



2025 Embry-Riddle Eagle Invite March 8, 2025

- Facilities:** The Embry-Riddle track is a 400m Beynon 1000 performance track with 8 lanes. All field events will be contested on the infield of the track facility.
- Spikes:** Pyramid & X'mas Tree spikes of 1/4" (6mm) or smaller are allowed. No pin or needle spikes.
- Entry Deadline:** The entry deadline for all entries is **March 5, 2025**. Entries should be submitted on Direct Athletics. Late entries will not be accepted. No additions may be made after this date - scratches only.
- Entry Fee:** The entry fee will be **\$500** per team (with 14 or more participants) per gender (**\$1000** for both teams). Make checks payable to Embry-Riddle Aeronautical University. Team entry fees are due at the time of packet pick-up. The entry fee for individuals, unattached and club athletes participating will be **\$30** which must be paid on-line at the time of registration.
- Entry Limitations:** There are no entry limitations for this meet.
- Performance List:** A performance list and heat sheets will be available for viewing on-line by **March 7, 2025**.
- Heats/Flights:** All running events will be run as heats against time. In field events, athletes will have 3 preliminary attempts with 9 athletes advancing to finals for an additional 3 attempts.
- Event Check-In:** Athletes must check-in with the clerk of the course 20 minutes prior to the start their event. All events will enter the track through the clerk tent located in the SE corner of the track by the 200 meter start line.
- Starting Heights:** The starting height will be determined by the meet officials once all entries are submitted.
- Waivers:** All unattached and club athletes are required to fill out a waiver form which can be found at <https://erauathletics.com/medicalwaiver>
- Meet Results:** Live results will be found on-line at <http://elitetiming.net/> and after the meet at <http://erauathletics.com>.
- Questions:** Please direct all questions to Coach Mike Rosolino at 386-323-5008 or e-mail at michael.rosolino@erau.edu
- Admission:** Ticket prices are \$5 (students and seniors) and \$7 (adults).



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Meet Schedule

Field Events

12:00 PM	Hammer Throw	(W then M)
12:00 PM	Long Jump	(M and W)
12:30 PM	Pole Vault (pit opens at 11:30 AM)	(W then M)
1:00 PM	Shot Put	(W then M)
2:00 PM	Triple Jump	(M and W)
2:30 PM	High Jump	(W then M)
2:30 PM	Discus	(W then M)
4:00 PM	Javelin	(W then M)

Track Events

1:00 PM	Women's 3000m Steeplechase
1:20 PM	Men's 3000m Steeplechase
1:40 PM	Women's 4 x 100
1:45 PM	Men's 4 x 100
1:50 PM	Women's 1500m
2:05 PM	Men's 1500m
2:25 PM	Women's 100m Hurdle
2:45 PM	Men's 110 Hurdle
3:05 PM	Women's 400
3:15 PM	Men's 400
3:30 PM	Women's 100m
3:40 PM	Men's 100m
3:50 PM	Women's 800 meter
4:00 PM	Men's 800 meter
4:15 PM	Women's 400 Hurdles
4:25 PM	Men's 400 Hurdles
4:35 PM	Women's 200m
4:50 PM	Men's 200m
5:05 PM	Women's 5000m
5:20 PM	Men's 5000m
5:35 PM	Women's 4 x 400
5:50 PM	Men's 4 x 400