



Principia College Indoor Relays
Jim Crafton Training Center
Elsah, IL

- Date: Friday, January 27, 2012
- Entry Fees: \$100 per team (men or women). \$200 per team for men & women. \$10.00 per athlete. Principia College & School Alumni enter for free. Please make checks payable to: Principia College
- Entries: No limits on team relay entries per event.
- Entry Form: Submit entries to DirectAthletics.com.
Deadline: Tuesday, January 24, 2012 @ 5:00 PM for all entries.
- Heat Sheets: Performance lists will be posted on the Principia College website by 6:00 PM, Wednesday, January 26. Check the performance lists for any mistakes. Heat sheets will be available when you arrive on Friday at packet pick-up.
- Scratches: Scratches for all track events should be made at the scratch table on the infield area during packet pick-up. We will not reseed heats for track events based on scratches and will combine heats only at the direction of the starter.
- Track: Mondo track surface. Only 1/8-inch spikes permitted on track, but not on the infield.
- Finals: All events will be run as finals.
- Scoring: No team scoring.
- Eligibility: We will allow unattached relays to compete in this meet.

2012 PRIN INDOOR RELAYS

ORDER OF EVENTS

Field events start at 2:00PM (women first)

POLE VAULT (runway and pit open at 1:00PM)

LONG JUMP

HIGH JUMP

SHOT PUT

Track events start at 4:30PM on a rolling schedule (women first)

60-METER HURDLES

60-METER DASH

500 METER DASH

1 MILE RUN

SPRINT MEDLEY RELAY (200/200/400/800)

3000 METER RUN (*may be combined women and men, to be determined by meet director*)

4x200 METER RELAY

BREAK (25 MINUTES)

4X800 METER RELAY

300 METER DASH

4x400 METER RELAY

DISTANCE MEDLEY RELAY (1200/400/800/1600)

3000 METER RACEWALK (combined women and men)

Directions

Crafton Training Center is located at Principia College, Elsah, Illinois. You will be directed by the Campus Security staff upon entering the campus. The training center is along Crafton Center Drive.

Parking

Drop off athletes by the main entrance, but park on the left as you are coming toward Crafton Training Center. Campus Security and Athletic Department staff will be available to direct all vehicle traffic.

Food

McDonald's
Ponderosa Steak House
Steak N Shake
Jimmy John's
Subway
Long John Silvers

Kentucky Fried Chicken
Applebee's Restaurant
Domino's Pizza
Pizza Hut
Little Caesar's Pizza
Quizno's

Lodging

Days Inn	1900 Homer M Adams Parkway	(618) 463-0800
Hotel Stratford	229 Market Street	(618) 465-2700
College Crest Motel	1809 Burling Drive	(618) 465-3212
Super 8 Motel	1800 Homer Adams Parkway	(618) 465-8885
Comfort Inn	11 Crossroads Court	(618) 465-9999
Holiday Inn Express	3800 Homer Adams Parkway	(618) 462-1220