



## **Embry-Riddle Running Elements Classic**

**April 3 - 5**

**Multi: April 3, April 4**

- 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 spikes of ¼" (6mm) or smaller are allowed. No pin or needle spikes.
- Eligibility:** Open to all College and High School track teams.
- Purpose:** This meet will feature some of the best track teams in Florida on both the High School and collegiate level.
- Entry Deadline:** The entry deadline for all entries is **April 1, 2025** All entries should be submitted on [directathletics.com](http://directathletics.com). Late entries will not be accepted. No additions may be made after this date -- scratches only.
- Entry Fee:** The entry fee will be **\$550** per team per gender for colleges (**\$1100** for both teams). The entry fee will be **\$225** per gender for high schools (**\$450** for both teams). Make checks payable to Embry-Riddle Aeronautical University. The entry fee is 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.
- Entries:** High schools will be limited to four athletes per event. The exception to this will occur in the High School 800/1600 consolation races. The consolation races will be last heats of those races, unlimited in entries, non-scored and coaches will be responsible for their athlete's time.
- Performance List:** A performance list and heat sheets will be available for viewing on-line by **April 2, 2025** at <http://erauathletics.com>.
- Heats/ Flights** All running events (except collegiate 100/200/high hurdles) will be run as heats against time. In the collegiate 100, 200 and high hurdles, there will be pre-lims with the top 8 advancing to finals on Saturday. In all field events, athletes will have three preliminary attempts with nine athletes advancing to finals for three additional attempts.
- Event Check-In:** Athletes must check-in with the clerk of the course 20 minutes prior to the start of the event. Field events will check in at the event location.
- Starting Heights:** PV: College 2.15 for women, 3.05 for men      HS 2.15m girls, 2.75m boys  
HJ: College 1.42 meters for women, 1.7 for men      HS 1.32m girls, 1.62m boys
- Timing:** We will be using a FinishLynx scoring system in all races.
- Awards:** Medals will be given to the top 3 athletes in each event in the HS competition.
- Waivers:** All unattached and club athletes are required to fill out a waiver form which can be found at <https://erauathletics.com/medicalwaiver>  
High school coaches are encouraged to fill out the medical questionnaire that can be found here:  
[http://www.erauathletics.com/sb\\_output.aspx?form=44](http://www.erauathletics.com/sb_output.aspx?form=44)

- Meet Results:** Live results will be posted online at <http://elitetiming.net/> They will also be found on-line 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](mailto:michael.rosolino@erau.edu)
- Admission:** Ticket prices are \$5 (students and seniors) and \$7 (adults).

## Embry Riddle *Running Elements* Classic Meet Schedule

### Thursday April 3, 2025

**12:30 p.m. Decathlon (Men)** 100, Long jump, shot put, High jump, 400  
**1:00 p.m. Heptathlon (women)** 100 hurdles, High jump, shot put, 200

### Friday, April 4, 2025

#### MULTI EVENTS

**9:30 a.m. Decathlon (Men)** 110h, discus, PV, Jav, 1500  
**10:00 a.m. Heptathlon (women)** long jump, javelin, 800

#### RUNNING EVENTS

4:00 p.m. Collegiate women's 100 hurdle **prelims**  
4:20 p.m. Collegiate men's 110 hurdle **prelims**  
4:40 p.m. Collegiate women's 100m **prelims**  
5:00 p.m. Collegiate men's 100m **prelims**  
5:20 p.m. Collegiate women's steeplechase  
5:35 p.m. Collegiate men's steeplechase  
5:50 p.m. Collegiate Women 1500  
6:10 p.m. Collegiate Men 1500  
6:25 p.m. Collegiate women's 4 x 800m  
6:40 p.m. Collegiate men's 4 x 800 m  
6:50 p.m. Collegiate women's 200 m **prelims**  
7:10 p.m. Collegiate men's 200m **prelims**  
7:40 p.m. Collegiate & Open Women 5000m  
8:05 p.m. Collegiate & Open Men 5000m  
8:30 p.m. Collegiate & Open Women 10,000m  
9:10 p.m. Collegiate & Open Men 10,000m

#### FIELD EVENTS

2:30 p.m. Hammer (women then men)  
3:00 p.m. Long jump (women and men)  
4:00 p.m. Pole Vault (women then men)  
5:00 p.m. High Jump (men then women)  
5:30 p.m. Javelin (women then men)

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## Meet Schedule

### Saturday, April 5, 2025

#### RUNNING EVENTS

9:00 a.m. HS girl's 4 x 800  
 9:15 a.m. HS boy's 4 x 800  
 9:30 a.m. HS girl's 3200m  
 9:45 a.m. HS boy's 3200m  
 10:10 a.m. HS Girls High Hurdles  
 10:20 a.m. Collegiate women high hurdles **FINAL**  
 10:30 a.m. HS Boys High Hurdles  
 10:40 a.m. Collegiate men's high hurdles **FINAL**  
 10:45 a.m. HS Girls 100  
 11:05 a.m. HS Boys 100  
 11:25 a.m. Collegiate Women 100 **FINAL**  
 11:30 a.m. Collegiate Men 100 **FINAL**  
 11:35 a.m. HS Girls 1600  
 11:50 a.m. HS Boys 1600  
 12:15 p.m. HS Girls 4 x 100  
 12:20 p.m. HS Boys 4 x 100  
 12:25 p.m. Collegiate/open Women 4 x 100  
 12:30 p.m. Collegiate/open Men 4 x 100  
 12:40 p.m. HS Girls 400  
 1:00 p.m. HS Boys 400  
 1:20 p.m. Collegiate & Open Women 400  
 1:40 p.m. Collegiate & Open Men 400  
 2:10 p.m. HS Girls 400m Hurdles  
 2:20 p.m. Collegiate & Open Women 400m Hurdles  
 2:35 p.m. HS Boys 400m Hurdles  
 2:45 p.m. Collegiate & Open Men 400m Hurdles  
 3:10 p.m. HS Girls 800m  
 3:25 p.m. HS Boys 800m  
 3:45 p.m. Collegiate & Open Women 800m  
 4:00 p.m. Collegiate & Open Men 800m  
 4:15 p.m. HS Girls 200m  
 4:35 p.m. HS Boys 200m  
 4:55 p.m. Collegiate Women 200m **FINAL**  
 5:00 p.m. Collegiate Men 200m **FINAL**  
 5:10 p.m. HS Girls 2000m Steeple  
 5:20 p.m. HS Boys 2000m Steeple  
 5:30 p.m. HS Girls 4 x 400  
 5:40 p.m. HS Boys 4 x 400  
 5:50 p.m. Collegiate & Women 4 x 400  
 6:00 p.m. Collegiate & Men 4 x 400

#### FIELD EVENTS

9:00 a.m. College Discus (women then men)  
  
 9:00 a.m. Shot Put  
 (HS girls then boys)  
  
 10:00 a.m. Long Jump  
 (HS girls and boys)  
  
 10:00 a.m. Pole Vault (girls then boys)  
  
 12:00 p.m. High School Discus  
 (Hs girls then boys (west cage))  
  
 12:00 p.m. College Shot Put (women then Men)  
  
 12:00 p.m. High Jump  
 (HS girls then boys)  
  
 12:00 p.m. Triple Jump  
 (coll. men then HS boys, pit 1)  
 (coll. women then HS girls, pit 2)  
  
 3:00 p.m. Javelin (HS girls then boys)