



## Liberty Quad February 12, 2010

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:  
Brandon Hoskins 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. 24501**

**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>

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 February 8th 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](mailto: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](http://www.directathletics.com) and [www.libertyflames.com](http://www.libertyflames.com)

**Schedule on Next Page**

# Liberty Quad

Feb 12, 2010

Adjusted Time Schedule

## Field Events

3:30pm	Men's	Weight Throw
4:30pm	Women's	Triple Jump
	Men's	Long Jump
	Women's	Pole Vault
	Women's	Weight Throw
5:15pm	Women's	High Jump
5:45pm	Men's	Shot Put
	Women's	Long Jump
	Men's	Triple Jump
6:30pm	Men's	Pole Vault
7:00pm	Women's	Shot Put
	Men's	High Jump

## Running Events

5:00pm	60m Hurdles (Women)	Prelims
5:10pm	60m Hurdles (Men)	Prelims
5:20pm	60m Dash (Men)	Prelims
5:30pm	60 Dash (Women)	Prelims
5:40pm	60m Hurdles (Men)	Final
5:50pm	60m Hurdles (Women)	Final
5:55pm	60m Dash (Men)	Final
6:00pm	60m Dash (Women)	Final
6:05pm	Mile Run (Men)	Final
6:15pm	Mile Run (Women)	Final
6:30pm	400m Dash (Men)	Final
6:45pm	400m Dash (Women)	Final
7:00pm	800m Run (Men)	Final
7:10pm	800m Run (Women)	Final
7:20pm	200m Dash (Men)	Final
7:30pm	200m Dash (Women)	Final
7:45pm	5k (Men)	Final
8:00pm	5k (Women)	Final
8:20pm	4x400m Relay (Men)	Final
8:30pm	4x400m Relay (Women)	Final
8:40pm	3K (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](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  
BY CHOICE HOTELS 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)