**Lenoir-Rhyne Invitational Polar Bear (Indoor) Meet - Saturday Dec. 2, 2017**

**\*\*Please email Danny Williamson at** danny.williamson@lr.edu **if you plan to attend.**

**Entries: All entries to be done online at** [**www.ncrunners.com**](http://www.ncrunners.com) **Click on the calendar and Locate the Lenoir-Rhyne Invitational Polar Bear Meet on Dec. 2. It is listed in the 2017-18 Indoor Schedule. Click on the on-line entry listed directly below the Meet Name and do the entry process. Entries are due by 2:00pm on Thursday Nov. 30. Again, please email me if you are attending this meet so that we will now that we have received your entries. You will receive meet program and final time schedule/info by Friday Dec. 1 at noon.**

**Timing & Results – Big Kahuna Timing**

**Entry Fee - $40.00 per school / if only have one gender team - $20.00**

**\*\*Coaches will not have to officiate or work events – you will get to coach and watch your team & athletes**

**Tentative Time Schedule**

**11:00am – Coaches Meeting / Scratch Meeting**

 **Field Events**

**11:30am – High Jump (Boys), Pole Vault (Girls), Shot Put (Boys)**

 **Long Jump – Boys & Girls**

**1:00pm – High Jump (Girls), Pole Vault (Boys), Shot Put (Girls)**

 **Triple Jump – Boys & Girls**

 **Running Events**

**11:15am – 4 x 800m – Girls 1:35pm – 500m - Girls**

**11:30am – 4 x 800 – Boys 1:45pm – 500m - Boys**

**11:45am – 55mHH – Girls 2:00pm – 1000m - Girls**

**11:55am – 55mHH – Boys 2:10pm – 1000m - Boys**

**12:10pm – 55m Dash – Girls 2:20pm – 300m - Girls**

**12:25pm – 55m Dash – Boys 2:35pm – 300m - Boys**

**12:45pm – 4 x 200m – Girls 2:50pm – 3200m – Girls**

**12:55pm – 4 x 200 – Boys 3:05pm- 3200m – Boys**

**1:05pm – 1600m – Girls 3:20pm – 4 x 400m - Girls**

**1:20pm – 1600m – Boys 3:30pm – 4 x 400m -Boys**

**\*\*\*Time Schedule for each meet will be adjusted after entries are received**