

Meet Information



Liberty Flames High School Invitational

December 10th, 2022

Liberty Indoor Track Complex

Entry Deadline: The deadline for entries will be **Tuesday, December 6th at 9:00pm**

The meet will open on September 4th, 2022 at Midnight

Entries:

Only athletes competing for their Virginia, North Carolina, Maryland, Pennsylvania, or District of Columbia high school can enter this meet. All teams must enter through Milesplit at

https://va.milesplit.com/meets/487165-liberty-flames-high-school-invitational-2023#.YrWp_C-B1-o

You must enter your team on Milesplit in order to be entered in the meet (*No Exceptions*). Please be considerate and use accurate seeding marks to improve overall meet quality. * Only verified marks will be honored*

Entry Fee: Entry fee will be \$10 dollars per athlete per event. \$20 dollars per Relay. Entry fee will be charged based upon online entry at deadline, not upon participation. Example: John Smith runs the 55m, pole vault, and long jump. His entry fee will be \$30 dollars.

Please Make Checks Payable to Integrity Track Club (Mail in or Bring check to Packet Pick up at meet)

Mail to:

**Integrity Track Club
17058 Wyatts Way
Evington, VA 24550**

Facility:

Address: 1501 Liberty Mountain Dr. Lynchburg, VA 24502

Location: The Liberty University Indoor Track Complex 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, whose address is 3777 Candler's Mountain Road, Lynchburg, VA 24502.

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.

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'

Starting Heights:

Pole Vault Girls-Starts at 7'0" then by 6 inches.

Pole Vault Boys - 8' 9' 10' then by 6 inches.

High Jump Girls- 4'2" then by 2 inches.

High Jump Boys-5'0" then by 2 inches.

Minimum measured marks:

In the Shot, LJ and TJ each competitor will get the first legal attempt measured then must hit the following minimum mark to get measured

Girls: shot – 23', LJ 13', TJ 27'

Boys: shot – 33', LJ 17' TJ 36'

Athlete 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 check-in 30 minutes prior to the start of their event. Heat and lane assignments will be posted after Coaches' meeting.

Implements:

Implement weigh-ins 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.

Athletic Trainers:

A Certified Athletic Trainer will be available for first-aid services only. If an athletic trainer is unable to attend the meet with your team you must send a kit with supplies (tape, pre-wrap, band-aids). Ice will be available for injuries that occur.

Seeding:

Seeding procedures will be decided by the games committee based on the number of entries. All running events will be seeded slow to fast.

Results:

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

Spikes:

¼ Inch pyramids are the only acceptable spikes. Spikes will be checked and marked at the check-in site. No athletes will be permitted to compete without proper marking on their spikes.



Tape:

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

Coaches Meals/Other Coaches Information:

Two coaches (extra tickets will be \$5 each) from each school will receive concession vouchers. There will be a coaches meeting in the lobby entrance 30 minutes prior to the first scheduled event.

Parking:

There is ample bus and spectator parking at the facility.

Awards:

There will be awards for the top 3 finishers in each event for boys and girls.

Spectator information:

Spectators will be allowed for an entry fee of \$10 for Adults and \$5 for Students.

Doors will open 90 minutes before the first scheduled event.

T-shirts will be available for purchase at the site of the meet.

Concessions will also be available throughout the meet for spectators and athletes.

Further Information: Contact libertymeets@gmail.com for further information and questions.

Liberty Flames HS Invitational

December 10th, 2022 *Tentative* Time Schedule



Running Events

Oval and Straight events will occur simultaneously	
9:30 AM	4X800m Relay Finals (Girls/Boys)
10:00 AM	55m Dash Trials (Girls/Boys)
11:00 AM	1600m Run (Girls)
11:25 AM	55m Hurdle Trials (Girls/Boys)
11:35 AM	1600m Run (Boys)
12:20 PM	55m Hurdle Finals (Girls/Boys)
12:20 PM	500m Dash Finals (Girls/Boys)
12:30 PM	55m Dash Finals (Girls/Boys)
1:15 PM	4X200m Relay Finals (Girls/Boys)
2:00 PM	1000m Run Finals (Girls/Boys)
2:50 PM	300m Dash Finals (Girls/Boys)
Rolling Schedule After the 300m Dashes	
4:00 PM	3200m Seeded Section 1 (Girls- 12:15 or faster, Boys- 11:00 or faster)
4:40 PM	4X400m Relay (Girls/Boys)
5:50 PM	3200m Unseeded Section 2 (Girls/Boys)

Field Events

9:30 AM	Long Jump (Girls- Unseeded Sections)
	Long Jump (Boys- Unseeded Sections)
	Shot Put (Boys)
	Pole Vault (Girls)
10:30 AM	High Jump (Girls)
12:00 PM	Long Jump (Girls- Seeded Section- Top 30)
	Long Jump (Boys- Seeded Section- Top 30)
1:00 PM	Pole Vault (Boys)
1:30 PM	High Jump (Boys)
2:00 PM	Shot Put (Girls)
3:00 PM	Triple Jump (Girls)
	Triple Jump (Boys)