

23

JAN

MONMOUTH

TRACK & FIELD

SHOWCASE MEET #2

5

PM

- Registration through njmilesplit.com (no walk-up entries will be allowed).
- Registration ends at noon on Jan 22nd.
- Limited entries per event.
- Automatic Timing provided by vipertiming.
- Entry fee: \$30 for Pole Vault, \$20 for Shot Put, \$10 all running events.
- Waiver, payment, and number pickup begin at 5:00.
Shot Put and Pole Vault begin at 6:00. Running Events begin at 7:15.
- Questions contact Tina Forgach at cpforgac@monmouth.edu.
- If you are interested in a 4x200m relay or a 1 mile race walk following the 400m dash, please contact cpforgac@monmouth.edu.



400 CEDAR AVE, WEST LONG BRANCH, NJ 07764

OCEANFIRST BANK CENTER

ORDER OF EVENTS

PV – SHOT – 55H – 55D – MILE – 400

Possible 4x200m and/or 1 mile race walk