



Liberty Open

January 25th & 26th 2013

“Open Entries”

All this information can be found online at www.libertyflames.com
Questions regarding the content of this package should be directed to:
Daniel Newell at dnewell@liberty.edu

Meet Location:

Liberty University's Tolsma Indoor Track Center
Liberty University North Campus
1971 University Blvd.
Lynchburg, Va. 24502

Entries:

All teams must enter through Direct Athletics at www.directathletics.com

You must enter your team on Direct Athletics in order to be entered in the meet. (No Exceptions)

Please be considerate and use accurate seeding marks to improve overall meet quality.

Entry Information – Note to all Coaches: Information for registering online can be found at <http://www.directathletics.com/entries.html?popup=1>

Entry Fee: \$300/team or \$600 for a men and women's team. This allows up to three athletes per event. Entries exceeding three athletes per event will require an extra \$10 charge per entry. Individual entries will be \$20 dollars per athlete and \$25 per multi event athlete. Entry fees will be charged based upon online entry at deadline, not upon participation.

Entry Deadline: The deadline for entries will be **Monday January 21st at 5:00pm**

Athletic Trainers:

A Certified Athletic Trainer will be available for limited services. If you are unable to travel with your team please email lbhoskins@liberty.edu at least one week in advance. Also please send a kit along with your team if you cannot attend. For those that do make the trip, heat and ice will be available. (Modalities available when requests are made in advance) Please visit the following link for any other information. <http://www.libertyflames.com/index.cfm?PID=10959>

Concessions:

The North Campus Café and concessions at the track will be available throughout the meet.

Spikes:

Pyramid Spikes Only!!!! The maximum spike length will be $\frac{1}{4}$ inch in length. Judges and clerks will be checking shoes at check in for each event. Athletes will be disqualified for improper spikes.

Implements:

Implement weigh in will take place at the weigh in room on the north side of the track. All implements must be checked in an hour before the event starts in order to be used. All implements must meet the NCAA rules.

Seeding:

Seeding will be done according to NCAA regulations.

Results:

Meet results will be posted online at www.directathletics.com and www.libertyflames.com

Schedule on next page!



Liberty Open

January 25th-26th, 2013

REVISED Time Schedule

Friday 25th

Field Events

2:30pm	Pentathlon HJ
2:50pm	Heptathlon LJ
3:30pm	Heptathlon SP
4:30pm	Pentathlon SP
4:30pm	Heptathlon HJ
5:30pm	Pentathlon LJ
	Women's Pole Vault
	Women's Weight Throw

Running Events

2:00pm	Pentathlon 60h
2:15pm	Heptathlon 60m
5:00pm	4x800 Relay Men
5:15pm	5K Men
5:30pm	5K Women
6:30pm	Pentathlon 800m

Please remember that Heptathlon indoor is men and pentathlon indoor is women. It's easy to overlook that since women are known as heptathletes.

Saturday 26th

Field Events

9:00am	Men's Weight Throw
9:30am	Women's Triple Jump
	Men's Long Jump
12:15pm	Men's Heptathlon PV
	Women's Shot Put
1:00pm	Women's Long Jump
	Men's Triple Jump
	Women's High Jump
2:30pm	Men's Shot Put
	Men's Pole Vault
3:00pm	Men's High Jump

Running Events

11:00am	60m Hurdles (Women) Prelims
	60m Hurdles (Men) Prelims
	60m Hurdles (Hept Men)
11:35am	60m Dash (Men) Prelims
	60 Dash (Women) Prelims
12:20pm	60m Dash (Men) Final
12:25pm	60m Dash (Women) Final
12:35pm	60m Hurdles (Men) Final
12:45pm	60m Hurdles (Women) Final
12:50pm	Mile Run (Men) Final
1:15 pm	Mile Run (Women) Final
1:35pm	400m Dash (Men) Final
	400m Dash (Women) Final
2:15pm	500m Dash (Men) Final
	500m Dash (Women) Final
2:40pm	800m Run (Men) Final
	800m Run (Women) Final
3:15pm	1000m Run (Men) Final
	1000m Run (Women)
3:40pm	200m Dash (Men) Final
	200m Dash (Women) Final
4:40pm	3000m Run (Men) Final
	3000m Run (Women) Final
5:45pm	4x400m Relay (Men) Final
	4x400m Relay (Women) Final

Heptathlon 1,000 (To be determined)

Hotels

ACCOMMODATIONS FOR LU TRACK EVENTS

The following are the closest hotels to Liberty University



WINGATE INN

3777 Candler's Mtn. Road (Adjacent to Liberty University)
Lynchburg, VA 24502
434-845-1700; 1-888-494-6428

The WINGATE INN is Lynchburg's Premier Hotel and is located adjacent to Liberty University. Hotel features 40 item deluxe breakfast bar, 24 hour large, indoor, heated pool and a 15 person Jacuzzi, on site Nautilus Fitness Center, and free High Speed Internet Access. Executive Rooms feature 1 King or Two Queen Beds and VIP Rooms include Microwave and Refrigerator. www.wingateinn.com



DAYS INN

3320 Candler's Mtn. Road (Exit 8B off US 29)
Lynchburg, VA 24502
434-847-8655; 1-800-787-3297

The DAYS INN LYNCHBURG is not your typical Days Inn! For the past 12 years we have been members of the Days Inn "Chairman's Club", which honors the top 1% of Days Inns for their quality. We are also the only hotel in Lynchburg that offers a hot, cooked to order breakfast, which includes 2 Eggs, Pancakes, and Bacon. All rooms feature in-room coffee maker, hair dryer, iron and full size ironing board. Excellent location across the street from River Ridge Mall and adjacent to AMF Bowling Center. More than 40 restaurants are within a 2-mile drive! Liberty University is only ½ mile away! www.daysinn.com



KIRKLEY HOTEL

2900 Candler's Mtn. Road
Lynchburg, VA 24502
866-510-6333 / 434-237-6333

The KIRKLEY HOTEL is located 2 minutes from Liberty University, Liberty Christian Academy and Thomas Road Baptist Church. The Kirkley Hotel and Conference center offers you luxury, comfort and hospitality. The 168 spacious, attractively furnished guest rooms and suites have large, comfortable beds, cable TV and 2-line telephones with data port. Suites feature a large dining room & wet bar and large living room area. Restaurant on site. www.kirkleyhotel.com



SLEEP INN

3620 Candler's Mtn. Road
Lynchburg, VA 24502
434-846-6900 / 800-753-3746
Fax 434-846-6989

The SLEEP INN LYNCHBURG is one of Lynchburg's NEWEST hotels and is only ½ from Liberty University. River Ridge Mall is also nearby. Rooms feature King or 2 Queen Beds with Walk-in Oversized Showers, Hair Dryers, Full-Size Irons & Ironing Boards, Coffee Makers, Voice Mail, Data Ports and 25" televisions with 60 channels. Hotel features Deluxe Continental Breakfast, Fitness Center and Complimentary Guest Laundry. Applebee's Restaurant (next door) offers complimentary appetizer with entrée purchase. 90% Smoke Free. www.sleepinn.com