



# MONMOUTH UNIVERSITY



2016-2017

## INDOOR TRACK & FIELD SHOWCASE MEETS

6 GREAT TRACK & FIELD COMPETITIONS WITH VARYING EVENTS THROUGHOUT THE INDOOR SEASON

DECEMBER 27TH, 2016 (TUE.); JANUARY 10TH, 2017 (TUE.) & JANUARY 26TH, 2017 (THU.);  
FEBRUARY 9TH, 2017 (THU.) & FEBRUARY 23RD, 2017 (THU.) AND MARCH 9TH, 2017 (THU.)

Open to Any and All Entrants

Location: The OceanFirst Bank Center Indoor Track (Located on the second floor)  
Monmouth University - 400 Cedar Ave. West Long Branch, NJ 07764



### DECEMBER INDOOR SHOWCASE MEET SCHEDULE OF EVENTS:

\*IT IS A ROLLING SCHEDULE. ONCE ONE EVENT IS COMPLETED, WE WILL MOVE ON TO THE NEXT EVENT.



#### TUE., DECEMBER 27TH, 2016 **SHOWCASE MEET #1**

EVENT START TIMES: 10:00AM FIELD EVENTS: (M) SHOT PUT FOLLOWED BY (W) SHOT PUT,  
10:00AM POLE VAULT (W & M COMBINED) & HIGH JUMP  
12:00PM RUNNING EVENTS IN ORDER: 55M HURDLES, 55M M DASH, 1 MILE RUN, 400M DASH

#### TEAM ENTRY INFO:

**TEAMS OR CLUBS WITH MORE THAN 25 ENTRIES PER GENDER  
WILL BE CHARGED A FLAT FEE OF \$250 PER GENDER. (MAX \$500)**

\*TEAMS MUST REGISTER AND EMAIL ENTRIES AHEAD OF TIME TO TINA FORGACH.

For all meets after Dec. 27th, Registration is 5:00 PM - 6:00 PM ONLY

FIELD Events Begin at 6:15 PM  
RUNNING Events Begin at 7:15pm



Cost: \$10 per running event  
\$20 for Shot Put, Pole Vault & High Jump

Please Email your entries to Tina Forgach at  
**CPFORGAC@MONMOUTH.edu**

Pre-Registration is Preferred. Limited Entries available on meet day

If you have any questions about the Showcase meets, you can contact Tina Forgach at (732) 263-5779

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