

# **Meet Information**



***Liberty University***  
***High School Opener***

***December 7, 2019***  
***Liberty Indoor Track Complex***

## **Entries:**

Only athletes competing for their Virginia, West Virginia, North Carolina, South Carolina, Tennessee, Maryland, Pennsylvania, or District of Columbia high school can enter this meet. All teams must enter through Direct Athletics at [www.directathletics.com](http://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:** 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 to:**

**Integrity Track Club  
698 Willow Oak Terrace  
Forest, VA 24551**

**Entry Deadline:** The deadline for entries will be **Monday, December 2, 2019 at 7:00pm**

## **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-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.

### **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 number of entries. All running events will be seeded slow to fast.

### **Results:**

Meet results will be posted online at [www.directathletics.com](http://www.directathletics.com) and [www.libertyflames.com](http://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:**

Two coaches (extra tickets will be \$5 each) from each school will receive concession vouchers.

### **Parking:**

There is ample bus and spectator parking at the facility

### **Further Information:**

Contact Jaiden Brandt at [jbrandt@liberty.edu](mailto:jbrandt@liberty.edu) or call (434) 582-2135.



# Liberty University High School Opener

December 7, 2019  
Tentative Meet Schedule

## Field Events:

9:30 am Girls -LJ/TJ to follow  
Boys-LJ/TJ to follow  
Boys-SP  
Girls-PV  
10:30 am Girls -HJ  
12:30 pm Girls -SP  
Boys-PV  
Boys-HJ

## Running Events:

9:00 Coaches' Meeting  
9:30 4x800m Relay Finals (Girls/Boys)  
10:00 55 Meter Dash Trials (Girls/Boys)  
10:40 55 Meter Hurdle Trials (Girls/Boys)  
11:00 1600m Run (Girls)  
11:30 1600m Run (Boys)  
12:05 55 Meter Hurdle Finals (Boys/Girls)  
12:15 55 Meter Dash Finals (Girls/Boys)  
12:25 500 Meter Dash Finals (Girls/Boys)  
1:05 4x200 Meter Relay Finals (Girls/Boys)  
1:50 1000 Meter Run Finals (Girls/Boys)  
2:20 300 Meter Dash Finals (Girls/Boys)  
3:05 3200m Run (Girls/Boys)  
3:35 4x400m Relay (Girls/Boys)