

Meet Information



Liberty Christmas High School Invitational

December 14, 2019

Liberty Indoor Track Complex

Entries:

Only athletes competing for their Virginia, West Virginia, North Carolina, South Carolina, Tennessee, Maryland, District of Columbia, or Pennsylvania high school can enter this meet. 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: 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 9, 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 the 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. Running events will be seeded slow to fast.

Results:

Meet results will be posted online at www.directathletics.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.

Spectators:

Coaches Meals:

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

Further Information:

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



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Tentative Time Schedule

Field Events:

9:00 am	Girls Long Jump (Open pit flight 1 - Seed mark under 15') Boys Long Jump (Open pit flight 1 – Seed mark under 18') Boys Shot Put (flight 1 of 4)
9:30am	Girls Pole Vault
10:00am	Girls High Jump
*11:00am	Girls Long Jump (Open pit flight 2 – Seed mark over 15') Boys Long Jump (Open pit flight 2 – Seed mark over 18')
1:00pm	Boys Pole Vault Girls Shot Put (or following Boy's Shot Put)
1:30pm	Girls Triple Jump (Open pit - on spectator side) Boys Triple Jump (Open pit) Boys High Jump

Running Events:

9:00am	4x800m Relay Finals (Girls)
9:30am	4x800m Relay Finals (Boys) 55 Meter Dash Trials (Girls)
*10:00am	1600m Run (Girls)
10:10am	55 Meter Dash Trials (Boys)
10:50am	55 Meter Hurdle Trials (Girls)
*11:00am	1600m Run (Boys) 55 Meter Hurdle Trials (Boys)
11:45am	55 Meter Hurdle Finals (Boys/Girls)
11:55am	55 Meter Dash Finals (Girls/Boys)
12:15pm	500 Meter Dash Finals (Girls/Boys)
1:25pm	4x200 Meter Relay Finals (Girls/Boys) Blocks for fastest 2 sections only
2:30pm	1000 Meter Run Finals (Girls/Boys)
3:30pm	300 Meter Dash Finals (Girls/Boys) Blocks for 4 fastest sections only
5:00pm	3200m Run (Girls/Boys fast section)
5:30pm	4x400m Relay (Girls/Boys)
Approx. 6:30pm	3200m (Girls/Boys remaining sections)

*Denotes changes to Final Time Schedule