



# Flames H.S. Invitational

## January 14<sup>th</sup>-15<sup>th</sup> 2011

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:  
Daniel Newell at [trackmeets@liberty.edu](mailto:trackmeets@liberty.edu)

### Meet Location:

Liberty University's Tolsma Indoor Track Center  
Liberty University North Campus  
1971 University Blvd.  
Lynchburg, VA 24502

### Entries:

All teams must enter through Direct Athletics at [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)*  
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>

**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 10<sup>th</sup> 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.

## **Concessions:**

The North Campus Café and concessions at the track will be available throughout the meet.

## **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 site of competition. 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](http://www.directathletics.com) and at [www.libertyflames.com](http://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](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](https://www.liberty.edu/media/1912/track_field/Directions.pdf)



# Friday and Saturday January 14<sup>th</sup> & 15<sup>th</sup>

Revised Schedule

## Friday January 14<sup>th</sup>

### Running

3:00pm Track Opens  
 4:30pm 300m Dash Final (Girls)  
 5:40pm 300m Dash Final (Boys)  
 6:50pm 55m Dash (Girls)  
 7:25pm 55m Dash (Boys)  
 8:05pm 1600m (Girls) top 2 sect 5:24 cut off  
 8:20pm 1600m (Boys) top 3 sect 4:38 cut off  
 8:40pm 1600 (Girls/Boys) remaining sections

### Field

4:30pm LJ (Girls) 15' 6" and longer  
 HJ (Boys)  
 TJ (Boys) 40' and longer  
 PV (Girls) less than 9' followed by  
 girls pv 9' and up @ approx 6:30  
 6:30pm LJ (Girls) less than 15' 6"  
 TJ (Boys) less than 40'

## Saturday January 15<sup>th</sup>

7:30am Track Opens  
 8:30am 3200m Relay (Girls)  
 9:10am 3200m Relay (Boys)  
 9:50am 55m Hurdle Prelims (Boys)  
 10:20am 55m Hurdle Prelims (Girls)  
 10:50am 55m Dash Finals (Girls)  
 10:55am 55m Dash Finals (Boys)  
 11:00am 55m Hurdle Final (Girls)  
 11:05am 55m Hurdle Final (Boys)  
 11:10am 800m Relay Final (Girls)  
 12:00pm 800m Relay Final (Boys)  
 12:55pm 1000m Run Final (Girls)  
 1:55pm 1000m Run Final (Boys)  
 3:00pm 500m Dash Final (Girls)  
 4:00pm 500m Dash Final (Boys)  
 5:05pm 3200m Run (Girls) top 2 sections 12:27 cut off  
 5:35pm 3200m Run (Boys) top 2 sections 10:15 cut off  
 6:00pm 1600m Relay Final (Boys)  
 7:10pm 1600m Relay Final (Boys)  
 8:20pm 3200m (Girls/Boys) remaining sections

9:15am LJ (Boys) under 20'  
 HJ(Girls)  
 TJ (Girls) under 32'6"  
 PV (Boys) less than 11' followed by  
 11' and up at approx 12:00pm  
 9:30am Shot Put (Girls)  
 12:00pm PV (Boys) 11' and up  
 1:30pm LJ (Boys) 20' and longer  
 TJ (Girls) 32' 6" and longer  
 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](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)