TO: Track and Field Coaches  
FROM: Dr. Garry Killgore, Track & Field Coach  
RE: Linfield Icebreaker Invitational Track & Field Meet - March 5, 2005

We would like to extend an invitation to you to attend the 2005 Icebreaker Invitational Track and Field Meet. We will be following a different format this year from in previous years; YOU ARE REQUIRED TO ENTER ONLINE WITH DIRECTATHLETICS.COM. THE URL IS www.directathletics.com This entry system is widely used, but requires that you have a password to enter all of your athletes. PLEASE TAKE CARE OF YOUR ENTRIES ASAP. Of importance to note, is that we will be having required weigh-ins (as per NCAA rules) again this year. Additionally, this will be the FIRST Icebreaker on our NEW track surface!

We ask that you please fill out and return the questionnaire at the bottom of this page. To facilitate meet organization, it is important that we NOT have many changes on the day of the meet AND YOU WILL BE CHARGED EXTRA, so please be as accurate as possible concerning your entries!!! To this end, if you plan to attend, please send us the bottom portion of this sheet ASAP.

Shower facilities for men and women will be available in the Gymnasium, but please bring your own towels and make your own provision for securing valuables.

The entry fee is $100 per team (combined or men's or women's), or $10 per individuals including unattached entries (unlimited entries), and may be paid on meet day or earlier via check in the mail. Day of meet registration is $20.00/ individual. We appreciate pre-registration!! Please make checks payable to Linfield College Track and Field.

Please return the form at the bottom of this page by February 25th. Remember, the enclosed time schedule is only tentative and the actual time of any event is subject to change, i.e. events may start earlier than listed. Please inform all of your athletes of this fact so that they listen for the call to their event. Thanks and we hope to see you on March 5.

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_____ No, we are not interested in attending.
_____ Yes, we would like to attend.

Please return to:

or FAX to: (503) 883-2453 or email in an attachment to gkillgor@linfield.edu or toolson@linfield.edu by NOON on/before 2/25

Dr. Garry Killgore, Track Coach
Linfield College
900 SE Baker Street
McMinnville, OR 97128
ICEBREAKER INVITATIONAL - Revised SCHEDULE OF EVENTS -
MARCH 5, 2005

Field Events (3 prelims with 3 finals for top 8 performers from prelims)

IMPORTANT, PLEASE NOTE: WEIGH-INS: 7:30-9:00 AM ONLY!!

9:00 a.m. Women’s Hammer with Women’s Discus immediately following
Men’s Discus with Men’s Hammer immediately following
Women’s Shot Put will immediately follow the Women’s Discus Competition with
Men’s Shot Put to follow Women’s SP
Women’s Pole Vault - Men’s to follow; Women’s opening ht. 8’, Men’s opening ht. 12’
10:00 a.m. Men's and Women's Long Jump
Triple Jump one-half hour after the conclusion of the Long Jump
11:00 Women’s Javelin (Men’s to follow)
Women's High Jump (Men's to follow)

Running Events (Approximate times)
7:00 PM Friday 10,000 (Women)
8:00 PM Friday 10,000m (Men)

11:00 AM Saturday 3,000m Steeplechase (Women)
11:30 3,000m Steeplechase (Men)
11:45 400m Relay (Women)
Rolling 400m Relay (Men)
Schedule 1500m (Women)
↓
1500m (Men)
100m Hurdles (Women)
110m Hurdles (Men)
↓
400m (Women)
400m (Men)
100m (Women)
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100m (Men)
800m (Women)
800m (Men)
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400m Hurdles (Women)
400m Hurdles (Men)
200m (Women)
200m (Men)
↓
5,000m (Women)
5,000m (Men)
1600m Relay (Women)
↓
1600m Relay (Men)
LINFIELD DECATHLON/HEPTATHLON

Date: March 21, 22 (Mon., Tues.)

Place: Linfield College, McMinnville, OR

Time: Monday, 9:00 A.M.; Tuesday, Decathlon @ 9:00 A.M. with the heptathlon @ 10:00 A.M. Men’s competition will start the first day and events will proceed simultaneously.

Entry FEE & Procedure: $10.00/athlete or $30.00/affiliation (whichever is less). Day of registration will be $20.00. Please ENTER USING www.directathletics.com by no later than Friday, March 18, 2005. You may contact me by email: gkillgor@linfield.edu phone, (503) 883-2410 or by FAX (503) 883-2453. I would greatly appreciate your entries coming in on time!!

Facilities: The track, jumping approaches, and javelin runway are rubberized latex, 1/4 inch spikes are required. High jumpers and javelin throwers may use 3/8 inch spikes in the heel of the planting shoe only! The shot and discus surfaces are cement. Showers and dressing facilities can be provided upon request, but towels must be supplied by the athlete. The athlete is responsible for all of his/her items while showering.

Implement Weigh-in: 8:00-9:00 A.M. only, each day!

Vertical Jumps: If a jumper/vaulter has not jumped within the previous hour he/she may have up to 3 warm-up jumps. Starting heights will be determined by the meet director and will proceed in 3 centimeter increments for the high jump and 10 centimeter increments in the pole vault.

Grouping Competitors: Each event will be a blind draw for heat, lane, and flight assignment.

We are looking forward to hosting this meet again this year and would greatly appreciate any and all help by coaches, etc. See you at the meet and best wishes for your continued success!!!!!

Dr. Garry Killgore, Head Track and Field Coach
Linfield College
McMinnville, OR 97128