



Saints Holiday Relays

Newell Field House
Friday, December 5, 2025

Meet Directors:

Kate Howard	Head Coach Women's Track & Field	mkhoward@stlawu.edu	x5813
John Newman	Head Coach Men's Track & Field	jnewman@stlawu.edu	x5779

All phone numbers begin: 315.229.xxxx

Entry Process

Go to www.DirectAthletics.com to submit your team entries. Unattached entrants can follow the same process for individuals.

Entry Deadline

Wednesday, December 3rd at 8:00 p.m.

Entry Fee

\$300.00 per team (men's team and women's team=\$600)
Pay on DirectAthletics when processing your programs entries.

Scratches

Email John Newman (jnewman@stlawu.edu) if you have known scratches prior to meet day. Meet day scratches shall be reported to the clerking table.

Performance Lists / Heat Sheets / Live Results

All lists and results will be available on UnderdogTiming.com

Bus Drop off and Parking ([interactive campus map](#))

Buses should drop off at the bus circle nearest the fitness center/outdoor track and enter Augsbury-Newell on the upper level. Buses shall park "J lot" across Park Street. Team vans can park in "D lot."

Technical Aspects

- Invited Club Teams shall only enter (college age or older) competitors
- Club competitors will not score or advance to finals on the track
- All races run as timed final and women will run first (unless otherwise noted)
- Weigh-in from 3:00-3:45 p.m. at track level equipment room.
- NCAA Scoring: will be determined by the number of teams
- Only "A" relays will count in team scoring
- Spikes are limited to 1/4" pyramid, no pins or needles
- HJ/PV Opening Heights will be determined after entries are received
- LJ Board is 8'
- TJ Take offs are 28' (Board), 32' (Paint), 37' (Board) and 41' (Paint)
- Lane preference on the straight: 4, 5, 3, 6, 2, 7, 1, 8
- Lane preference on the oval in the 300m and 600m: 4, 5, 3, 6, 2, *1
*Lane 1 will only be used in early heats if necessary
- Up to 9 athletes will advance to the finals of the throws and horizontal jumps
- Advancement in the 60m and 60m Hurdles is heat winners and next best times
- LJ, TJ, SP and WT will be limited to a 15' flight specific warm up
- HJ and PV warm up will be limited to 30' per gender

Time Schedule

A tentative schedule is included below and will be updated with anticipated start times on Friday based on the number of entries in each event.

Tentative Order of Events:

Field Events – 4:30 p.m. Start

Shot Put W-M
High Jump M-W
Long Jump W-M
Pole Vault M-W
Weight Throw W-M (follows Shot)
Triple Jump W-M (follows Long Jump)

Running Events – 4:45 p.m. Start

1600m SMR (200, 200, 400, 800)
60m Hurdle trial M-W
60m Dash Trial
1 Mile Run
600m Dash
60m Hurdle Final
60m Dash Final
1000m Run
300m Dash
800m Intermediate Hurdle Relay (exhibition)
3000m Run
800m Relay
4000m DMR (1200, 400, 800, 1600)
1600m Relay