

# **Meet Information**



***Liberty Kickoff***  
***January 24-25, 2020***

## **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 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.

**Combined Events:** Only the top 16 entries will be accepted into the meet. Applications for entry are due January 13, 2020. Performance lists for these two events will be emailed to the coaches and posted online January 17, 2020.

**Entry Fee:** \$500/team or \$1000 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 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 23, 2020.

**Payment Process:** Individual entry fees MUST be paid online. Team payments can be accepted online, or, by check. Checks must be received by January 17, 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 **Monday, January 20, 2020 at 5:00pm**

**Performance list:** Will be posted Tuesday, January 21, 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.

## **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:**

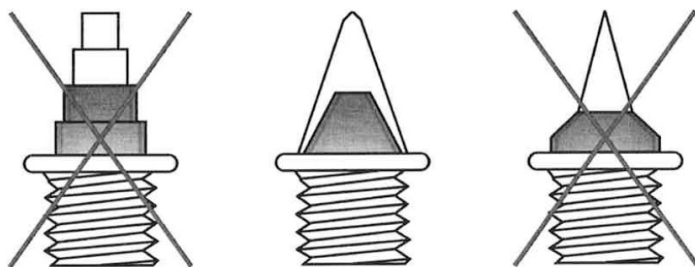
Long Jump	163'
Women's Triple Jump	138'
Men's Triple Jump	132'
Pole Vault	135'

## **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).

## **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 [jlbrandt@liberty.edu](mailto:jlbrandt@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. 13** – Entry application due for combined events

**Jan. 17** – Combined event accepted entries will be emailed out and posted on LibertyFlames.com

**Jan. 20 (5 p.m.)** – Entry deadline

**Jan. 21** – Performance list will be posted on LibertyFlames.com

**Jan. 17** – Deadline to receive team payment checks

**Jan. 23 (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



## Entry Standards

<b>Event</b>	<b>Women</b>	<b>Men</b>
60m	No Entry Standard	No Entry Standard
60mH	No Entry Standard	No Entry Standard
200m	29.50	24.50
400m	1:03.00	54.00
500m	1:29.00	1:13.00
800m	2:33.00	2:03.00
1000m	3:27.00	2:52.00
Mile	5:41.00	4:41.00
3000m	11:40.00	9:40.00
5000m	20:30.00	16:30.00
Long Jump	4.60m	5.80m
Triple Jump	9.50m	12.50m
Weight Throw	11.00m min. measured	12.00m min. measured
Shot Put	11.00m min. measured	11.00m min. measured
High Jump	Starting Height 1.45m	Starting Height 1.75m
Pole Vault	Starting Height 2.60m	Starting Height 3.80m
Pentathlon	Top 16 Entries	
Heptathlon		Top 16 Entries



# Combined Events Application Heptathlon

Name: \_\_\_\_\_

Team: \_\_\_\_\_

**Top Event Marks (metric measuring):**

60m \_\_\_\_\_

Long Jump \_\_\_\_\_

Shot Put \_\_\_\_\_

High Jump \_\_\_\_\_ Starting Height \_\_\_\_\_

60mH \_\_\_\_\_

Pole Vault \_\_\_\_\_ Starting Height \_\_\_\_\_

1000m \_\_\_\_\_

**Top Overall Score:** \_\_\_\_\_

Coach: \_\_\_\_\_

Contact email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Please email to Jaiden Brandt ([jlbrandt@liberty.edu](mailto:jlbrandt@liberty.edu)) no later than January 11, 2019



# Combined Events Application Pentathlon

**Name:** \_\_\_\_\_

**Team:** \_\_\_\_\_

**Top Event Marks (metric measurements):**

60mH \_\_\_\_\_

High Jump \_\_\_\_\_ Starting Height \_\_\_\_\_

Shot Put \_\_\_\_\_

Long Jump \_\_\_\_\_

800m \_\_\_\_\_

**Top Overall Score:** \_\_\_\_\_

Coach: \_\_\_\_\_

Contact email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Please email to Jaiden Brandt ([jlbrandt@liberty.edu](mailto:jlbrandt@liberty.edu)) no later than January 13, 2020**



# Liberty Kickoff

January 24-25, 2020 || Tentative Time Schedule

All running events will be run fast to slow

## Friday Events

12:30pm	Pentathlon 60mH
12:45pm	Heptathlon 60m
1:10pm	Pentathlon HJ
1:20pm	Heptathlon LJ
2:15pm	Heptathlon SP
3:00pm	Pentathlon SP
3:20pm	Heptathlon HJ
4:00pm	Pentathlon LJ
4:30pm	Women's Weight Throw
5:00pm	Women's Pole Vault (2 pits)
5:30pm	Men's 4X800m
5:45pm	Women's 4X800m
6:00pm	Pentathlon 800m
6:15pm	Men's 5000m Run
6:50pm	Women's 5000m Run

## Saturday Field Events

9:00am	Men's Weight Throw
9:30am	Women's Long Jump
	Men's Long Jump
11:00am	Women's High Jump (Men to Follow)
11:15am	Men's Heptathlon PV
12:00pm	Women's Shot Put (Men to Follow)
1:00pm	Men's Pole Vault
	Women's Triple Jump
	Men's Triple Jump

## Saturday Running Events

9:40am	Prayer and National Anthem
9:45am	60m Hurdles (Women) Timed Final
10:00am	60m Hurdles (Men) Timed Final
10:20am	60m Hurdles (Hept Men)
10:30am	60m Dash (Men) Timed Final
10:55am	60m Dash (Women) Timed Final
11:15am	Mile Run (Men) Final
11:45am	Mile Run (Women) Final
12:20pm	400m Dash (Men) Final
12:55pm	400m Dash (Women) Final
1:35pm	500m Dash (Men) Final
1:55pm	500m Dash (Women) Final
2:10pm	800m Run (Men) Final
2:35pm	800m Run (Women) Final
2:55pm	1000m Run (Men) Final
3:25pm	1000m Run (Women)
3:30pm	200m Dash (Men) Final
4:00pm	200m Dash (Women) Final
4:35pm	3000m Run (Men) Section 1
4:45pm	3000m Run (Women) Section 1
5:00pm	4x400m Relay (Men) Final
5:25pm	4x400m Relay (Women) Final
5:55pm	3000m (Men) Remaining Sections
6:30pm	3000m (Women) Remaining Sections
(TBD)	Hept 1,000m