

Suffolk Relays

The Track at New Balance

Saturday January 11, 2025



TENTATIVE MEET SCHEDULE – may be updated as the meet time approaches

Track 10:00am start, rolling schedule (Women followed by Men unless otherwise noted)

10:00 am	5,000m	Final
	<i>MASCOT 60M KICK OFF RACE</i>	<i>ALL TEAM MASCOTS WELCOME!</i>
	60m HH (<i>Men followed by Women</i>)	Qualifying
	60m	Qualifying
	60m HH (<i>Men followed by Women</i>)	Final
	60m	Final
	10-Minute Break to Raise Track	
	Mile	Final
	400m	Final
	800m	Final
	1,000m	Final
	200m	Final
	3,000m	Final
	Sprint Medley Relay	Final
	4x400m Relay	Final

Field Events

****Dual Pits Men + Women at the same time for LJ, TJ, HJ****

9:00 am	Weight Throw – W then M
	Shot Put (W then M 30 minutes after men's weight)
10:00 am	Long Jump
	Triple Jump (30 minutes after Long Jump)
10:00 am	Pole Vault – W then M
	High Jump (infield 60 minutes after 60m final)

Information to Note

- All Final running events are run **fast to slow**.
- Check-in/Scratches: All entries and scratches must be completed at the check-in next to the warm-up area.
- Spike Check: MANDATORY for all participants at the track entrance. **¼ Pyramid Only**.

Meet Information

Entry:

- Open to all college/university teams, open, club, red-shirt and unattached athletes.
- All entries MUST go through www.directathletics.com. **Entries close at 11:59pm on Monday, January 6, 2025.**
- All seeds will be verified on TFRRS.
- **Entry Fees: Please remember this is an entry fee, not an acceptance fee. All checks must be payable to Suffolk University.**
 - o \$25 per event **Note: WT and SP will be cut off at Top 32 entries each gender.**
 - o \$50 per relay.
 - o \$1,000 team max per gender.
- **Open/Club/Red-Shirts/Unattached:**
 - o MUST pay through www.directathletics.com to complete your entry.
- A descending order list will be sent to all Coaches for review and scratches. I will send updates and let people know if someone moves into the meet after scratches.
- Please send scratches until the final acceptance list is sent out on *January 9th*.
- All other scratches should be done on meet day at the facility.
- **THROWS WILL BE LIMITED TO TOP 32 ENTRIES. MARKS WILL BE VERIFIED VIA TFRRS, NO SPECULATIVE MARKS WILL BE ACCEPTED.**
- **5,000m Race requires a MINIMUM of 5 athletes per gender. Entries not hitting the standard below will not be accepted and if there are less than 5 per gender the race will be scratched. Standards are as follows:**
 - o Men: 15:30 / Women: 18:45

Drop Off

- Doors open at 8:00am. Do not arrive before 8:00am. You will not be allowed inside.
- Athlete Drop Off and Pole Vault Poles need to use the Main Entrance on 91 Guest Street using the outside stairs.
- Busses are DROP OFF ONLY. Teams are responsible if their bus needs to park for the day.
- Parking for vans and cars will be in the garage at New Balance or Warrior Ice Arena for a fee.

Spectators and Athletes

- Wristbands must be worn by athletes and coaches at all times.
- Food is allowed in stands, no food on competition floor besides drinks.
 - o Food Options: [Click Here](#)
- **Spectators:** Tickets available at the entrance of the track at 91 Guest Street Entrance.
 - o Adult - \$10, Children (Under 15) - \$5, Infants (Under 5) - Free

Please direct all questions to Meet Director:

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