

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.

ATHLETIC TRAINING

An athletic trainer will be available approximately 1 hour before the start of the meet. Please bring your own taping and treatment supplies. There are no modalities available at the track other than ice. Please travel with an ATC to care for your team(s) or have your ATC contact us with anticipated taping needs at least 24 hour prior to the event. 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)
- Meet will be scored.
- All running events will be run fast to slow for events 800m & up, while the 200m & 400m 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.**
- Live results link: <https://www.milesplit.live/meets/667712>
- Based on the number of entries in the throws, we may need to make adjustments to the schedule or eliminate finals entirely. Meet management will make the decision upon closure of entries.

Order of Events

Field Events

9:00-9:45 a.m.

Implement 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)

Upon the completion of Long Jump

Men's & Women's Triple Jump (2 runways simultaneously)

Upon the completion of Hammer

Men's Discus followed by Women's Discus

1:00 p.m.

Women's High Jump followed by Men's High Jump
Men's Pole Vault followed by Women's Pole Vault

Upon the completion of Discus

Men's Javelin followed by Women's Javelin

Track Events Women followed by Men (with the exception of Steeplechase and 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 (Men, then Women)

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

Additional Schedule Info

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

Please account for some downtime in the schedule after the steeplechase and before/after the hurdles races. Our Game Operations staff will do their best to move steepleches/hurdles as quickly as possible.

Scheduled Teams

Plymouth State (M, W)

Emmanuel (M, W)

Endicott College (W)

Framingham State (W)

Hampshire College (M, W)

Lasell University (M, W)

UMass Boston (M, W)

Worcester State (M, W)

Mass Maritime (M, W)

UMaine Presque Isle (M, W)

Simmons University (W)

Wheaton College (M, W)

Bowdoin College (M, W)

