

# Viking Twilight Invitational

Hosted by Lawrence University

April 16, 2025

**Invited Teams:** Lawrence, Ripon, St. Norbert, UW-Oshkosh, UW-Stevens Point, Wisconsin Track Club

**Meet Director:** Elizabeth Krug – [elizabeth.r.krug@lawrence.edu](mailto:elizabeth.r.krug@lawrence.edu) - 501.691.6490

**Location:** Located next to Alexander Gymnasium, the address is 1100 E. South River Rd, Appleton, WI 54915. Buses should park at parking lots off campus. No buses will be allowed to stay in the Alex Gym Parking lot.

## Whiting Field Track & Field Complex: (Facility Map Enclosed)

**Track:** 9 Lane Beynon BSS1000 track surface. All sprint races and jumping events wind aided.

**Field:** Men's long/triple runway has boards at 12', 36' and 40'. Women's has boards at 10', 28' and 32' with a min of 40m of approach from any of those boards.

Two circles for the shot and a single hammer/disc cage located inside the track on the east end of the facility.

The javelin runway is track surface so the same spike rules apply there as well. Both Javelin and High Jump take place in the D area on the west end of the track.

**Meet Entry:** This meet is for collegiate athletes from invited teams only. If your team is not on the list above and you would like to be invited please email the meet director. Unattached athletes must contact Elizabeth Krug ([elizabeth.r.krug@lawrence.edu](mailto:elizabeth.r.krug@lawrence.edu)) to enter. Entry fee is \$30 per event for unattached athletes. All entries and entry fees are done through **directathletics.com** with a deadline of Tuesday, April 15<sup>th</sup> at 1pm.

**Entry Fee:** The entry fee will be \$250 per gender (\$500 for Men and Women total). Your entry fee must be paid on DirectAthletics when you submit your entries.

**Spectators:** Adults: \$5. Students/Kids K-8: Free

\*\*We will NOT have credit card system available, cash only.

**Head Athletic Trainer:** Nevada Watson - [nevada.j.watson@lawrence.edu](mailto:nevada.j.watson@lawrence.edu) – 920.832.6762

**Spikes:** Spikes will be checked prior to each event. Only 1/4 inch pyramid spikes will be allowed. **No pin or needle spikes of any length are allowed.**

**Implement Weigh in:** Implements will be weighed in at the Track garage from 2:00-2:40pm

**Locker Rooms/Bathrooms:** Locker rooms in Alex Gym will be utilized by the visiting lacrosse teams and off limits to track athletes. Please go through the SE doors of Alex and up the stairs to utilize the bathrooms in the basketball gym. Indoors is only to be used for bathrooms, please prevent athletes from roaming the building.

# Viking Twilight Meet Schedule

**WEIGH-INS from 1:50-2:30 PM**

## FIELD EVENTS

3:00 PM Men's Hammer Throw (Women's to Follow) (M1,W2)  
Women's Shot Put (Men's to Follow) (W1,M2)  
Men's Pole Vault (Women's to Follow) (M13,W11)  
Women's High Jump (Men's to Follow) (W11,M16)

3:30 PM Women's Javelin (Men's to Follow) (1,1)  
Men's Long Jump (Women's to Follow) (1,1)  
*-Men's Triple Jump to follow LJ, Women's after (1,1)*

Men's Discus to begin immediately following Women's Hammer  
(Women's to Follow) (2,2) - *15min warmup between flights*

## RUNNING EVENTS

*Women followed by Men in all events.*

**3:15pm** 3000m Steeplechase (1,1)  
**4:00pm** 400m Relay (1,1)  
**4:10pm** 1500m (2,2)  
**4:36pm** 400m (2,2)  
4:55pm 100m Hurdles – Timed Final (1)  
5:00pm 110m Hurdles - Timed Final (1)  
**5:12pm** 100m - Timed Final (2,5)  
**5:33pm** 800m (2,3)  
**6:00pm** 400m Hurdles (1,2)  
**6:18pm** 200m (3,5)  
6:45pm 5000m (1W)  
**7:10pm** 1600m Relay (1,1)  
**7:25pm** 10k (1,1)

**\*Anticipated end time 9:00pm for running and 10:15pm for throws\***

