

3rd Annual Brant Tolsma Invitational ***January 19th-21st, 2023***



Meet Information

Important Dates:

Date	Time	Deadline
Thursday, December 1st	12:00 AM EST	Entries Open on Direct Athletics (www.directathletics.com)
Monday, January 16th	9:00 PM EST	Entry Deadline
Tuesday, January 17th	5:00 PM EST	Performance List Posted
Wednesday, January 18th	5:00 PM EST	Heat Sheets Posted

Entries:

All teams must email the Meet Director, Mark Fairley (libertymeets@gmail.com) in order to receive an invitation to the meet in Direct Athletics. Entries will only be accepted through Direct Athletics at www.directathletics.com.

Entry Limit: Three entries per team/per event. Entry standards will be enforced for all running and horizontal jumps. Please be considerate and use accurate seeding marks to improve overall meet quality. *There can be an exception to the three entries per team/per event rule. Please email libertymeets@gmail.com to request that specific change.

Combined Events: Only the top 16 entries will be accepted into the meet. Applications for entry are due January 9th, 2023. Fill out the google survey (Link later in the packet) Performance lists for these two events will be emailed to the coaches and posted online January 13th, 2023

Entry Fee: \$600/team or \$1200 men and women's team. Individual entries will be \$35 dollars per athlete and \$50 per Heptathlon/Pentathlon entry. Entry fees will be charged based upon online entry at deadline, not upon participation.

Unattached Athletes: Unattached athletes will be accepted into the meet on a limited basis. Interested athletes should contact Mark Fairley (libertymeets@gmail.com) to **request entry**. All entry requests must be submitted PRIOR TO the entry deadline.

Scratches: In order to provide the most competitive heats/sections as possible, please submit all scratches in one email to Mark Fairley (libertymeets@gmail.com) by 12:00 p.m. on Wednesday, January 18th, 2023.

Payment Process: Individual entry fees MUST be paid online. Team payments can be accepted online, or by check. Checks must be received by Monday, January 16th, 2023. No entry fees will be taken at the competition site.

Checks payable to: Liberty University

Checks can be mailed to:

Liberty University Track & Field Office
Att: Mark Fairley
1971 University Blvd
Lynchburg, VA 24515

Entry Standards:

Event	Women	Men
60m Dash	8.60	7.50
60m Hurdles	9.60	9.40
200m Dash	26.50	24.00
400m Dash	62.00	53.00
800m Run	2:33.00	1:58.00
Mile Run	5:30.00	4:35.00
3000m Run	11:10.00	9:25.00
5000m Run	19:15.00	16:15.00
High Jump	1.50 m	1.80 m
Pole Vault	3.00 m	4.00 m
Triple Jump	10.00 m	12.80 m
Long Jump	4.60 m	6.00 m
Weight Throw	11.70 m	12.50 m
Shot Put	10.50 m	12.00 m
Pent/Hept	Top 16 entries	Top 16 entries

Declarations:

There will be Declarations for the 200m and 400m. You must declare at the declaration area for those events. Athletes/Coaches will have up to 1 hour before the event to Declare for the 200m/400m. Athletes that are not declared will be SCRATCHED from the event.

Results:

Meet results will be posted online at www.blueridgetiming.com

Athletes Check-In:

All field event athletes will be required to check-in at their event site 15 minutes prior to the scheduled start of their event. All running event athletes must declare 60 minutes prior to the start of their race. Heat and lane assignments will be posted 30 minutes prior to the start of the scheduled event.

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.

Facility:

Location: Liberty Indoor Track Complex – 1531 Liberty Mountain Dr. Lynchburg, VA 24502.

The new indoor track facility is located off of Candler's Mountain Road, underneath the LU monogram. The road leading back to the indoor track from Candler's Mountain Road may be found across from Fairfield Inn & Suites.

Facility Layout: The facility houses a hydraulically banked 200-meter track oval. Eight 42" lanes on the infield straightaway and six 42" lanes on the curve. The facility has over 1400 permanent seats and additional portable seating. The infield holds two horizontal jump and two pole vault runways. Throwing circle is outside the oval.

Pre-Meet Practice/Shakeout:

The Facility will be open Wednesday, January 18th for a shakeout/practice from 5:30 pm-7:30 pm.

Takeoff boards:

Long Jump	10'
Women's Triple Jump	35'
Men's Triple Jump	41'

Runway Length:

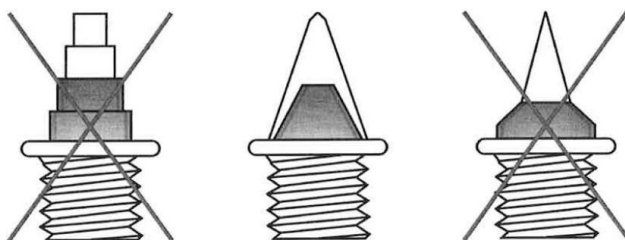
Long Jump	163'
Women's Triple Jump	138'
Men's Triple Jump	132'
Pole Vault	135'

Athletic Trainers:

A Certified Athletic Trainer will be available for limited services. If you are unable to travel with your team please email Noah Wilson (nawilson1@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).

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 Mark Fairley at libertymeets@gmail.com



Combined Events Application Heptathlon

Please fill out attached form on Google Forms by clicking [here](#) no later than January 9th, 2023

Please confirm that you have filled out this form by emailing (libertymeets@gmail.com) no later than January 9th, 2023



Combined Events Application Pentathlon

Please fill out attached form on Google Forms by clicking [here](#) no later than January 9th, 2023

Please confirm that you have filled out this form by emailing libertymeets@gmail.com no later than January 9th, 2023

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January 19th-21st, 2023 *Tentative* Time Schedule



Thursday, January 19th, 2023

Thursday Events- Hept/Pent	
11:45 AM	Pentathlon 60mH
12:00 PM	Heptathlon 60m (Section 1)
12:30 PM	Pentathlon HJ
12:50 PM	Heptathlon LJ (Section 1)
2:00 PM	Heptathlon SP (Section 1)
2:45 PM	Heptathlon 60m (Section 2)
3:15 PM	Pentathlon SP
	Heptathlon LJ (Section 2)
	Heptathlon HJ (Section 1)
4:30 PM	Pentathlon LJ
	Heptathlon SP (Section 2)
5:30 PM	Heptathlon HJ (Section 2)
5:45 PM	Pentathlon 800 m

Friday, January 20th, 2023

Friday Hept Events	
11:30 AM	Heptathlon 60mH (Section 1)
12:05 PM	Heptathlon PV (Section 1)
1:30 PM	Heptathlon 60mH (Section 2)
2:05 PM	Heptathlon PV (Section 2)
2:30 PM	Heptathlon 1000 (Section 1)
4:30 PM	Heptathlon 1000 (Section 2)

Friday Field Events	
4:00 PM	Women's Weight Throw
	Women's Long Jump
5:00 PM	Womens PV (Lower Section <3.69m)
5:30 PM	Men's Long Jump
6:00 PM	Men's Weight Throw

Friday Running Events	
6:00 PM	200m Dash (Men) Final
6:20 PM	200m Dash (Men) Final
6:45 PM	5000m Run (Men) Final
7:10 PM	5000m Run (Women) Final

Saturday January 21st, 2023

Saturday Field Events	
11:00 AM	Women's High Jump (Men to Follow)
	Women's Shot Put
	Men's Triple Jump (Women to Follow)
11:30 AM	Women's PV (Higher Section >3.70)
12:45 PM	Women's Triple Jump
1:00 PM	Men's Shot Put
2:30 PM	Men's PV (Following Women's PV)

Saturday Running Events	
10:50 AM	National Anthem and Prayer
11:00 AM	60m Hurdles (Women) Prelims
11:20 AM	60m Hurdles (Men) Prelims
11:35 AM	Mile Run (Women) Final
12:00 PM	60m Dash (Men) Prelim
12:15 PM	60m Dash (Women) Prelim
12:35 PM	60m Hurdles (Men/Women) Final
12:45 PM	Mile Run (Men) Final
1:10 PM	60m Dash (Men/Women) Final
1:30 PM	400m Dash (Men) Final
2:00 PM	400m Dash (Women) Final
2:30 PM	800m Run (Men) Final
2:45 PM	800m Run (Women) Final
3:15 PM	1000m Run (Men) Final
3:40 PM	1000m Run (Women) Final
4:10 PM	4X400m Relay (Men) Final
4:20 PM	4X400m Relay (Women) Final

