

WINTER MEET SCHEDULE - DATES, TIMES, PLACES & ORDER OF EVENT

All Meet Entries on Milesplit.com by **Friday 9:00pm**; NO relay names unless specified.

At all venues hurdles/Dash; more than 25 entered, two heat final

MEET #1 **Lehigh University** (spikes allowed)

SATURDAY, DECEMBER 14th, 2019 200m / lap **Division II 8:30 AM**

* **Frosh/Soph-4 X 800m Relay**

1. 60 Hurdles 2 athletes	6. Mile Run	11. 4 X 400m Relay
2. 60 Dash 2 athletes	7. 3000m Run	12. Shot Put
3. 200m	8. 4 X 800m Relay	13. High Jump
60 dash/hurd finals	9. Distance Medley Relay	14. Long Jump
4. 400m	10. 4 X 200m Relay	15. Triple Jump
5. 800m		16. Pole Vault

MEET #2 **Lehigh University** (spikes allowed)

SATURDAY, DECEMBER 21st, 2019 200m / lap **BOTH Division I & II 8:30 AM**

* **Frosh/Soph-4 X 400m Relay**

1. 60 Hurdles - 2 athletes	6. Mile Run	11. 4 X 400m Relay
2. 60 Dash	7. 3000m Run	12. Shot Put
3. 200m - 2 athletes	8. 4 X 800m Relay	13. High Jump
60 dash/hurd finals	9. Distance Medley Relay	14. Long Jump
4. 400m	10. 4 X 200m Relay	15. Triple Jump
5. 800m		16. Pole Vault

Saturday, December 28th 2019, The RJBIC Meet Lehigh University (spikes allowed)

MEET #3 **Lehigh University** (spikes allowed) (athletes may run in two events,)

SATURDAY, JANUARY 4th, 2020 200m / lap **Division I 8:30 AM**

* **Frosh/Soph- 4X200m Relay**

1. 60 Hurdles - 2 athletes	6. Mile Run	11. 4 X 400m Relay
2. 60 Dash	7. 3000m Run	12. Shot Put
3. 200m	8. 4 X 800m Relay	13. High Jump
60 dash/hurd finals	9. Distance Medley Relay	14. Long Jump
4. 400m - 2 athletes	10. 4 X 200m Relay	15. Triple Jump
5. 800m		16. Pole Vault

MEET #4 **Haverford College** (NO SPIKES ALLOWED or shoes that accept SPIKES)

SATURDAY, JANUARY 11th, 2020 200m / lap **Division II 8:00 AM**

* **Frosh/Soph- DMR Relay**

1. 60 Hurdles - 2 athletes	6. Mile Run	11. 4 X 400m Relay
2. 60 Dash	7. 3000m Run	12. Shot Put
3. 200m	8. 4 X 800m Relay	13. High Jump
60 dash/hurd finals	9. Distance Medley Relay	14. Long Jump
4. 400m	10. 4 X 200m Relay	
5. 800m		

MEET #5 **Haverford College** (NO SPIKES ALLOWED or shoes that accept SPIKES)

SATURDAY, JANUARY 18th, 2020 200m / lap **Division I 8:00 AM**

* **Frosh/Soph-4x800m Relay**

1. 60 Hurdles - 2 athletes	6. Mile Run	11. 4 X 400m Relay
2. 60 Dash	7. 3000m Run	12. Shot Put
3. 200m	8. 4 X 800m Relay	13. High Jump
60 dash/hurd finals	9. Distance Medley Relay	14. Long Jump
4. 400m	10. 4 X 200m Relay	
5. 800m - 2 athletes		

MEET #6 **Glen Mills** (NO SPIKES ALLOWED or shoes that accept SPIKES)

SATURDAY, JANUARY 25th, 2020 200m / lap **BOTH Division I & II 8:00 AM**

* **No Frosh/Soph Relay**

1. 60 Hurd. 2 athletes	5. 800m	10. 4 X 200m Relay
2. 60 Dash	6. Mile run	11. 4 X 400m Relay
3. 200m	7. 3000m Run	12. Pole Vault
60 dash/hurd finals	8. 4 X 800m Relay	13. Triple Jump (No Long jump)
4. 400m	9. Distance Medley	14. High Jump
		15. Shot Put

MEET #7 **Lehigh University** (spikes allowed) (athletes may run in two events,)

SATURDAY, February 1st, 2020 (spikes allowed) 200m / lap **Division II 8:30 AM**

* **Frosh/Soph-4x400m Relay**

1. 60 Hurdles - 2 athletes		Division I 12:30 PM
2. 60 Dash	6. Mile Run	11. 4 X 400m Relay
3. 200m	7. 3000m Run - 2 athletes (both 10:00 under)	12. Shot Put
60 dash/hurd finals	8. 4 X 800m Relay	13. High Jump
4. 400m	9. Distance Medley Relay	14. Long Jump
5. 800m	10. 4 X 200m Relay	15. Triple Jump
		16. Pole Vault

MEET #8 **Lehigh University** (spikes allowed) (athletes may run in two events,)

SATURDAY, February 8th, 2020 (spikes allowed) 200m / lap **Division I 8:30 AM**

* **Frosh/Soph-4x200m Relay**

1. 60 Hurdles - 2 athletes		Division II 12:30 PM
2. 60 Dash	6. Mile Run - 2 athletes	11. 4 X 400m Relay
3. 200m	7. 3000m Run	12. Shot Put
60 dash/hurd finals	8. 4 X 800m Relay	13. High Jump
4. 400m	9. Distance Medley Relay	14. Long Jump
5. 800m	10. 4 X 200m Relay	15. Triple Jump
		16. Pole Vault

MEET #9 **NOVICE MEET** (Will confirm at later Date; No Venue)

Wednesday, February 5th or 12th 2020 160m lap **Div. I & II 6:30 PM to 10:00 PM**

1. 55 Hurdles	5. 800m	9. 4 X 160m Relay
2. 55 Dash	6. Mile Run	10. 4 X 320m Relay
3. 200m	7. 4 X 800m Relay	11. Shot Put
4. 400m	8. Sprint Med Relay 2,1,1,5	12. High Jump

MEET #10 **Last Chance Meet Lehigh University** (spikes allowed)

FRIDAY, February 14th, 2020 200m / lap **Division I & II 6:30 PM**

1. 4 X 800m Relay	7. 400m Dash	13. 4 X 400m Relay
2. 60 Hurdles - Trials	8. 800m Run	14. Long Jump
3. 60 Dash - Trials	9. 200m Dash	15. Shot Put
4. Mile Run	10. 3000m Run	16. High Jump
5. 60 Hurdles - Finals	11. 4 X 200m Relay	17. Pole Vault
6. 60 Dash - Finals	12. Distance Medley Relay	18. Triple Jump (to follow LJ)

SUNDAY February 16th - PA Day at the Armory - afternoon start (spikes allowed)

MEET #11 **55th MEET OF CHAMPIONS Lehigh University** (spikes allowed)

SAT. FEBRUARY 22th, 2020 200m / lap **Division I & II**

Enter at 9:00 am: **Long Jump starts at 9:30am;** all other events at 10:00 AM

1. 4 X 200m Relay	7. 60 Hurdles - Finals	13. 4 X 400m Relay
2. Distance Medley Relay	8. 60 Dash - Finals	14. Shot Put
3. 60 HH - Trials	9. 800m	15. Pole Vault
4. 60 Dash - Trials	10. 200m	16. High Jump
5. Mile Run	11. 3000m Run	17. Long Jump starts at 9:30am
6. 400m	12. 4X800m Relay	18. Triple Jump (to follow LJ)