



Flames H.S. Invitational

January 15-16, 2010

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: 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.

Entry Deadline: The deadline for entries will be **Monday January 11th at 5:00pm**

Athletic Trainers: A Certified Athletic Trainer will be available for first-aid services only. If an athletic training is unable to attend the meet with your team you must send a kit with supplies (tape, pre-wrap, band-aids). Ice will be available for injuries that occur.

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: 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 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 Heights: Pole Vault Girls-Starts at 7'0" 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.

Minimum measured marks: In the Shot, LJ and TJ each competitor will get the first legal attempt measured then must hit the following minimum mark to get measured

Girls: shot – 25', LJ 13'6, TJ 28'
Boys: shot – 35', LJ 17'6, TJ 37'

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



Friday and Saturday January 15th & 16th

Revised Schedule as of 1-12-10

Friday January 15th

Running

3:00pm Track Opens
4:30pm 300m Dash Final (Girls)
5:40pm 300m Dash Final (Boys)
6:50pm 55m Dash (Girls)
7:20pm 55m Dash (Boys)
7:55pm 1600m (Girls) top 2 sect 5:28 cut off
8:10pm 1600m (Boys) top 3 sect 4:46 cut off
8:30pm 1600 (Girls/Boys) remaining sections

Field

4:30pm LJ (Girls) top 30 – 15' and up
HJ (Boys)
TJ (Boys) top 25 – 40' and up
PV (Girls)
6:30pm LJ (Girls) less than 15'
TJ (Boys) less than 40'

Saturday January 16th

7:30am Track Opens
8:30am 3200m Relay (Girls)
9:10am 3200m Relay (Boys)

9:15am LJ (Boys) 19'6" and up
HJ(Girls)
TJ (Girls) 31' and up
PV (Boys)

10:00am 55m Hurdle Prelims (Boys)
10:25am 55m Hurdle Prelims (Girls)
10:50am 55m Dash Finals (Girls)
10:55am 55m Dash Finals (Boys)
11:00am 55m Hurdle Final (Girls)
11:10am 55m Hurdle Final (Boys)
11:15am 800m Relay Final (Girls)
11:55pm 800m Relay Final (Boys)
12:45pm 1000m Run Final (Girls)
1:45pm 1000m Run Final (Boys)
2:55pm 500m Dash Final (Girls)
3:55pm 500m Dash Final (Boys)
5:00pm 3200m Run (Girls) top 2 sections 12:39 cut off
5:30pm 3200m Run (Boys) top 2 sections 10:31 cut off
6:00pm 1600m Relay Final (Boys)
7:00pm 1600m Relay Final (Boys)
8:00pm 3200m (Girls/Boys) remaining sections

10:00am Shot Put (Girls)

11:30am LJ (Boys) less than 19'6"
TJ (Girls) less than 31'

2:00pm Shot Put (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



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