



Liberty Open

January 29th & 30th, 2010

“Open Entries”

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

Meet Location: Liberty University's Tolsma Indoor Track Center

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

Entries: 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 Information – Note to all Coaches Information for registering online can be found at

<http://www.directathletics.com/entries.html?popup=1>

or the directions are listed below.

1. **Accessing your Direct Athletics Account** – Each coach must have a Direct Athletics username and password for his/her team. You will use the same account to enter all meets run through Direct Athletics.
2. **Setting up your online roster** – Before you can add an athlete to the meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.
 - a. Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
 - b. If you have used Direct Athletics before, you will see your existing athletes on your roster. New Users should click the green “ Add Athletes” Link.

- c. Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
 - d. Enter your athletes' First Name, Last Name, and School Year and click "Submit".
 - e. You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.
3. **Submitting online meet Entries** – Once your athletes are added to your roster, you must submit your entries.
- a. In the HOME tab (under Upcoming Meets) or in the Schedule tab, click the green Register button next to the meet you wish to enter.
 - b. If prompted, choose an entry method. We HIGHLY recommend using the New, "Enter by Athlete" method.
 - c. Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
 - d. When you are finished with your entries, click the "Finish" link.
 - e. You will see a list of your current, submitted entries. Click the appropriate link to receive an e-mail confirmation or a printable confirmation.
 - f. To edit your existing entries, click the blue edit entries button next to the meet name on your Upcoming Meets or complete Schedule.

Entry Fee: \$300/team or \$600 for a men and women's team. This allows up to three athletes per event. Entries exceeding three athletes per event will require an extra \$10 charge per entry. Individual entries will be \$20 dollars per athlete. Entry fees will be charged based upon online entry at deadline not upon participation.

Entry Deadline: The deadline for entries will be **Monday January 25th at 5:00pm**

Athletic Trainers:

A Certified Athletic Trainer will be available for limited services. If you are unable to travel with your team please email lbhoskins@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) Please visit the following link for any other information. <http://www.libertyflames.com/index.cfm?PID=10959>

Spikes: Pyramid Spikes Only!!!! The 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.

Implements: All implements must meet the NCAA rules. Implement weigh in will take place at the weigh in room on the north side of the track. All implements must be checked in an hour before the event starts in order to be used.

Seeding: Seeding will be done according to NCAA regulations.

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



Liberty Open

January 29th-30th, 2010

Tentative Time Schedule

Friday 29th

Field Events

3:30pm	Pentathlon HJ
3:50pm	Heptathlon LJ
4:30pm	Heptathlon SP
5:30pm	Pentathlon SP
5:30pm	Heptathlon HJ
6:30pm	Pentathlon LJ

Running Events

3:00pm	Pentathlon 60h
3:15pm	Heptathlon 60m
6:00pm	4x800 Relay Men
6:15pm	4x800 Relay Women
6:30pm	5K Men
7:05pm	5K Women
7:30pm	Pentathlon 800m

Please remember that Heptathlon indoor is men and pentathlon indoor is women. It's easy to overlook that since women are known as heptathletes.

Progression for:

WPV – 2.60, 2.90, 3.05, +.15m

MPV – 3.90, 4.20, 4.35 +.15m

WHJ – 1.45, 1.50 +5cm

MHJ – 1.85, 1.90 +5cm

Minimum marks after 1 legal throw

Women's shot and weight 33'

Men's shot and weight 40'

Saturday 30th

Field Events

8:30am	Men's Weight Throw
9:15am	Women's Pole Vault
9:30am	Women's Triple Jump
	Men's Long Jump
10:45am	Women's Weight Throw
12:15pm	Men's Heptathlon PV
1:00pm	Men's Shot Put
	Women's Long Jump
	Men's Triple Jump
	Women's High Jump
3:00pm	Women's Shot Put
	Men's Pole Vault
	Men's High Jump

Running Events

11:00am	60m hurdles (Women) Prelim
	60m Hurdles (Men) Prelims
	60m Hurdles (Hept Men)
11:30am	60m Dash (Men) Prelims
	60 Dash (Women) Prelims
12:10pm	60m Dash (Men) Final
12:15pm	60m Dash (Women) Final
12:25pm	60m Hurdles (Men) Final
12:35pm	60m Hurdles (Women) Final
12:40pm	Mile Run (Men) Final
1:15 pm	Mile Run (Women) Final
1:45pm	400m Dash (Men) Final
	400m Dash (Women) Final
2:30pm	500m Dash (Men) Final
	500m Dash (Women) Final
3:00pm	800m Run (Men) Final
	800m Run (Women) Final
3:40pm	1000m Run (Men) Final
	1000m Run (Women)
4:00pm	200m Dash (Men) Final
	200m Dash (Women) Final
5:00pm	3000m Run (Men) Final
	3000m Run (Women) Final
5:50pm	4x400m Relay (Men) Final
	4x400m Relay (Women)
	Final

Heptathlon 1,000 (To be determined)

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