2020 Friday Night Spikes “Twilight Meet”
Meet is Closed – Thank you!

Meet Date: Friday, April 17th 4:00 pm


Entries: Please enter your athletes at www.directathletics.com by noon (Eastern Time) on Thursday, April 16th. We will post a performance list by mid-afternoon on Thursday. Please use “good judgment” when entering your athletes. NO UNATTACHED ATHLETES. ONE RELAY PER SCHOOL. Thank you!

Seeding: Seeding issues will be resolved using the 2020 TFRRS results.

Final Scratches: Final changes to your lineup must be made by 7:00 pm (Eastern Time) on Thursday, April 16th. Changes should be emailed to Larry Cole. No changes will be accepted on Friday evening. A Meet Program will be emailed on Thursday night with Final Instructions and a revised Event Schedule.

Entry Fee: $350 per school (not gender)

Facilities: Martin ISS 1000 polyurethane surface (48 inch lanes) East-west long & triple jump runways East–west pole vault runways All throwing events will be contested on the east fields. Javelin runways are grass. Only ¼ inch pyramid spikes or flats will be permitted.

Locker Rooms: Locker rooms will be available for changing and showers. Do not leave clothing or valuables in the locker room facilities.

Parking: Parking is available in lots east of the SRC. Additional parking is available in lots on the east side of campus. Campus security will assist your bus driver.
**Meet Results:** Live Stats will be available throughout the meet at www.timingmd.net. Results will be available immediately following the meet on TFRRS.

A Revised Time Schedule will bePosted Once We Have Received The Final Entries.  
(We will run ahead of schedule, if possible.)

**Order of Events:**

**Field Events**
- 2:00 pm Implement check-in begins at east field garage
- 4:00 pm Men’s Hammer (women to follow)
- 4:00 pm Women's Discus (men to follow)
- 4:00 pm Men’s Javelin on east fields (women to follow)
- 4:30 pm Men’s Long Jump (south pit)
- 4:30 pm Women’s Long Jump (north pit)
- 4:30 pm Women’s Pole Vault (men to follow)
- 4:30 pm Women’s High Jump (men to follow)
- 6:00 pm Men’s Triple jump (follows Long Jump)
- 6:00 pm Women's Triple Jump (follows Long Jump)
- TBD Shot Put (follows flight #1 of men’s Hammer)

**Track Events**
- 4:30 pm 3000 m Steeplechase
- 5:00 pm 4 x 100 m Relay
- 5:15 pm 1500 meter Run
- 5:40 pm 110/100 meter Hurdles
- 6:00 pm 400 m Dash
- 6:20 pm 100 m Dash
- 6:50 pm 800 m Run
- 7:15 pm 3000 m Run
- 7:45 pm 400 m Hurdles
- 8:05 pm 200 m Dash
- 8:35 pm 5000 m Run
- 9:20 pm 4 x 400 m Relay
- 9:45 pm Estimated conclusion of meet

**Specific Event Information Notes**

*Four attempts in long & triple jumps and all throwing events (no exceptions).*
*All throwing events will be seeded with Flight #1 including top throwers.*
*Men will run first followed by the women.*
*Fast sections will run first.*
*We will run ahead of schedule, if possible.*