



2007 Asics High School Invite January 19th – 20th

Invited Schools

**Appomattox
Armstrong
Bethel
Blacksburg
Brentsville
Broadway
Brookville
Cave Spring
Chancellor
Charlottesville
Christiansburg
Colonial Forge
Deep Run
E C Glass
Fork Union
Franklin County
Fredericksburg Christian
George C Marshall
George Washington Danville
Halifax County
Harrisonburg
Heritage
Hermitage
Hidden Valley
Hugenot
Jefferson Forest
Langley**

**Liberty Christian
Lord Botetourt
Maggie Walker Governor's
Manchester
Martinsville
Mountain View
Nelson County
Orange County
Panhandle
Patrick Henry (Ashland)
Polk County
Providence
Pulaski County
RJ Reynolds
Roanoke Catholic
Rockbridge County
Rustburg
Salem
Sherando
Spotswood
Staunton River
Stuarts Draft
Turner Ashby
William Campbell
William Fleming**

**All this information can be found online at www.libertyflames.com
Questions regarding the content of this package should be directed to Lance
Bingham – lbingham@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
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. Detailed instructions will be available online at www.liberty.edu Questions regarding entry instructions should be e-mailed to 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
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
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 you 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 you entries for each meet that you entered. We will post the final performance list online on Wednesday the 17th 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.

Entry Deadline: The deadline for entries will be **Monday January 15th at 5:00pm** at this time DIRECT ATHELICS 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. **Pyramid spikes Only!!**

Awards: Provided by Asics to the top three in each event, top field event athlete and top running event athlete.

Implements: All implements must meet the NHSF rules. Implement weigh in will take place at the throwing area.

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

Starting Heights: Pole Vault Girls- 7', 8', 8'6" 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.

Minimum: Shot Put, Long Jump and Triple Jump will get one mark and then must meet minimum mark; boys shot – 37', girls shot – 27', boys LJ – 17'6, girls LJ – 14'6", boys TJ – 37', girls TJ – 28'

Results: Meet results will be posted online at www.directathletics.com and at 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 with 10 or more will receive (2) 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: Refer to parking instructions on the website.

ASICS Invitational Adjusted Final Meet Schedule

Friday January 19th

Running

3:00pm- Track Opens

4:30pm- 300m Dash Final (Girls) (27)

5:30pm-300m Dash Final (Boys) (32)

6:00pm-

6:30pm-1600m Final (Girls) (7)

7:30pm-1600m Final (Boys) (8)

Field

Long Jump B #25-54 (Girls)

High Jump Final (Boys)

Triple Jump B #25-58 (Boys)

Pole Vault Final (Girls)

Long Jump A #1-24 (Girls)

Triple Jump A #1-24 (Boys)

Saturday January 20th

7:30am- Track Opens

9:00am- 3200m Relay (Girls) (2)

9:30am- 3200m Relay (Boys) (2)

Shot Put Prelim/Final (Girls)

Long Jump B #35-82 (Boys)

High Jump Prelim/Final (Girls)

Triple Jump B #25-49 (Girls)

Pole Vault Final (Boys)

10:00am- 55m Hurdle Prelims (Boys) (7)

10:20am- 55m Hurdle Prelims (Girls) (8)

10:45am- 55m Dash Prelims (Girls) (14)

11:10am- 55m Dash Prelims (Boys) (14)

11:30am- NATIONAL ANTHEM / WELCOME

11:35am- 55m Hurdle Final (Girls) (1)

Triple Jump A #1-24 (Girls)

11:40am- 55m Hurdle Final (Boys) (1)

11:45am- 55m Dash Final (Girls) (1)

Long Jump A #1-34 (Boys)

11:50am- 55m Dash Final (Boys) (1)

11:55am- 800m Relay Final (Girls) (9)

12:25pm- 800m Relay Final (Boys) (11)

1:00pm

Shot Put (Boys)

1:05pm- 1000m Run Final (Girls) (9)

1:50pm- 1000m Run Final (Boys) (10)

2:30pm- 500m Dash Final (Girls) (20)

3:20pm- 500m Dash Final (Boys) (20)

4:05pm- 3200m Run Final (Girls) (4)

5:05pm- 3200m Run Final (Boys) (5)

6:10pm- 1600m Relay Final (Girls) (9)

6:55pm- 1600m Relay Final (Boys) (10)

Time schedule is adjusted with entries received and indicates the number of heats().

• Check in will be 30 minutes before scheduled race.

• **The 500m and 300m will be seeded (heats and lanes) after check in – seeding will be from slow to fast- refer to performance list for ranking

• Long Jump and Triple Jump will be open pit. The Long Jump and Triple Jump will be in 2 sections, the # based upon the number on the performance list. This number indicates the section in which athlete will compete. The finals will follow the final section.

• Shot put will have 4 flights each, finals following 4th flight

• Top 9 will advance to the finals in Shot Put, Long Jump and Triple Jump

- **Shot Put, Long Jump and Triple Jump will get one mark and then must meet minimum mark; boys shot – 37', girls shot – 27', boys LJ – 17'6, girls LJ – 14' 6"**
boys TJ – 37', girls TJ – 28'
- **Starting Heights and Progressions; Boys PV 8', 9', 10', 10'6 then + 6"**
Girls PV 7', 8', 8'6", then +6" Boys HJ 5', 5'4", 5'6" then +2"
Girls HJ 4'2", 4'6", 4'8", then +2"