



Liberty Kick Off

December 2nd & 3rd 2009

College Invitational

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. 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 November 30th 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 Kick Off

December 2nd & 3rd, 2009
Tentative Time Schedule

Wednesday Dec 2

Heptathlon – Men

1:00pm 60m dash
1:30pm LJ
2:30pm Shot Put
3:30pm High Jump

Thursday Dec 3

Field Events

12:30pm	Women's	Pent High Jump
1:15pm	Men's	Hept PV
2:30pm	Women's	Pent Shot Put
3:30pm	Women's Men's	Pent Long Jump Weight Throw
4:30pm	Women's Men's Women's	Triple Jump Long Jump Pole Vault
4:45pm	Women's	Weight Throw
5:15pm	Women's	High Jump
6:15pm	Men's Women's Men's	Shot Put Long Jump Triple Jump
6:45pm	Men's	Pole Vault
7:30pm	Women's Men's	Shot Put High Jump

Thursday Dec 3

Running Events

Multis

12:00pm 60m Hurdles (Women pent)
12:30pm 60m Hurdles (Men Hept)
4:30pm 800m (Women pent)

Evening Session

5:00pm	60m Hurd (Women)	Prelims
5:15pm	60m Hurd (Men)	Prelims
5:30pm	60m Dash (Men)	Prelims
5:40pm	60 Dash (Women)	Prelims
5:55pm	60m Hurd (Men)	Final
6:05pm	60m Hurd (Women)	Final
6:10pm	60m Dash (Men)	Final
6:15pm	60m Dash (Women)	Final
6:20pm	Mile Run (Men)	Final
6:30pm	Mile Run (Women)	Final
6:40pm	400m Dash (Men)	Final
7:00pm	400m Dash (Women)	Final
7:15pm	800m Run (Men)	Final
7:25pm	800m Run (Women)	Final
7:35pm	200m Dash (Men)	Final
7:50pm	200m Dash (Women)	Final
8:05pm	5k (Men)	Final
8:25pm	5k (Women)	Final
8:50pm	4x400m Relay (Men)	Final
9:00pm	4x400m Relay (Women)	Final

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