

Lions' Invitational Friday-Saturday, April 28-29, 2006

We would like to invite you to the 23rd running of the Lions' Invitational at The College of New Jersey. Since our meet shares the weekend with the Penn Relays, we realize that not all teams will have full participation. For that reason we are not going to keep a team score.

Entry Procedure: Entries are due Wednesday, April 26 at 5 p.m. All entries are to be done on-line at www.directathletics.com.

Entry Fee: The entry fee will be \$10 per athlete entered. The fee must be received by the start of the meet. Checks, made out to "TCNJ Varsity Club," or cash are acceptable forms of payment.

Field Events: Due to the size of the field, there will be a minimum measurement policy in the field events (see marks below). Please do not enter athletes that have not achieved these marks. We will run the traditional prelims and finals format.

Running Events: We will have automatic timing for all events. Heats will be arranged based on the seed times on your entry sheet. We will run the seeded section first in all running events.

Spike Limitations: 1/4-inch spike maximum.

<u>EVENT</u>	<u>MINIMUM DISTANCE MEASURED</u>	
	Men	Women
Long Jump	19' (5.79m)	14' (4.27m)
Triple Jump	38' (11.58m)	30' (9.14m)
Shot Put	35' (10.67m)	30' (9.14m)
Discus	120' (36.88m)	100' (30.48m)
Javelin	140' (42.68m)	100' (30.48m)
Hammer	120' (36.88m)	100' (30.48m)
High Jump (opening height)	5' 8 3/4" (1.75m)	4' 7 1/2" (1.41m)
Pole Vault (opening height)	12' 3 1/2" (3.75m)	7' 6 1/2" (2.30m)

*If you have any questions please call Eric Mobley at (609) 771-3092.