

Regis Spring Classic Regis College, Weston MA

Friday, April 4, 2025

ENTRY INFORMATION

This meet is invite only. No unattached/high school athletes will be allowed to participate. There will be a handful of Regis XC/T&F Alumni in the meet, but they will not be allowed to participate in any finals competition.

Entries are due on Tuesday, April 1st by 11:59pm.

- Team entries must be submitted to www.DirectAthletics.com no later than **4/1/25 @ 11:59pm.**
- \$450/gender for teams with 13 athletes or more. \$25 per athlete for teams with 12 athletes or fewer.
- Payment will be collected at time of entry on DirectAthletics
- Teams are responsible for paying for all athletes entered into the meet, whether or not they will be able to participate.

TRAINERS

A trainer will be available approximately 1 hour before the start of the meet. Please bring your own supplies. Any additional questions regarding athletic training needs should be directed to Ron LeClair (ronald.leclair@regiscollege.edu).

PARKING

The lot adjacent to the track will be reserved for officials. Buses and vans will be directed to the main parking lot.

TEAM SET-UP

Team set-up area is on the grassy perimeter on the outside of the track. No team is to set-up within the infield.

TIMING INFORMATION

Wilbur Race Systems

David Wilbur

Contact Info: davidwilbur@charter.net

ADDITIONAL INFORMATION

- Meet to be conducted by NCAA Rules (Coaches, please remind your athletes that no electronic devices are allowed within the competition area)
- Implement weigh in will run from 9-9:45AM
- Meet will be scored.
- All running events will be run fast to slow for events 800m & up, while events 400m & below will adhere to the new NCAA seeding rule. **Scratches should be made the day before the meet as best you can to help with meet management and filling heats.**
- Event schedule will be on a rolling start
- Live results will be available through Wilbur Race Systems (link to be provided the week of), and final results will be uploaded to Athletic.net and TFRRS following the meet.

Order of Events

Field Events

- 9:00 a.m. Weigh-in
- 10:00 a.m. Men's Hammer followed by Women's Hammer
Women's Shot Put followed by Men's Shot Put
Men's & Women's Long Jump (2 runways simultaneously)
- ~1:00 p.m. Women's High Jump followed by Men's High Jump
Men's Pole Vault followed by Women's Pole Vault
Men's Discus followed by Women's Discus
Men's & Women's Triple Jump (2 runways simultaneously)
- ~4:00 p.m. Men's Javelin followed by Women's Javelin

Track Events **Women followed by Men** (*with the exception of Hurdle Finals*)

- 11:15 a.m. 100m Mascot Race
- 11:30 a.m. 100m Hurdles Prelims
110m Hurdles Prelims
- 11:45 a.m. 100m Dash Prelims
- 12:00 p.m. 3000m Steeplechase
- Rolling* 4 x 100m relay
1500m Run
400m Dash
110m Hurdles Finals
100m Hurdles Finals
100m Dash Finals
800m Run
400m Hurdles
200m Dash
5000m Run
4 x 400m relay
Sprint Medley Relay

If there are not enough entries for prelims in the hurdles, we will run ONE race at the FINALS time.

Scheduled Teams

- Plymouth State (M, W)
Emmanuel (M, W)
Endicott (M, W)
Framingham State (W)
Hampshire College (M, W)
Lasell (M, W)
UMass Boston (M, W)
Worcester State (M, W)
Mass Maritime (M, W)
UMaine Presque Isle (M, W)