

Riverhawk Invitational

Friday and Saturday January 24-25, 2025

The Track at New Balance

TENTATIVE MEET SCHEDULE – may be updated as the meet time approaches

Track 9:00 am start ** (Men on Friday and Women on Saturday)

9:00 am	
60m HH	Qualifying
60m	Qualifying
60m HH	Final
60m	Final
Mile	Final
400m	Final
500m	Final
800m	Final
1,000m	Final
200m	Final
3,000m	Final
4x400m relay	Final
5,000m	Final

Field Events

9:00 am Weight Throw
Shot Put (30 minutes after weight)
10:00 am Long Jump (dual pits)
Triple Jump (dual pits) (30 minutes after Long Jump)
10:00 am Pole Vault
High Jump (on the infield 60 minutes after the 60m final)

All Final running events are run **fast to slow**.

Check-in/Scratches: All entries and scratches must check-in or scratch at the check-in next to the warm-up area

Spike check: at the track entrance

This meet is open to all college/university teams, open, club, red-shirt and unattached athletes.

Please direct all meet information
Meet Director: Gary Gardner gary_gardner@uml.edu 978-935-1965

Entry: All entries MUST go through www.directathletics.com. **Entries close at 12:00pm on Tuesday, January 21, 2025.**

All seeds will be verified on TFRRS

Entry Fees: Please remember this is an entry fee, not an acceptance fee. All fees will be paid on Direct Athletics

\$25 per event
\$50 per relay
\$1200 team max per gender

Open/Club/Red-Shirts/Unattached:

MUST pay through www.directathletics.com to complete your entry.

A descending order list will be sent to all Coaches for review and scratches. I will send updates and let people know if someone moves into the meet after scratches.

Please send scratches as you have them until the final acceptance list is sent out on January 22nd.

All other scratches should be done on meet day at the facility.

Wristbands must be worn by athletes and coaches and will be available at packet pick-up

A few notes:

Athlete Drop off and Pole Vault Poles need to use the Main Entrance on 91 Guest Street using the outside stairs. Bus parking is off site so drop off only (Soldiers Field Rd. DRC Parking lot @ 1175a Soldiers Field Boston 02116 for bus parking). Parking for vans and cars will be in the garage at New Balance or Warrior Ice Arena and it is paid parking \$15 fee.

Warm-up area- You are free to warm-up on the 8 lane 60 meter straight outside of the far end of the track and the practice track on the floor above. Please, tell your athletes to not warm up on the infield. This facility has tons of space outside of the oval for warm-up.

Vinyl tape only for marks (no chalk or athletic tape) we will have some for teams to use

Please, set up all team camps in the seating area. Do not set up on the warm-up track or on the competition floor. We want to keep those areas free for competitors and active warm-up.

The Shot Put is before the Weight Throw both days

Blocks will be allowed for the first 8 sections in each 200 and 6 sections of the 400 and 500 after that no blocks will be allowed

We will run two long jump pits both days. We may also run two high jumps and pole vaults just confirming we have enough officials.

We will run up to 15 minutes ahead of schedule each day

Please, have everyone spike check early in the day it is right by the main entrance against the bleachers

The coaches and athlete wristbands are the same for both days please have everyone keep them for both days.

Admission for Spectators (cash only):

Adults- \$10 each day

Children under 16- free