



**OUTDOOR TRACK & FIELD INVITATIONAL  
BRYANT UNIVERSITY-SMITHFIELD, RI  
SATURDAY, MARCH 28TH, 2009 – 10:00am**

If your team is interested in participating in this event please fax or email the attached participation entry form back to John Ruppert, email [jruppert@Bryant.edu](mailto:jruppert@Bryant.edu) or fax 401-232-6361.

**THIS IS A MEN'S AND WOMEN'S NON-SCORING MEET.**

**ENTRY FEE IS \$200.00 PER TEAM. \$10.00 per individual for teams with 19 athletes or less and open, unattached, club athletes.**

**MEN'S AND WOMEN'S TEAMS ARE SEPARATE ENTRIES FOR THIS MEET.**

**Entries and Deadlines:**

Entries must be sent to [www.plattsys.com](http://www.plattsys.com) no later than noon on March 24th, 2009.

**Meet Director:**

John Ruppert, Sr. Associate Director of Athletics  
Bryant University  
(401) 232-6737  
Fax (401)232-6361  
Email: [jruppert@bryant.edu](mailto:jruppert@bryant.edu)

**Meet Contact person:**

Steph Reilly  
Head Coach Bryant University Cross Country and Track & Field  
(401) 232-6526  
Email: [sreilly2@bryant.edu](mailto:sreilly2@bryant.edu)

**Athletic Training Contact person:**

Melanie Gran  
Assistant Athletic Trainer Bryant University  
(401) 232-6530  
Email: [mgran@bryant.edu](mailto:mgran@bryant.edu)



# Schedule of Events

OUTDOOR TRACK & FIELD INVITATIONAL  
 SATURDAY, MARCH 28TH, 2009 – 10:00am

## Field Events

10:00am Men's Hammer  
 Followed by Women's Hammer  
 Followed by Men's Discus  
 Followed by Women's Discus  
 10:00am Women's Javelin  
 Followed by Men's Javelin  
 Followed by Women's Shot Put  
 Followed by Men's Shot Put  
 10:00am Women's Long Jump  
 Followed by Men's Long Jump  
 Followed by Women's Triple Jump  
 Followed by Men's Triple Jump  
 10:00am Men's High Jump  
 Followed by Women's High Jump

## Running Events

Please note All Races will be run as finals, All races will be run fast to slow

#	Event		
<u>1</u>	5000 meters –Women	<u>12</u>	400 meters-Men
<u>2</u>	5000 meters –Men	<u>13</u>	100 meters-Women
<u>3</u>	4 by 100m relay-Women	<u>14</u>	100 meters-Men
<u>4</u>	4 by 100m relay-Men	<u>15</u>	800 meters-Women
<u>5</u>	1500 meters-Women	<u>16</u>	800 meters-Men
<u>6</u>	1500 meters-Men	<u>17</u>	400 meter Hurdles-Women
<u>7</u>	100 meter Hurdles-Women	<u>18</u>	400 meter Hurdles-Men
<u>8</u>	100 meter Hurdles-Men	<u>19</u>	200 meters-Women
<u>9</u>	110 meter Hurdles-Women	<u>20</u>	200 meters-Men
<u>10</u>	110 meter Hurdles-Men	<u>21</u>	4 by 400m relay –Women
<u>11</u>	400 meters-Women	<u>22</u>	4 by 400m relay –Men

\*\*We will begin the next event as soon as each event finishes. Be prepared that we may go ahead of schedule \*\*

**ATHLETIC TRAINING:**

Athletic trainers and sports medicine facilities will be available to all teams throughout the meet. The athletic training room will be open at 9:00am and is located in the tent at the entrance to the track. The Bryant University Athletic Training staff will gladly perform any treatments as long as these athletes bring their own supplies and a note from your athletic training room.

**LOCKER ROOMS:**

There will be locker rooms available in the Chace Wellness and Athletic Center. Locks will not be provided.

**PARKING:**

Parking will be available in the paved lot adjacent to the Track complex. No parking is allowed beyond the gate.

**DIRECTIONS:**

**FROM ROUTE 95 NORTH:** Take Route 295 north to Route 7 north (exit 8B). The University is one mile north on the left.

**FROM ROUTE 95 SOUTH:** Take Route 295 south to Route 7 north (exit 8B). The University is one mile north on the left.

**FROM THE MASS. PIKE (ROUTE 90):** Take Exit 10A to Route 146 south to Route 295 south to Route 7 north (exit 8B). The University is one mile north on the left.

**FROM ROUTE 146 NORTH OR SOUTH:** Take Route 295 south to Route 7 north (exit 8B). The University is one mile north on the left.

**FROM ROUTE 84 EAST:** Take Route 6 east to Route 295 north to Route 7 north (exit 8B). The University is one mile north on the left.

**FROM CAPE COD (BOURNE BRIDGE):** Take Route 25 to Route 195 west to Route 95 north to 146 north to Route 295 south to Route 7 north (exit 8B). The University is one mile north on the left.