



CAROLINA TRACK & FIELD

MEET INFORMATION - SOUTH CAROLINA INVITATIONAL

FEB. 3-4, 2023 | CAROLINA INDOOR | COLUMBIA, SC

KEY DATES AND EVENTS FOR MEET WEEK

Monday, January 30

11:00 PM – Monday All entries due on Direct Athletics

Tuesday, January 31

5:00 PM – Accepted Entries & Final Schedule Released (Note no event will be moved earlier)
Heats, flights & progressions posted at Gamecocksonline.com and emailed to teams.

Thursday, February 2

5:00 PM – 8:00 PM – Packet pick-up, spike check, and weigh in available
5:00 PM – 8:00 PM – Practice Window

Friday, February 3

8:00 AM – 1:00 PM – Packet pick-up and spike check
8:00 AM – 2:00 PM - Weigh-In
10:00 AM – 8:30 PM – Competition schedule

Saturday, February 4

8:00 AM – 1:00 PM – Packet pick-up and spike check
8:00 AM – 2:00 PM - Weigh-In
10:00 AM – 6:30 PM – Competition schedule

ENTRY INFORMATION

All entries will be done via Direct Athletics.

Entry Deadline: All submissions due by Monday, January 30, at 11 PM prior to the meet. You may edit and update your entries online any time before the entry deadline. All submitted entries in the system at the entry deadline will be considered FINAL. All questions concerning entries should be directed to Andrew Allden (allden@mailbox.sc.edu or 803-606-2091). All special requests are required to be submitted via email, so we have a record.

Entry Limits: All running event entries will be accepted if they meet the two entries per individual athlete limit. Each Field Event has a Field Size. Accepted entries for field events will be posted per schedule above. Athletes are limited to a max of two individual events (this does not include the relays). If an athlete is entered in more than two events after the deadline (the entry system does allow more than two events per athlete so it is up to the entering coach to keep track) they will be subject to being cut out of events without the discretion of coach. Any exceptions to this must be approved in advance by Andrew Allden via email allden@mailbox.sc.edu prior to the entry deadline. If no mark is available, please provide an estimated mark. If you have an entry mark that may be in anyway questionable, or you are unable to enter it, please email Andrew Allden allden@mailbox.sc.edu with information to support or verify your entry prior to the Thursday entry deadline. Entries must abide by NCAA Rules.

Updated: 1/9/23



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ENTRY FEES AND PAYMENT

Entries and payment will be handled online at Direct Athletics at the same time entry is submitted.

Entry Fees are as follows:

Team (14 or more) = \$1200 per gender

Individual College/University Entries = \$80

Unattached (not active on a University Roster) = \$50

Unattached and club athletes must enter through the unattached and club entry site for the meet on DirectAthletics.

PACKET PICK UP & BUILDING ENTRY

Spike check (this includes prior to practice) and packet pickup will take place prior to entering the building at the tent in the parking lot at the top of the walkway leading to the facility. Teams may enter through the double grey doors facing Whaley Street at the end of the walkway. Do not enter through the glass doors. Student-Athletes and Coaches must have their wristbands on to enter. If you wish to leave the facility throughout the day, please use the side double glass doors. Once competition is complete all exit doors will be available for egress. See the attached facility map for details. Please keep you team 6 feet from any other team while they wait in line outside of the facility.

PARKING AND DROP OFF

Teams arriving in vans or buses should drop off athletes on the eastern side of the Indoor Track and Field Complex located on Bull Street. After dropping off, vans should turn right on Heyward Street and continue for two blocks. Parking is located in the rear of the garage located at 1300 Heyward Street. Buses should park in the grass field located directly behind the parking garage. Please see the attached parking and drop off map for more details.

NOTE ON TEAM CAMPS

No team may occupy more than one set of bleachers.

MEDICAL AND ATHLETIC TRAINER INFORMATION

Each team is HIGHLY ENCOURAGED to bring an athletic trainer. If you are unable to bring an athletic trainer, please contact Kelsey Chambers (kstranc@mailbox.sc.edu). Please contact in advance if your team has any specific needs and be sure they have the medical supplies they require. We will do our best to accommodate your team. USC staff will provide ice and emergency medical assistance. Water stations will be at various locations around the facility. Teams will not have a designated Athletic Training area and should set up near their team camp. The USC athletic training area will be located outside Turn 2 and the back stretch. Ice and emergency medical equipment (AED & splint bag) will also be available in this area. EMS will be located outside Turn 1 on the track near the large garage door. A USC team physician will be present or on-call during competition. Contact Kelsey Chambers (kstranc@mailbox.sc.edu) for any questions regarding medical needs.

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CHECK IN FOR RUNNING EVENTS

Athletes will check in ONE TIME - 15 minutes prior to their events scheduled start time. Athletes should report race ready. They will collect their hip numbers at this check-in. Events will not be reseeded (except for possibly the 200 and the 4 x 400). We will not run ahead of schedule.

CHECK IN FOR FIELD EVENTS

All field event athletes must check-in. Pole-vaulters may begin check-in 90 minutes before the event (runway will open for warm-ups). Other field event athletes may check-in with officials up to 60 minutes before the scheduled start. All field event athletes must be checked in 30 minutes prior to their event. Long jump, triple jump and high jump check in at clerks table, not at event and are escorted to the infield. At the clerk's check in tent each horizontal jumps flights will be given a return report time to be escorted to the event. Athletes will have 15 minutes for run through's after being escorted to their event. There will be no general warm up. Each flight will be given 15 minutes to do runs throughs to include flight 1. Do not enter the infield until your flight is called. Leave infield once your flight is completed. Pole Vault and Throwing events will check-in at the event area.

VIDEO ON INFIELD– NCAA Rules regarding our facility

Please note if a coach or manager is in the coaching box on the infield, which is considered the "field of play," video may be shot, and the coach may view the video and the coach may consult with the athlete. The coach MAY NOT share the video with athletes from the on field coaching box. This is not true of coaching boxes outside the infield.

RESULTS, HEATS, FLIGHTS, PROGRESSIONS, and MINIMUM MARKS

- Live results will be available at adkins.trackscoreboard.com/#/results
- Final results will be available online at GamecocksOnline.com
- Heats and Flights, as well as High Jump and Pole Vault Progressions will be posted and emailed by Tuesday at 5:00 PM.
- Per new NCAA rules there will be no minimum marks but for the triple and long jump short boards will not be provided.

RUNWAY MARKINGS

Athletic tape is the only acceptable runway marker, per NCAA Rules. Triple Jump Boards: Women is 35'8" | Men is 40'7".



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SPIKE CHECK

Spike check will take place outside near the entrance doors in the tent at the top of the walkway. To ensure a speedy process please have spikes out and ready to be checked upon arrival. Coaches can make this process go smoothly by checking their athletes equipment prior to arrival. To protect our track from damage, athletes will not be allowed to wear spikes of the wrong size or type. The use of unapproved equipment can result in disqualification. Spikes will be tagged and checked each day, with a different color tag each day. Spikes may not be longer than 1/4". This includes the high jump. Only pyramid spikes will be allowed. Permanent spikes are not allowed. Omni-light spikes are not allowed. Needles are not allowed.



WEIGH IN

Weigh-in will be conducted from 5:00 PM to 8:00 PM Thursday and from 8:00 AM to 2:00 PM on both Friday and Saturday.

FIELD EVENT CREDENTIALS

Each team will be issued a limited number of 2 infield coaching pass per gender to allow for infield coaching of the high jump and horizontal jumps and 2 throws coaching per gender to allow access to the coaching box at the throws area. NOTE: Field event passes only grant access to the coaching boxes. They are not intended for you to use to freely roam on the infield. You must remain in a coaching box.

RESTROOMS

Portable toilets are located outside the rear of building, next to clerking, on the finish line end. These are marked by school logo. Bathrooms located near the main entrance are not for visiting team or coach use.

FACILITY RULES AND PROTESTS

NCAA rules will apply. This includes, for your safety, no headphones or cell phones, this includes pole vault and horizontal jumps, in competition and warm-up areas. Please abide by coaching boxes on infield for safety reasons. Protests must be filed, in writing, at the clerk's tent no later than 30 minutes following the involved incident or decision. Protests will be reviewed by the running or field event referee, who will make the final call. Coaches assist us by standing against the wall for your safety in the warmup area. Sprinting in warmup area is one direction only, starting at clerking area.

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FOOD DELIVERY

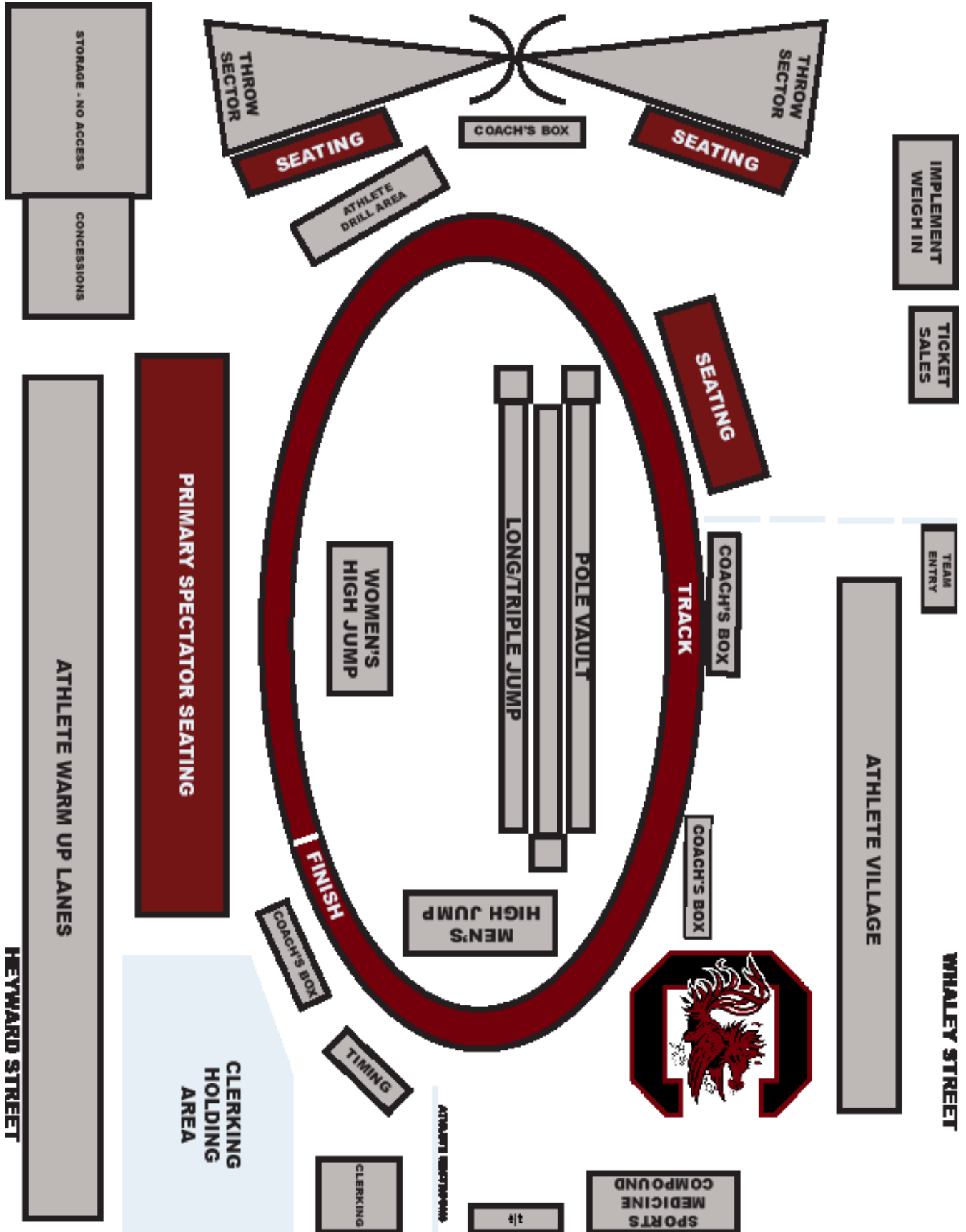
Teams having food delivered should instruct drivers they will have to meet them outside the building in the lower parking lot outside the main doors at 184 Marion Street. Drivers will be instructed by event parking staff to pull up in this lot. Teams are responsible for having a food contact assigned and for picking up their meals from the designated pickup space in a timely manner. Deliveries should not sit idle in the drop off lanes for long periods of time. Those attempting to drop off in incorrect locations or blocking traffic will be asked to move.



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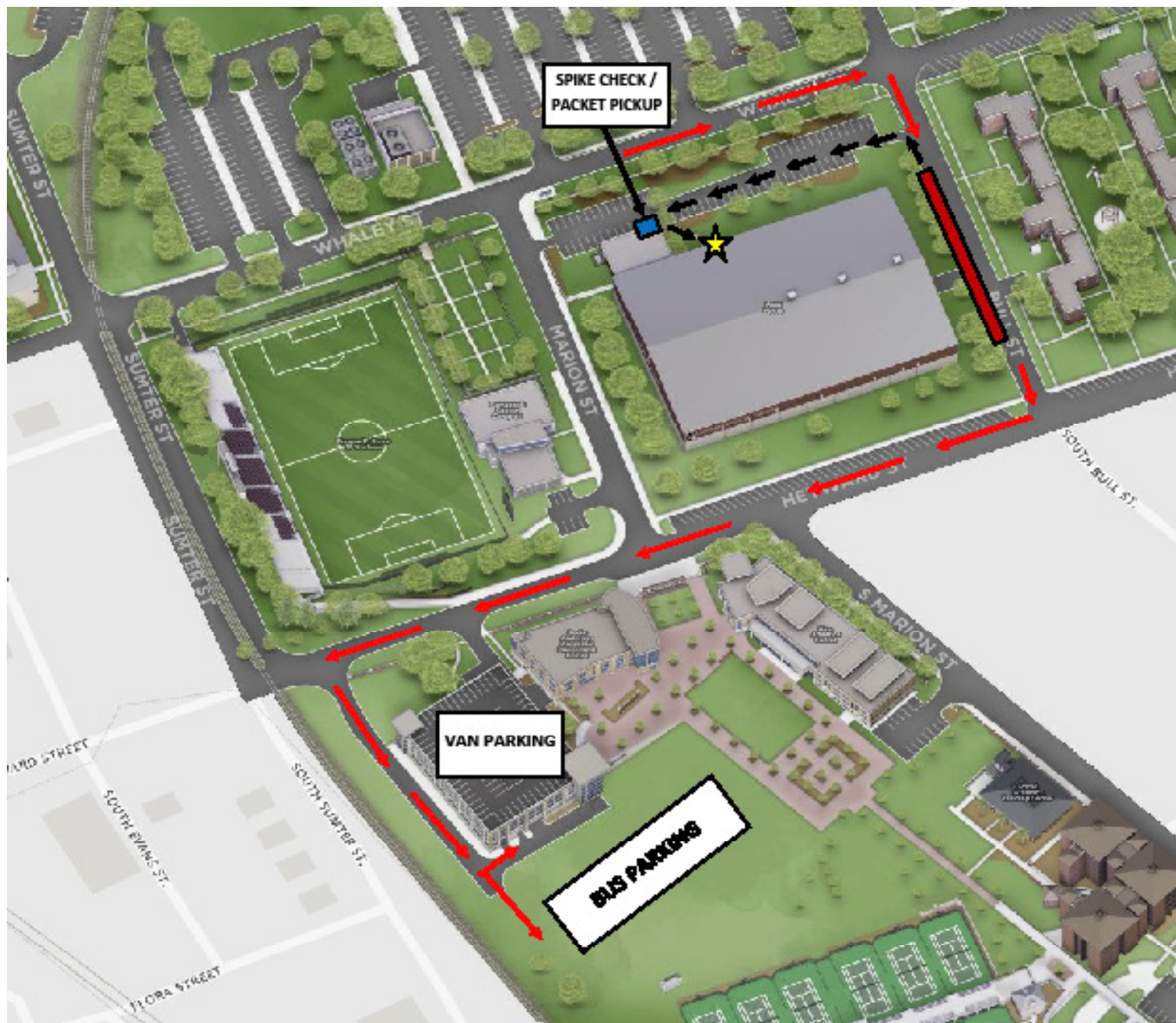




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 - Spike Check/Package Pickup

 - Team Entrance

 - Bus Drop Off / Pickup