

CONCORDIA COLLEGE
Concordia Pentathlon
January 26, 2007, 5:30 p.m.

Entries: Due by Thursday, January 25, 2007 - 6:00 p.m. Email the first and last names of all entries and highest High Jump performance to glarson@cord.edu.

Entry Fee: None.

Eligibility: Collegiate and open athletes.

Schedule: Tentative time schedule enclosed. Warm-up times between events will be less than 30 minutes. The schedule may be changed based on the number of teams/entries. Check at the Scorer's Table prior to the meet for any changes in the schedule.

Men		Women	
5:30 p.m.	55 Meter Hurdles	5:40 p.m.	55 Meter Hurdles
6:15 p.m.	Long Jump	6:20 p.m.	High Jump (5cm)
7:20 p.m.	Shot Put	7:40 p.m.	Shot Put
8:15 p.m.	High Jump (5cm)	8:30 p.m.	Long Jump
9:25 p.m.	1000 Meter	9:30 p.m.	800 Meter

Fields will be randomly drawn with the exception of High Jump. In field size dictates, the High Jump will be drawn in two fields in inverse order of performance and compete on two pits. If there are greater than 16 competitors, then the Shot Put will also be drawn into two flights randomly throwing from two different rings. The 55 Meter Hurdle lane assignments will be in lanes 1, 3, and 5. There will be a twenty-minute rest/warm-up period before each of the events with the exception of the High Jump which will be 30 minutes.

Running Events: Six lane, flat 200M EPDM granulate surface - **1/8-1/4" non-pin spikes.**

Field Events: LJ off EPDM surface - **1/8-1/4" non-pin spikes. NO SPIKES ALLOWED ON THE INFIELD.**
HJ off tartan surface - **NO SPIKES ALLOWED**
Shot Put and Weight Throw off wood surface.

Starting Blocks: Standard starting blocks will be provided.
Specialty blocks will be allowed but must be furnished by athlete's institution.

Disqualifications: Athletes will be disqualified for unsportspersonlike behavior, including but not limited to foul language, taunting opponents and berating officials. NCAA rules apply.

Team Camps: May be on the infield or in the balcony.

Locker Room: Facilities are available in the adjacent Memorial Fieldhouse. Please supply your own towels and locks. Take care of your own valuables.

Athletic Training: A certified athletic trainer and student athletic trainers will be on site one hour prior to the first event until 30 minutes after the last event has concluded. If any treatments are needed please bring instructions signed by your institution's certified athletic trainer. Please bring your own athletic training kit with taping supplies.

Garrick Larson, Head Men's Track and Field Coach, gylarson@cord.edu, w(218) 299-4304, h(218) 287-1047, c(218) 790-2306
Marv Roeske, Head Women's Track and Field Coach, roeske@cord.edu, w(218) 299-4163, h(701) 271-0510, c(701) 799-7510