



## Asics High School Invite January 18<sup>th</sup>-19<sup>th</sup>

All this information can be found online at [www.libertyflames.com](http://www.libertyflames.com)  
Questions regarding the content of this package should be directed to **Phill Sieg** at  
[pnsieg@liberty.edu](mailto:pnsieg@liberty.edu)

**Meet Location:** Liberty University's Tolsma Indoor Track Center

**Liberty University North Campus  
1971 University Blvd.  
Lynchburg, VA. 24501**

**Entries:** All Teams will enter through Direct Athletics. [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) Coaches "please be considerate and use accurate seeding marks to improve overall meet quality."*

### **ENTRIES INFORMATION - NOTE TO ALL COACHES**

Entries only will be accepted online via the Direct Athletics web-site at [www.directathletics.com](http://www.directathletics.com). Detailed instructions will be available online at [www.liberty.edu](http://www.liberty.edu). Questions regarding entry instructions should be e-mailed to [support@directathletics.com](mailto:support@directathletics.com)

Each coach must have a Direct Athletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through Direct Athletics.

If you already have a DirectAthletics account for your Track & Field team and know your username and password, then proceed as follows:

1. Go to [www.directathletics.com](http://www.directathletics.com)
2. In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)

If you do NOT know your username and password, proceed as follows:

1. Go to [www.directathletics.com](http://www.directathletics.com)
2. Click on the link "New User? Click HERE".
3. Follow onscreen instructions. You will be able to create a new TEAM account online or retrieve forgotten information for an existing account.

#### **Note About Direct Athletics Accounts**

Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account.

#### **Important Notes Regarding Online Entries**

- » For each relay squad, you must enter at least 4 and up to 8 relay athletes (4 + 4 alternates)
- » You must enter ALL athletes online in order for them to compete. This includes relay only athletes and relay alternates.
- » All schools (colleges/junior colleges/high schools) must enter athletes through a TEAM account. No unattached athletes may be entered through a TEAM account.

**Direct Athletic Rosters:** Remember that you must have your team roster set up on direct athletics then enter the meet or meets. You cannot just build a roster and expect to be entered in the meet.

**Confirmation of entry:** Direct athletics will list your entries for each meet that you entered. We will post the final performance list online on Wednesday the 16<sup>th</sup> by 5:00pm.

**Entry Fee:** Entry fee will be \$5 dollars per athlete per event. \$10 dollars per Relay. Entry fee will be charged based upon online entry at deadline and not upon who actually competes.

Example: John Smith runs the 55m, pole vault, and long jump. He will cost \$15 dollars.

#### **Weather Issues and Fee Implications**

If the track meet is cancelled due to bad weather, all entry fees will be refunded.

If the meet is held and athletes/teams do not participate due to school district travel policies, the school is still responsible to pay the entry fee. However, upon request, the team will receive a credit of 50% of that entry fee toward a future Liberty University high school track meet entry fee.

Unpaid no-shows will not be allowed to enter future meets until entire delinquent entry fee is paid.

**Entry Deadline:** The deadline for entries will be **Monday January 14<sup>th</sup> at 5:00pm** at this time DIRECT ATHLETICS will close the entries online. Calling Liberty will not reopen the entry process. This will be an absolute deadline for adding entries. Scratches will be allowed the day of competition but the entry fee will not change.

**Athletic Trainers:** Some space will be available for your team trainers and we will be providing student athletic trainers for limited assistance.

**Spikes:** Maximum Spike length will be ¼ inch in length. Judges and clerks will be checking shoes at check in for each event. Athletes will be disqualified for improper spikes. Pyramids Only!!

**Awards:** Awards are for the top 3 places in each event and special awards for the top male and female runner and top male and female field event athlete.

**Implements:** All implements must meet the NHSF rules. Implement weigh in will take place at the weigh in room on the north side of the track.

**Seeding:** Seeding procedures will be decided by the games committee based on number of entries.

**Starting Heights:** Pole Vault Girls-Starts at 6'6" up to 7'6" then by 6 inches.

Pole Vault Boys - 8' 9' 10' then by 6 inches.

High Jump Girls- 4'2" up to 4'6" then by 2 inches.

High Jump Boys-5'0" up to 5'4" then by 2 inches.

**Results:** Meet results will be posted online at [www.directathletics.com](http://www.directathletics.com) and at [www.libertyflames.com](http://www.libertyflames.com) One copy of the final results may be picked up by the coach at the end of each day.

**Coaches Meals:** Two coaches from each team will receive passes for meal in our hospitality room. Passes can be found in the team packets at check in. (Teams with more than two coaches will have to purchase tickets at 5 dollars each.) (NO EXCEPTIONS)

**Parking:** Venue information will be posted online as soon as the entry ways and facilities are completed. (Check Online)

**Revised Time Schedule**  
**Jan 18<sup>th</sup> – 19<sup>th</sup>, 2008**  
**Meet Schedule: Adjusted**

**Friday January 18<sup>th</sup>**

***Running***

**3:00pm- Track Opens**

**4:30pm- 300m Dash Final (Girls) 32 heats**

**5:15pm- 300m Dash Final (Boys) 42 heats**

**6:15pm- 55m Dash (Girls) 11 heats**

**6:45pm- 55m Dash (Boys) 16 heats**

**7:15pm-1600m Final (Girls) 9 heats**

**8:45pm-1600m Final (Boys) 12 heats**

***Field***

**Long Jump Prelim/Final (Girls)**

**High Jump Final (Boys)**

**Triple Jump Prelim/Final (Boys)**

**Pole Vault Final (Girls)**

**Saturday January 19<sup>th</sup>**

**7:30am- Track Opens**

**9:00am- 3200m Relay (Girls) 3 Heats**

**9:30am**

**Long Jump Prelim/Final (Boys)**

**High Jump Prelim/Final (Girls)**

**Triple Jump Prelim/Final (Girls)**

**Pole Vault Final Lower Division (Boys)**

**9:45am- 3200m Relay (Boys) 3 Heats**

**10:25am- 55m Hurdle Prelims (Boys) 9 Heats**

**10:45am- 55m Hurdle Prelims (Girls) 9 Heats**

**11:05am- 55m Dash Finals (Girls)**

**11:08am- 55m Dash Finals (Boys)**

**11:15am- 55m Hurdle Final (Girls)**

**11:20am- 55m Hurdle Final (Boys)**

**11:25am- 800m Relay Final (Girls) 12 Heats**

**12:10pm- 800m Relay Final (Boys) 13 Heats**

**1:00pm- 1000m Run Final (Girls) 11 Heats**

**1:55pm- 1000m Run Final (Boys) 13 Heats**

**2:55pm- 500m Dash Final (Girls) 24 Heats**

**3:55pm- 500m Dash Final (Boys) 25 Heats**

**4:45pm- 3200m Run Final (Girls) 3 Heats**

**5:35pm- 3200m Run Final (Boys) 5 Heats**

**6:45pm- 1600m Relay Final (Girls) 12 Heats**

**7:45pm- 1600m Relay Final (Boys) 13 Heats**

**Shot Put Prelim/Final (Girls/Boys)**

**Pole Vault Final Upper Div (Boys)**

## Hotels:

### **ACCOMMODATIONS FOR LU TRACK EVENTS** *The following are the closest hotels to Liberty University*



#### **WINGATE INN**

3777 Candler's Mtn. Road (Adjacent to Liberty University)  
Lynchburg, VA 24502  
434-845-1700; 1-888-494-6428

The WINGATE INN is Lynchburg's Premier Hotel and is located adjacent to Liberty University. Hotel features 40 item deluxe breakfast bar, 24 hour large, indoor, heated pool and a 15 person Jacuzzi, on site Nautilus Fitness Center, and free High Speed Internet Access. Executive Rooms feature 1 King or Two Queen Beds and VIP Rooms include Microwave and Refrigerator. [www.wingateinn.com](http://www.wingateinn.com)



#### **DAYS INN**

3320 Candler's Mtn. Road (Exit 8B off US 29)  
Lynchburg, VA 24502  
434-847-8655; 1-800-787-3297

The DAYS INN LYNCHBURG is not your typical Days Inn! For the past 12 years we have been members of the Days Inn "Chairman's Club", which honors the top 1% of Days Inns for their quality. We are also the only hotel in Lynchburg that offers a hot, cooked to order breakfast, which includes 2 Eggs, Pancakes, and Bacon. All rooms feature in-room coffee maker, hair dryer, iron and full size ironing board. Excellent location across the street from River Ridge Mall and adjacent to AMF Bowling Center. More than 40 restaurants are within a 2-mile drive! Liberty University is only ½ mile away! [www.daysinn.com](http://www.daysinn.com)



#### **KIRKLEY HOTEL**

2900 Candler's Mtn. Road  
Lynchburg, VA 24502  
866-510-6333 / 434-237-6333

The KIRKLEY HOTEL is located 2 minutes from Liberty University, Liberty Christian Academy and Thomas Road Baptist Church. The Kirkley Hotel and Conference center offers you luxury, comfort and hospitality. The 168 spacious, attractively furnished guest rooms and suites have large, comfortable beds, cable TV and 2-line telephones with data port. Suites feature a large dining room & wet bar and large living room area. Restaurant on site. [www.kirkleyhotel.com](http://www.kirkleyhotel.com)



#### **SLEEP INN**

3620 Candler's Mtn. Road  
Lynchburg, VA 24502  
434-846-6900 / 800-753-3746  
Fax 434-846-6989

The SLEEP INN LYNCHBURG is one of Lynchburg's NEWEST hotels and is only ½ from Liberty University. River Ridge Mall is also nearby. Rooms feature King or 2 Queen Beds with Walk-in Oversized Showers, Hair Dryers, Full-Size Irons & Ironing Boards, Coffee Makers, Voice Mail, Data Ports and 25" televisions with 60 channels. Hotel features Deluxe Continental Breakfast, Fitness Center and Complimentary Guest Laundry. Applebee's Restaurant (next door) offers complimentary appetizer with entrée purchase. 90% Smoke Free. [www.sleepinn.com](http://www.sleepinn.com)