

Wed. January 10 – Monmouth University Showcase Meet #3

Field Events – Pole Vault and Shot Put, both starting at 6:15 PM

Running Events (in order, starting at 7:15 PM) – 55 Hurdles, 55 Dash, 800, 200 and 4x400

Registration via NJ Milesplit. All registration will close at noon on Tuesday Jan. 9.

-Please note there will be an entry limit for all events. Meet-day registration is 5-6 PM only if space allows. Entry fees are \$20 per field event and \$10 per running event and can be paid on meet day.

-All pole vaulters must pre-register. On meet day, pole vaulters must check in and get poles checked at 5:00 PM.

-All competitors must submit a signed waiver prior to competition. Those under 18 must have this waiver signed by a parent or guardian.