



PRIN RELAYS 2026

Friday, January 30th and Saturday, January 31st

Time Schedule Revision 1/29/26 at 4:00 pm

- Where:** Crafton Athletic Center, Elsah, IL; 200-Meter Indoor Track (Mondo)
- Entries:** Entries are due no later than Wednesday, 1/28/26 at 12 noon – [Prin Relays](#)
Pen and Hep Entries please register here – [Pen/Hep](#)
- Scratches/Changes:** Final scratches and changes can be made by Thursday 1/29/26 at 12 Noon
Open Events scratches and changes please use this link - [Prin Relays](#)
Pen and Hep scratches and changes please use this link – [Pen/Hep](#)
- Entry Fees:** **Teams:** \$350.00/per gender or \$35 per athlete
Unattached: Athletes (post – collegiate or no-team athletes) \$35.00
Multi: The Multi will be a separate entry and payment on Direct Athletics. Each individual entry is \$50.00, which is separate from the regular meet entry fee.
Athlete and Team fees must be paid on Direct Athletics for entries to be processed.
- No High School Athletes are permitted to participate.**
- Performance List:** Performance List – [Prin Relays](#)
Performance List – [Pen/Hep](#)
- Live Results:** <https://liveresults.trxctiming.com>
- Height Progressions:** [Click Here](#) – **Posted**
- Heat Sheets:** [Multi Events](#) [Friday](#) [Saturday](#)
- Meet Conduct:** Starting heights determined after entry information is received. 3 attempts for throws and horizontal jumps with top 9 collegiate athletes to finals plus unattached with a qualifying mark. Team scoring in accordance with the NCAA rule book. All events will be run as finals (slow to fast) except for the 60m dash and 60m hurdles (prelims Friday, finals Saturday). Implement certification will begin 60 minutes before the beginning of field event. Weigh-in will close 15 minutes prior to the event start.
- Venue Info:** Six lane, 200-meter indoor Track, Mondo
- Spikes:** Only 1/8" to 1/4" Pyramid spikes allowed. No xmas tree or needle spikes. Spikes will be checked at check-in. Spikes must be removed when off the mondo track surface. No spikes on the basketball courts, in the restrooms, or in the lobby areas.
- Showers:** Will be available.
- Trainer:** Principia will have one Athletic Trainer on site. Please bring specific supplies in needed (e.g. K-Tape). Teams are welcome to bring their own trainer.
- Entry Questions:** Rich Schilling – TRXC Timing – 314-522-6176 – rich@trxctiming.com
- Meet Questions:** Justin Halley – Principia College – 314-337-5392 – justin.halley@principia.edu

Principia Relays Time Schedule

Friday

Field Events

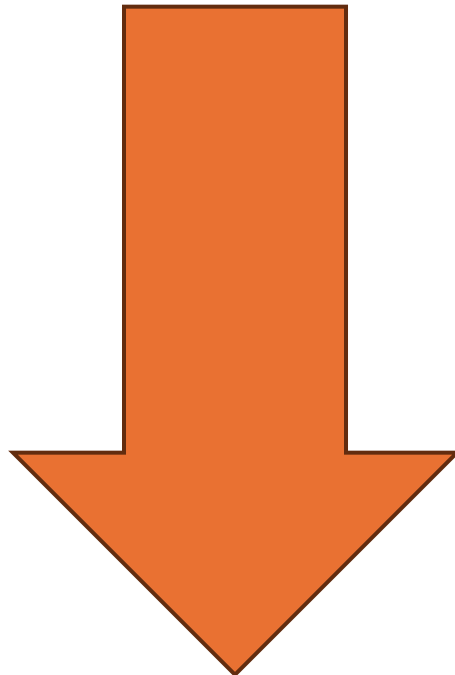
Second Round of Field Events warm-up begins immediately after the first round has been completed. Second Round Times are Approximate.

- 1:00 pm Pole Vault (Men) (1 Flight)
- 2:00 pm Long Jump (Men) – **Revised Time** (3 Flights)
Weight Throw (Men) (3 Flights)
High Jump (Women) (1 Flight)
- 4:00 pm Long Jump – (Women) (Warm-up begins after Men’s LJ) (2 Flights)
Weight Throw (Women) (2 Flights)
Pole Vault (Women) (1 Flight)
High Jump (Men) (1 Flight)

Running Events

- 4:30 pm 3,000 Race Walk (Men and Women Combined) (1Heat)
- 5:00 pm 60 Dash Prelims (W) (8 to Finals Next Day (5 Heats)
- 5:15 pm 60 Dash Prelims (M) (*8 to Finals Next Day (12 Heats)
- 5:45 pm 60 Hurdles Prelims (W) (8 to Finals Next Day) (3 Heats)
- 6:00 pm 60 Hurdles Prelims (M) (8 to Finals Next Day) (4 Heats)
- 6:15 pm Distance Medley Relay – (W) – Final (1 Heat)
- 6:30 pm Distance Medley Relay – (M) – Final (1 Heat)
- 6:45 pm 5,000 Meter Run - (W) – Final (1Heat)
- 7:10 pm 5,000 Meter Run - (M) – Final (1 Heat)
- 7:35 pm 200 Meter Dash – (W) – Final (9 Heats)
- 8:05 pm 200 Meter Dash – (M) – Final (18 Heats)

Saturday’s Time Schedule



Principia Relays Time Schedule

Saturday

Field Events

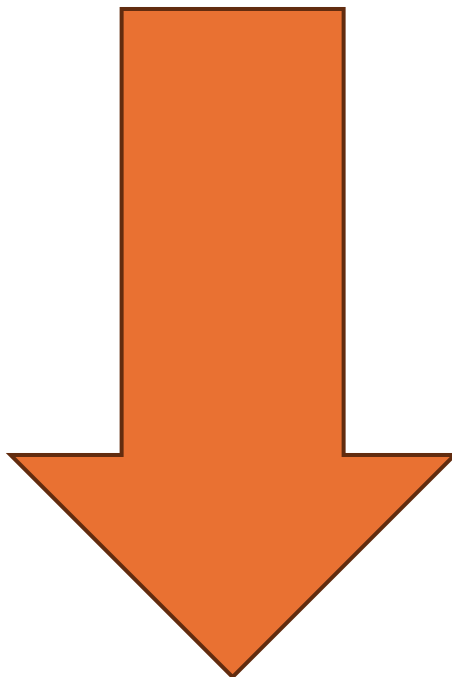
**Second Round of Field Events warm-up begins immediately after the first round has been completed.
Second Round Times are Approximate.**

- 9:00 am Triple Jump (Men) (2 Flights)
Shot Put (Men) (3 Flights)
- 11:30 am Triple Jump (Women) (Warm-up begins after Men's TJ) (1 Flight)
Shot Put – Women (3 Flights)

Running Events (Heats run slow to fast)

- 12:00 pm **60 Hurdles (M) Final (1 Heat) - Revised**
- 12:07 pm 60 Hurdles (W) Final (1 Heat)
- 12:15 pm 60 Meter Dash (W) Final (1 Heat)
- 12:22 pm 60 Meter Dash (M) Final (1 Heats)
- 12:20 pm 1 Mile Run (W) Final (2 Heats)
- 12:40 pm 1 Mile Run (M) Final (4 Heats)
- 1:10 pm 500 Meter Dash (W) Final (3 Heats)
- 1:25 pm 500 Meter Dash (M) Final (4 Heats)
- 1:50 pm 4x200 Meter Relay (W) Final (1 Heat)
- 2:00 pm 4x200 Meter Relay (M) Final (2 Heat)
- 2:15 pm 4x800 Meter Relay (W) Final (1Heat)
- 2:30 pm 4x800 Meter Relay (M) Final (1 Heat)
- 2:45 pm 300 Meter Dash (W) Final (7 Heats)
- 3:05 pm 300 Meter Dash (M) Final (14 Heats)
- 3:55 pm 3,000 Meter Run (W) Final (1 Heat)
- 4:10 pm 3,000 Meter Run (M) Final (3 Heats)
- 4:45 pm 4x400 Meter Relay (W) Final (1 Heat)
- 4:52 pm 4x400 Meter Relay (M) Final (2 Heats)

Hep/Pen Time Schedule



Heptathlon/Pentathlon

Time Schedule

Friday

PENT/ HEP: All times are approximate

9:00 am	Pent 60H Women
9:15 am	Hep 60m Men
9:45 am	Pent High Jump Women
9:55 am	Hep Long Jump Men
10:55 am	Hep Shot Put Men
12:00 pm	Pen Shot Put Women
12:10 pm	Hep High Jump Men
1:00 pm	Pen Long Jump Women
2:00 pm	Pen 800m

Saturday

8:45 am	Hep 60H Men
9:30 am	Hep Pole Vault Men
10:45 am	Hep 1000m