



Liberty Quad February 8th 2013

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. 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 February 4th 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 Quad

Feb 7th-8th 2013

UPDATED Time Schedule

Thursday Feb 7:

Heptathlon

2:30pm Heptathlon 60m Dash
3:05pm Heptathlon Long Jump
3:50pm Heptathlon Shot Put
4:35pm Heptathlon High Jump

Friday Feb 8:

Field Events

2:35pm Heptathlon Pole Vault
3:30pm Men's Weight Throw
4:15pm Women's Pole Vault
4:30pm Women's Triple Jump
Men's Long Jump
Women's Weight Throw
5:15pm Women's High Jump
6:00pm Men's Shot Put
6:15pm Women's Long Jump
Men's Triple Jump
Men's Pole Vault
7:00pm Women's Shot Put
Men's High Jump

Running Events

2:00pm Heptathlon 60m Hurdles	
3:55pm Heptathlon 1000m	
4:00pm 3k (Men)	Final
4:15pm 3k (Women)	Final
5:00pm 60m Hurdles (Women)	Prelims
5:10pm 60m Hurdles (Men)	Prelims
5:20pm 60m Dash (Men)	Prelims
5:25pm 60 Dash (Women)	Prelims
5:35pm 60m Hurdles (Men)	Final
5:40pm 60m Hurdles (Women)	Final
5:45pm 60m Dash (Men)	Final
5:50pm 60m Dash (Women)	Final
5:55pm Mile Run (Men)	Final
6:05pm Mile Run (Women)	Final
6:20pm 400m Dash (Men)	Final
6:30pm 400m Dash (Women)	Final
6:45pm 800m Run (Men)	Final
6:55pm 800m Run (Women)	Final
7:05pm 1000m Run (Men)	Final
7:15pm 1000m Run (Women)	Final
7:20pm 200m Dash (Men)	Final
7:25pm 200m Dash (Women)	Final
7:40pm 5k (Men) 15:49 and faster	Final
8:00pm 5k (Women)	Final
8:20pm 4x400m Relay (Men)	Final
8:30pm 4x400m Relay (Women)	Final
8:45pm 5k (Men) 15:50 and slower	Final

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