



## Monmouth University Track & Field and Cross Country Home Dates for 2017-18

### Cross Country

\* - Sat., Sept. 2 – Monmouth XC Kick-Off – Thompson Park, Lincroft, NJ – Hawks Win!

\* - Sat., Sept. 16 – Henry Mercer Monmouth University Cross Country Invitational – Holmdel Park – Holmdel, NJ – 9:45 AM - Women (5K); 10:30 AM - Men (5 Miles)

\* - Sat., Oct. 28 - NCAA Div. I Metro Atlantic Athletic Conference (MAAC) Cross Country Championships hosted by Monmouth University – Holmdel Park, Holmdel, NJ – 11 AM - Women (6K); Noon – Men (5 Miles)

### Indoor Track & Field:

\* - Fri.-Sat., Dec. 1-2 - OceanFirst Bank Center Collegiate Classic

\* - Fri.-Sat., Jan. 26-27 – Monmouth Winter Collegiate Invitational

\* - **Monmouth Showcase Meets** – Wednesday evenings, **Dec. 20**, Jan. 3, Jan. 10, Jan. 31, Feb. 14 & Feb. 28 – these meets will feature pole vault, shot put, high jump and varying events each week on the track, open to all ages & abilities. ~7:00 PM start.

\* - Wed., Feb. 21 - **Milers' Night** – Mile heats open to all ages & abilities – 7:00 PM

All Indoor Meets Held at the 6-Lane, 200 Meter Monmouth Track at the OceanFirst Bank Center

### Outdoor Track & Field:

\* - Sat., March 24 – 23<sup>rd</sup> Annual Monmouth Track & Field Season Opener – West Long Branch, NJ – 9:45 AM to 5 PM (Hammer Throw & 1-2 other events will be held on Friday, March 23)

\* - A schedule of events for each Showcase & collegiate meet will be posted on the new “Home Meets” tab on the Track & Field page of the [www.MonmouthHawks.com](http://www.MonmouthHawks.com) site

### Future Dates:

\* - Sat.-Sun., May 4-5, 2019 – NCAA Div. I Metro Atlantic Athletic Conference (MAAC) Track & Field Championships hosted by Monmouth University – West Long Branch, NJ

\*\*\* - Come see the Monmouth Hawks in Action – 49-time MAAC, ECAC, IC4A & NEC Team Champions \*\*\*

\* - **For more information call Head Coach Joe Compagni at 732-571-3676 - \***

Visit us at [www.monmouthhawks.com](http://www.monmouthhawks.com); on Facebook at [MonmouthTrack](https://www.facebook.com/MonmouthTrack); or on Twitter at [MUHawksXCTF](https://twitter.com/MUHawksXCTF)