



Black & Gold INVITE

MARCH 15-16, 2024

FINAL SCHEDULE

Friday March 15th

Field Events:

11:00am Women's Discus; Men to Follow
1:00pm Women's Long Jump; Men to Follow
1:30pm Women's Javelin; Men to Follow
2:00pm Women's Pole Vault; Men to Follow
5:00pm Women's Shot Put; Men to Follow

Running Events:

6:00pm Women's 400m Hurdles
6:20pm Men's 400m Hurdles
6:35pm Women's 200m
7:05pm Men's 200m
7:35pm Women's 1500m
8:05pm Men's 1500m
8:35pm Women's 2000m Steeplechase
8:50pm Men's 2000m Steeplechase
9:00pm Women's 5000m
9:25pm Men's 5000m

Saturday March 16th

Field Events:

10:00am Women's Hammer; Men to Follow
10:00am Women's High Jump; Men to Follow
12:00pm Women's Triple Jump; Men to Follow

Running Events:

12:00pm Women's 4x100m Relay
12:10pm Men's 4x100m Relay
12:20pm Women's 800m
12:45pm Men's 800m
1:05pm Women's 100m Hurdles
1:30pm Men's 110m Hurdles
1:50pm Women's 400m
2:20pm Men's 400m
2:50pm Women's 100m
3:10pm Men's 100m
3:30pm Women's 3000m
3:55pm Men's 3000m
4:10pm Women's 4x400m Relay
4:35pm Men's 4x400m Relay

**Important Information**

RSVP: To ensure your teams spot, please complete and return the Intent to Compete form by Friday, September 15th. Please complete the entire form with as much information as you can, so we can best plan for how many teams plan to train in our facility the week leading up or the week following.

Entry: Direct Athletics

Entry Deadline: Monday, March 11th, 2024 at 11:59pm

Entries Posted: Wednesday, March 13th, 2024

Entry Limits: Track events: 6 athletes per event, Field events: 4 athletes per event.

Entry Fee: \$700 PER GENDER OR \$50 per Athlete, whichever is smaller. A team consists of 14 or more athletes. Entry Fees **MUST** be paid through Direct Athletics. Checks will not be accepted

Unattached Entries: Email bharmon@athletics.ucf.edu for consideration. Depending on the event, spots will be limited, decisions will be made based on verified marks.

Facility: UCF Track and Field/Soccer Complex

Team Drop-off: North Gate on Knights Victory Way. See Attached Site Map

Parking: Bus parking **MUST** be in Lot E8 on the north side of FBC Financial Stadium, adjacent to the practice soccer fields. **NO BUS PARKING** is permitted on Knights Victory Way. Vans may park in Lot E8 or Garage F.

Packet Pick Up: White tent at North end of facility near team entrance. For teams arriving early packet pick up will be available Thursday March 14th 10am to 5pm.

Warm-up Area/Team Camp: If possible, we will utilize the football indoor facility for both team camp and warm-ups. If we are unable to use the indoor, we will send out tent rental information in mid-February.

Running Event Check In: Event Check In will be at the white tent on the north end of the facility near the team entrance. Athletes must check in one (1) hour prior to their event to receive their hip numbers. Relay cards should also be submitted at check in.

Coaches are strongly encouraged to share scratches ahead of time at the tent(Especially relays).

Field Event Check In: 30 minutes prior to event at the event area.

Weights & Measures/Implement Inspection: Friday from 8:30am to 4:00pm. All implements must be inspected on Friday. **There will no implement weigh in on Saturday.** Location: White tent against outdoor wall of Nicholson Field House

Starting Heights & Progressions: Men's Pole Vault – 4:38m; Women's Pole Vault – 3.35m; Men's High Jump – 1.91m; Women's High Jump – 1.58m

Locker Room/Showers: Not Available on site