

MONMOUTH UNIVERSITY



2015 INDOOR TRACK & FIELD SHOWCASE MEETS

7 WEDNESDAY NIGHTS OF GREAT TRACK & FIELD COMPETITION WITH VARYING EVENTS THROUGHOUT THE INDOOR SEASON
DECEMBER 2ND, DECEMBER 16TH, JANUARY 6TH, JANUARY 20TH,
FEBRUARY 3RD, FEBRUARY 17TH AND MARCH 2ND, 2016

Open to Any and All Entrants

Location: The MAC Indoor Track (Located on the MAC 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.



WED., DECEMBER 2ND, 2015 **SHOWCASE MEET #1**
EVENTS: 6:30PM RUNNING EVENTS: 1 MILE WALK, 1 MILE RUN, 400M DASH, 55M HURDLES, 55M M DASH
7:15PM FIELD EVENTS: (W) SHOT PUT FOLLOWED BY (M) SHOT PUT, POLE VAULT & HIGH JUMP

WED., DECEMBER 16TH, 2015 **SHOWCASE MEET #2**
EVENTS: 6:30PM RUNNING EVENTS: 1 MILE WALK, 800M RUN, 200M DASH, 55M HURDLES, 55M M DASH
7:15PM FIELD EVENTS: (W) SHOT PUT FOLLOWED BY (M) SHOT PUT, POLE VAULT & HIGH JUMP

Registration Opens at 5:30 PM
RUNNING Events Begin at 6:30 PM
FIELD Events Begin at 7:15pm



Cost: \$10 per running event
\$20 for Shot Put & Pole Vault
*discounted rate available for entering multiple events in advance

Please Email your entries to Tina Forgach at
CPFORGAC@MONMOUTH.edu
or Register on Meet Day

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