Meet Information

2014
Darius Dixon
Memorial Invitational
December 3-4 • Tolsma Indoor Track
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 Fee: $300/team or $600 for 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 December 1st at 5:00pm

Scoring and Seeding:
To comply with recent NCAA Division I legislation, all Division I teams will be scored separately from all other competitors. All competitors in running and field events will be seeded together except for the finals of the men’s and women’s 60m and 60m Hurdles. These events will have separate finals for Division I athletes and one for all other competitors.

Starting Heights:

<table>
<thead>
<tr>
<th>Event</th>
<th>Men</th>
<th>Women</th>
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</thead>
<tbody>
<tr>
<td>High Jump</td>
<td>1.74m</td>
<td>1.45m</td>
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<tr>
<td>Pole Vault</td>
<td>3.80m</td>
<td>2.60m</td>
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Facility:

Location: Liberty University’s Tolsma Indoor Track Center, Liberty University Green Hall
1971 University Blvd. Lynchburg, VA 24515  Google Maps Address

Facility Layout: The facility is a 200m flat track with Mondo surface and eight 42” lanes on the straightaway and four 42” lanes on the curve. The facility seats 1,000.

Field Events: There are two horizontal jumps pits; one for long jump and one for triple jump.

Takeoff boards:
- Long Jump: 11’ 10”
- Women’s Triple Jump: 32’ 2”
- Men’s Triple Jump: 41’ 2”

Runway Length:
- Long Jump: 135’ 1”
- Women’s Triple Jump: 129’ 5”
- Men’s Triple Jump: 120’ 5”
- Pole Vault: 135’
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**Athletic Trainers:**
A Certified Athletic Trainer will be available for limited services. If you are unable to travel with your team please email megreen1@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 this link for any other information.

**Parking:**
Parking information will be announced here the week of the meet.

** Implements:**
Implement weigh in will take place at the site of competition. All implements must be checked in an hour before the event starts in order to be used. All implements must meet the NCAA rules.

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

** Athlete Check-In:**
Athletes must check in at the starting line of their event or at the field event site 15 minutes prior to the scheduled start of their event.

**Spikes:**
¼ Inch pyramids are the only acceptable spikes. Spikes will be checked at the check-in site.

**Tape:**
Only athletic tape may be used as markers for the jumps. NO chalk or other type of tape allowed.

**Further Information:**
Contact Ashley Bookbinder at agteer@liberty.edu or call (434) 582-2135.
Darius Dixon Memorial Invitational

December 3-4, 2014 || FINAL Time Schedule

Wednesday Events

1:30pm  Pentathlon 60mH
1:45pm  Heptathlon 60m
2:00pm  Pentathlon HJ
2:20pm  Heptathlon LJ
3:00pm  Heptathlon SP
4:00pm  Pentathlon HJ
4:00pm  Pentathlon SP
5:00pm  Pentathlon LJ
      Women’s Pole Vault (Section 1)
      Women’s Weight Throw
5:45pm  Pentathlon 800m
6:15pm  Women’s Pole Vault (Section 2)
6:30pm  Women’s 5000m Run
7:00pm  Men’s 5000m Run

Thursday Field Events

9:30am  Women’s Triple Jump
        Men’s Long Jump
10:00am  Men’s Weight Throw
11:45am  Women’s Shot Put
12:15pm  Men’s Heptathlon PV
1:00pm  Women’s Long Jump
        Men’s Triple Jump
        Women’s High Jump
2:00pm  Men’s Pole Vault
2:30pm  Men’s Shot Put
        Men’s High Jump

Thursday Running Events

10:55am  National Anthem followed by
         Darius Dixon Recognition
11:00am  60m Hurdles (Women) Prelims
         60m Hurdles (Men) Prelims
         60m Hurdles (Hept Men)
11:30am  60m Dash (Men) Prelims
         60 Dash (Women) Prelims
12:15pm  60m Dash (Men) Final
12:20pm  60m Dash (Women) Final
         (Section A / Section B)*
12:30pm  60m Hurdles (Men) Final
12:35pm  60m Hurdles (Women) Final
         (Section A / Section B)*
12:45pm  Mile Run (Men) Final
1:00pm 400m Dash (Men) Final
        400m Dash (Women) Final
1:35pm  500m Dash (Men) Final
        500m Dash (Women) Final
1:45pm  800m Run (Men) Final
        800m Run (Women) Final
1:55pm  1000m Run (Men) Final
        1000m Run (Women)
2:10pm  200m Dash (Men) Final
        200m Dash (Women) Final
2:45pm  3000m Run (Men) Final
        3000m Run (Women) Final
3:15pm  4x400m Relay (Men) Final
        4x400m Relay (Women) Final
3:30pm  Hept 1,000m

*Section A Final is top 8 NCAA Div I athletes
Section B Final is top 8 non-Div I athletes
# Hotel Accommodations

<table>
<thead>
<tr>
<th>FLAMES DIAMOND HOTEL PROPERTY</th>
<th>AFFILIATED HOTEL PROPERTY</th>
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<tbody>
<tr>
<td><strong>Extended Stay</strong>&lt;br&gt;1910 University Blvd.&lt;br&gt;Lynchburg, VA 24502&lt;br&gt;434-239-8863</td>
<td><strong>Kirkley Hotel</strong>&lt;br&gt;2900 Candlers Mountain Road&lt;br&gt;Lynchburg, VA 24502 434-237-6333</td>
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<td><strong>FLAMES PREFERRED HOTEL PROPERTY</strong></td>
<td><strong>Hampton Inn</strong>&lt;br&gt;5604 Seminole Avenue Lynchburg, VA 24502 434-237-2704</td>
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<td><strong>Courtyard by Marriott</strong>&lt;br&gt;4640 Murray Place/Candlers Mountain Road&lt;br&gt;Lynchburg, Virginia 24502&lt;br&gt;434-846-7900</td>
<td><strong>Spring Hill Suites</strong>&lt;br&gt;15171 Wards Road&lt;br&gt;Lynchburg, VA 24502&lt;br&gt;434-237-5848</td>
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<td><strong>Quality Inn</strong>&lt;br&gt;3125 Albert Lankford Drive&lt;br&gt;Lynchburg, VA 24501&lt;br&gt;434-847-9041</td>
<td><strong>Holiday Inn Express</strong>&lt;br&gt;5600 Seminole Avenue Lynchburg, VA 24501 434-237-7771</td>
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<td><strong>Super 8</strong>&lt;br&gt;3736 Candlers Mountain Road&lt;br&gt;Lynchburg, VA 24502&lt;br&gt;434-846-1668</td>
<td><strong>Hilton Garden Inn</strong>&lt;br&gt;4025 Wards Road Lynchburg, VA 24502 434-239-3006</td>
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<td><strong>Wingate Hotel</strong>&lt;br&gt;3777 Candlers Mountain Road&lt;br&gt;Lynchburg, VA 24502&lt;br&gt;877-477-5817</td>
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Restaurant Guide

**FLAMES DIAMOND DINING PROPERTY**

**Chick-fil-A Wards Road**
4003 Wards Road
Lynchburg, VA 24502
434-239-2557

**Domino’s Pizza**
“The Official Pizza of Liberty Flames Athletics”
5501 Fort Avenue
Lynchburg, VA 24502
434-237-7788

**Golden Corral**
4005 Wards Road
Lynchburg, VA 25402
434-832-6440

**Sodexo/LU Dining**
1971 University Boulevard
Lynchburg, VA 24502
434-582-2262

**McDonald’s**
4030 Wards Road
Lynchburg, VA 24502
434-239-3257

**Chick-fil-A (River Ridge Mall)**
3405 Candlers Mountain Road
Lynchburg, VA 24502
434-237-5231

**Taco Bell**
2802 Candlers Mountain Road
Lynchburg, VA 24502
434-237-3965

**Subway**
3501 Campbell Ave
Lynchburg, VA 24501
434-846-7827

**FLAMES PREFERRED DINING PROPERTY**

**Jersey Mike’s**
3919 Wards Road Lynchburg, VA 24502
434-582-1300

**Macado’s**
3744 Candlers Mountain Road
Lynchburg, VA 24502
434-845-6464

**Panera Bread**
3911 Wards Road
Lynchburg, VA 24502
434-239-6992

**The Crown**
6120 Fort Avenue
Lynchburg, VA 24502
434-239-7744

**Dairy Queen**
8021 Timberlake Road
Lynchburg, VA 24502
434-237-7030

**Bloop Frozen Yogurt**
3700 Candlers Mountain Road
Lynchburg, VA 24502
434-528-4148

**Texas Roadhouse**
3816 Wards Road
Lynchburg, VA 24502
434-237-1516

**OTHER AFFILIATED DINING PROPERTIES**

**Bojangles**
7819 Timberlake Road
Lynchburg, VA 24502
434-485-7016

**Ledo Pizza**
120 Simons Run Suite G
Lynchburg, VA 24502
434-237-9495

**Carol’s Place**
15173 Forest Road
Forest, VA 24551
434-525-9181

**Quiznos**
18013 Forest Road Suite A
Forest, VA 24551
434-316-0001

**Shaker’s**
3401 Candlers Mountain Road
Lynchburg, VA 24502
434-847-7425

**Lil Cucci’s**
14805 Forest Road #105
Forest, VA 24502
434-525-9510