

# ***Liberty Kickoff***

## ***December 1st & 2nd, 2022***



### **Meet Information**

#### **Important Dates:**

<b>Date</b>	<b>Time</b>	<b>Deadline</b>
Tuesday, November 1st	12:00 AM EST	Entries Open on Direct Athletics ( <a href="http://www.directathletics.com">www.directathletics.com</a> )
Monday, November 28th	9:00 PM EST	<b>Entry Deadline</b>
Tuesday, November 29th	5:00 PM EST	Performance List Posted
Wednesday, November 30th	5:00 PM EST	Heat Sheets Posted

#### **Entries:**

All teams must email the Meet Director, Mark Fairley ([libertymeets@gmail.com](mailto: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](http://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](mailto: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 November 17th, 2022. 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 November 28th, 2022.

**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](mailto: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 Tuesday, November 29th 2022.

**Payment Process:** Individual entry fees MUST be paid online. Team payments can be accepted online, or, by check. Checks must be received by Monday, November 28th, 2022. 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

## **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](http://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, November 30th 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:**

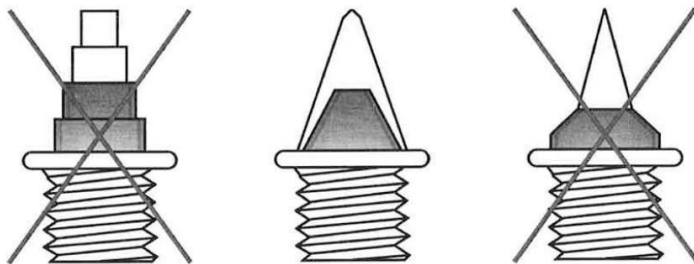
Long Jump	163'
Women's Triple Jump	138'
Men's Triple Jump	132'
Pole Vault	135'

### **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](mailto: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:**

1/4 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](mailto:libertymeets@gmail.com)



# Combined Events Application Heptathlon

Please fill out attached form on Google Forms by clicking [here](#) no later than November 17<sup>th</sup>, 2022

Please confirm that you have filled out this form by emailing [libertymeets@gmail.com](mailto:libertymeets@gmail.com) no later than Nov 17, 2022



# Combined Events Application Pentathlon

Please fill out attached form on Google Forms by clicking [here](#) no later than November 17<sup>th</sup>, 2022

Please confirm that you have filled out this form by emailing [libertymeets@gmail.com](mailto:libertymeets@gmail.com) no later than Nov 17th, 2022

# Liberty Kickoff Invitational

December 1st-2nd, 2022 *Final* Time Schedule



## Thursday, December 1st, 2022

Thursday Hept/Pent Events	
12:00 PM	Pentathlon 60mH
12:35 PM	Pentathlon HJ
1:00 PM	Heptathlon 60m
1:35 PM	Heptathlon LJ
2:00 PM	Pentathlon SP
2:45 PM	Heptathlon SP
3:00 PM	Pentathlon LJ
3:45 PM	Heptathlon HJ
4:00 PM	Pentathlon 800m

Thursday Field Events	
4:00 PM	Women's Weight Throw
4:30 PM	Women's Long Jump
4:30 PM	Women's Pole Vault
5:30 PM	Men's Long Jump
5:15 PM	Men's Weight Throw

Thursday Running Events	
6:00 PM	3000m Run (Men) Final
	3000m Run (Women) Final
6:30 PM	Mile Run (Men) Final
	Mile Run (Women) Final
6:45 PM	5000m Run (Men) Final
	5000m Run (Women) Final

## Friday, December 2nd, 2022

Friday Hept Events	
11:00 AM	Heptathlon 60mH
11:35 AM	Heptathlon Pole Vault
1:30 PM	Heptathlon 1000m

Friday Field Events	
11:30 AM	Women's HJ (Men to Follow)
11:30 AM	Women's SP (Men to Follow)
11:30 AM	Men's TJ (Women to Follow)
1:30 PM	Men's PV (45 min after Hep PV)

Friday Running Events	
11:30 AM	60m Hurdles (Men) Prelims
	60m Hurdles (Women) Prelims
11:50 AM	60m Dash (Men) Prelims
	60m Dash (Men) Prelims
12:05 PM	National Anthem and Prayer
12:15 PM	60m Hurdles (Women) Final
	60m Hurdles (Men) Final
12:30 PM	60m Dash (Men) Final
	60m Dash (Men) Final
12:40 PM	1000m Run (Men) Final
	1000m Run (Women) Final
12:55 PM	400m Dash (Men) Final
	400m Dash (Women) Final
1:15 PM	500m Dash (Men) Final
	500m Dash (Women) Final
1:25 PM	300m Dash (Men) Final
	300m Dash (Women) Final
1:40 PM	800m Run (Men) Final
	800m Run (Women) Final
1:55 PM	200m Dash (Men) Final
	200m Dash (Women) Final
2:45 PM	4X400m Relay (Men) Final
	4X400m Relay (Women) Final