

Ken Foreman Invitational

Hosted By

Seattle Pacific University

May 12 - Steeplechase at Nathan Hale High School, 6 p.m.
May 13 – West Seattle Stadium (schedule of events below)

Entry Information and Deadline

All Collegiate and unattached athletes must register at www.directathletics.com by 5:00 PM Tuesday the 9th, except for heptathlon/decathlon. Call Karl Lerum (206-281-2897) for combined event entry information. Entry fees will be collected at the meet. The cost of entry is \$100 per men's or women's team, or \$10 per event entered. Checks should be made out to SPU Track.

Entry Status and Results:

Your team's entry status can be checked after 3:00 PM Thursday, May 11 at:
<http://www.spu.edu/depts/athletics/>
For further assistance call (206) 281-2741

Packet Pickup:

Packet Pickup and competition numbers will be issued from a table at the main entrance to the track.

Check-in

Running event competitors will check in with the clerk of the course approximately 30 minutes prior to the race. Field event competitors will check in at the event site.

Trainers:

A certified trainer will be on hand. Please bring your own supplies.

Implement Weigh-in:

7:30 -11:00

PNTF Championships:

This year's Foreman Invite will also decide the PNTF Champion. Athletes that wish to compete for the Pacific Northwest Track and Field Title must be registered USATF card Holders. Go to USATF.org to join USA Track and Field.

NOTE: Faster heats will race first.

Running Event Schedule

10:30 M/W mixed 10K
11:30 5000m (w)
12:20 4x100m relay (w)
12:35 1500m (w/m)
1:00 Decathlon 1 10 HH
1:10 Men' s 110 HH
1:30 Women's 100 HH
1:50 400m (w/m)
2:10 100m (w/m)
2:25 800m (w/m)
2:50 400m H (w/m)
3:15 200m (w/m)
3:25 5000m (m)
3:50 3000m (w)
4:10 4x400m relay (w/m)

Field Event Schedule

9:00 Men' s Javelin
(women to follow)
10:00 Women's Long Jump
(men to follow)
10:00 Women's Pole Vault
(men to follow)
10:30 Men' s Shot
(women to follow)
10:00 Men' High Jump
(women to follow)
1:00 Women's Triple Jump
(men to follow)
12:30 Men' s Discus
(women to follow)
3:00 Heptathlon (LJ, JT , 800)