Not enter your athlete with NT, unless you are trying to get them in the slowest heat. **If you have a special case or request, just enter the athlete and send me a very brief email.**

5 – **WE WILL try NOT to LIMIT entries in the throwing events this year, but cannot guarantee it. We will also have a strict 10-minute limit to warm-ups between flights.** 4 throws each, no finals.

6 – 4 attempts each in Long Jump/Triple, no finals

7 – Javelin runway is grass, no spike length limit.

8 – ¾” pyramids everywhere else

9 – We will turn the 100m and 110m/110m Hurdles around if winds warrant.

10 – There is very little chance of this meet being moved to an alternate day, since you will be coming down to Tropical Southern Minnesota. We have never canceled this meet in the past.

11 – Send me (Dave Ricks) ANY questions whatsoever: daricks@carleton.edu