



High School Invitational January 16-17, 2009

All this information can be found online at www.libertyflames.com
Questions regarding the content of this package should be directed to:
Lance Bingham at lbingham@liberty.edu

Meet Location: Liberty University's Tolsma Indoor Track Center

**Liberty University Campus North
1971 University Blvd.
Lynchburg, VA 24502**

Entries: All Teams will enter through Milestat at www.milestat.com.
You must enter your team on Milestat 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

Information for registering online can be found at <http://va.milesplit.us/help/faq/meetreg>
or the directions are listed below.

1. Login or Register - You must have a user name and password for Milesplit. To get that, if you don't have one, click register in the top right gray MileSplit bar directly under the Universal Sports logo and search box.

2. Claim Your Team - If you haven't already set this up, you must be registered as a coach or team administrator to register for a meet. In order to get set up, you go to your team page, and at the top right, click "Claim This Team." Choose either that you want to be a coach or team admin. Follow the instructions on that page. Apply and submit. Once you do that and are approved (usually within a few hours), you will receive a confirmation email and you'll be set to go to the next step.

3. Update Your Roster - If your team's roster is not already up to date, now is a good time to get any corrections made and add any additional athletes to it. Go to your team page, login, and you will see button that says "Team Administration" to the right of your team's name. Click that and then click roster on left hand toolbar. Enter or update your roster, adding any new athletes. To move graduated athletes to Alumni, simply add their graduation year and hit save.

4. Enter the Meet - Go to the season calendar and click on the green meet registration button of the meet you want to enter. Read and follow the instructions carefully and fill out the form completely. Once entered you'll see all of the available events/races listed out. To put your athletes into these events/races click the "Edit Entries" link by the event. On the following page, check the athletes you want in the race (putting in seed times if applicable), and click the save button at the bottom. Do this for each event/race. You will be able to change and update these entries until the entry deadline.

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 actual participation. Schools that do not attend because of an inclement weather policy may apply 50% of the paid fee to a future meet.

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

Entry Deadline and Limits: The deadline for entries will be **Monday January 12th at 5:00pm.** **LIMIT 3 ATHLETES PER TEAM IN THE 500m. ALL OTHER EVENTS ARE UNLIMITED.** 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.

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. Open pits will be used for the LJ and TJ prelims.

Starting Hts & Minimums : 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.

Each athlete will get one mark then must meet the minimum in the following:

GLJ – 13'6", GTJ – 28', GSH – 24', BLJ – 17', BTJ – 35', BSH – 34'

Results: Meet results will be posted online at www.milestat.com and at www.libertyflames.com

Coaches Meals: Two coaches (extra tickets will be \$5 each) from each team will receive passes for meal in our hospitality room.

Parking: Venue information is posted at:

https://www.liberty.edu/media/1912/track_field/Indoor%20Track%20Parking.pdf.

Driving Directions: Directions to the Indoor track can be found at the following:

https://www.liberty.edu/media/1912/track_field/Directions.pdf

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Adjusted time schedule

Friday January 16th

Running

3:15pm- Track Opens

4:15pm- 300m Dash Final (Girls)

4:30pm-

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

6:30pm- 55m Dash (Girls)

6:45pm-

7:00pm- 55m Dash (Boys)

7:45pm-1600m Final (Girls)

9:00pm-1600m Final (Boys)

Saturday January 17th

7:30am- Track Opens

8:45am- 3200m Relay (Girls)

9:30am

9:30am- 3200m Relay (Boys)

10:15am- 55m Hurdle Prelims (Boys)

10:35am- 55m Hurdle Prelims (Girls)

11:00am- 55m Dash Finals (Girls)

11:02am- 55m Dash Finals (Boys)

11:10am- 55m Hurdle Final (Girls)

11:15am- 55m Hurdle Final (Boys)

11:20am- 800m Relay Final (Girls)

12:20pm- 800m Relay Final (Boys)

1:20pm- 1000m Run Final (Girls)

2:20pm- 1000m Run Final (Boys)

3:25pm- 500m Dash Final (Girls)

4:05pm- 500m Dash Final (Boys)

4:55pm- 3200m Run Final (Girls)

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

7:00pm- 1600m Relay Final (Girls)

8:00pm- 1600m Relay Final (Boys)

Starting Hts & Minimums : 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.

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Field

Long Jump (Girls) lower div. below 15'

Triple Jump (Boys) lower div. below 38'

Girls Shot

Pole Vault Final (Girls)

High Jump Final (Boys)

Long Jump (Girls) upper div. 15' & above

Triple Jump (Boys) upper div. 38' & above

Long Jump (Boys) lower div. below 19'

High Jump (Girls)

Triple Jump (Girls) lower div. below 31'6"

Pole Vault (Boys) lower div. below 11'6"

Shot Put (Boys)

Pole Vault (Boys) upper div. 11'6" & above

Triple Jump (Girls) upper div. 31'6" & above

Long Jump (Boys) upper div. 19' & above

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



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



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



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