

# **Meet Information**



## ***Liberty Flames*** ***Invite***

***February 1, 2020***

**This Meet is by Invitation Only**

## **Entries:**

All teams must email the Meet Director, Jaiden Brandt ([jlbrandt@liberty.edu](mailto:jlbrandt@liberty.edu)) prior to December 1, 2019 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 Fee:** \$500/team or \$1000 men and women's team. Individual entries will be \$35 dollars per athlete. 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 Jaiden Brandt ([jlbrandt@liberty.edu](mailto:jlbrandt@liberty.edu)) 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 Jaiden Brandt ([jlbrandt@liberty.edu](mailto:jlbrandt@liberty.edu)) by 12:00 p.m., on Thursday, January 30, 2020.

**Payment Process:** Individual entry fees MUST be paid online. Team payments can be accepted online, or, by check. Checks must be received prior to January 24, 2020. 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: Jaiden Brandt  
1971 University Blvd  
Lynchburg, VA 24515

**Entry Deadline:** The deadline for entries will be **Tuesday, January 28, 2020 at 5:00pm**

**Performance list:** Will be posted Wednesday, January 29, 2020.

## **Results:**

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

## **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 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.

## **Starting Heights:**

	<b>Men</b>	<b>Women</b>
High Jump	1.83m	1.52m
Pole Vault	4.30m	3.20m

## **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.

## **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:**

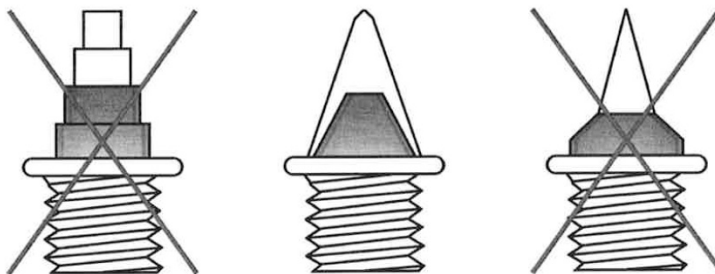
A Certified Athletic Trainer will be available for limited services. If you are unable to travel with your team please email [kmkelenic@liberty.edu](mailto:kmkelenic@liberty.edu) at least one week in advance. Also please send a kit along with your team if you cannot attend. For those that do make the trip, heat and ice will be available. (Modalities available when requests are made in advance).

## **Parking:**

Spectator and bus parking will be available at the facility

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



# Important Deadlines

**Dec. 1** – Deadline to email Jaiden Brandt ([jlbrandt@liberty.edu](mailto:jlbrandt@liberty.edu)) to receive an invitation into the meet

**Jan. 28 (5 p.m.)** – Entry deadline

**Jan. 29** – Performance list will be posted at LibertyFlames.com

**Jan. 24** – Deadline to receive team payment checks

**Jan. 30 (Noon)** – Deadline to submit scratches to Jaiden Brandt ([jlbrandt@liberty.edu](mailto:jlbrandt@liberty.edu))

**Meet Day** – Running event athletes must declare 60 minutes prior to the start of their race in order to compete



# Liberty Flames Invite

February 1, 2020 || Tentative Time Schedule

## Saturday Running Events

10:00am	Men's 5000m Women's 5000m
10:45am	60m Hurdles (Men) Prelims 60m Hurdles(Women)Prelims
11:05am	60m Dash (Men) Prelims 60 Dash (Women) Prelims
11:25am	National Anthem and Prayer
11:30am	60m Hurdles (Women) Final 60m Hurdles (Men) Final
11:45am	60m Dash (Men) Final 60m Dash (Women) Final
12:00pm	Mile Run (Men) Final Mile Run (Women) Final
12:30pm	400m Dash (Men) Final 400m Dash (Women) Final
12:55pm	500m Dash (Men) Final 500m Dash (Women) Final
1:00pm	800m Run (Men) Final 800m Run (Women) Final
1:15pm	1000m Run (Men) Final 1000m Run (Women)
1:30pm	200m Dash (Men) Final 200m Dash (Women) Final
2:00pm	3000m Run (Men) Final 3000m Run (Women) Final
2:45pm	4x400m Relay(Men)Final 4x400m Relay(Women)Final

## Saturday Field Events

9:00m	Weight Throw (Men followed by Women)
10:00am	Long Jump (Men & Women) Pole Vault (Women)
12:00pm	High Jump (Men) Triple Jump (Men & Women)
	Shot Put (Men followed by Women)
1:00pm	Pole Vault (Men)
1:30pm	High Jump (Women)