



CAROLINA TRACK & FIELD

GAMECOCK INVITATIONAL - MEET INFORMATION

APRIL 8, 2023 | CREGGER TRACK | COLUMBIA, SC

KEY DATES AND EVENTS FOR MEET WEEK

Monday, April 3

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

Tuesday, April 4

9:00 PM – Accepted Entries & Final Schedule Released (Note no event will be moved earlier)

This schedule will provide the information you need to know when your athlete competes. Specific heats and flights will not be released until Friday.

Friday, April 7

5:00 PM – 7:00 PM – Packet pick-up, spike check, and weigh-in available

5:00 PM – 7:00 PM – Practice Window

Saturday, April 8

7:00 AM – 1:00 PM Late packet pick-up and spike check

7:00 AM – 12:00 PM – Weigh-In

9:00 AM – 6:30 PM – Competition schedule

ENTRY INFORMATION

All entries will be done via Direct Athletics.

Entry Deadline: All submissions due by Monday, April 3 at 11:00 PM. 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. Each event had a projected field size, so it is possible an entry may not be accepted. Final accepted entries will be emailed to all entrants and posted at GamecocksOnline.com by 9:00 PM on Tuesday, April 4. 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.

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.



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ENTRY RESTRICTIONS

- Entries must abide by NCAA Rules
- All athletes will be limited to a max of two **INDIVIDUAL** events. If an athlete is entered in more than two events after the deadline, they will be subject to being cut out of events without discretion of coach.
- Projected field sizes will be drawn from the top entered verifiable marks.
- Unattached entries must use a mark achieved in the previous 12 months. Please email proof of mark for unattached to allden@mailbox.sc.edu
- Entries that cannot be verified or justified will be adjusted to a no time and seeded accordingly.
- If you have an entry mark that may be in anyway questionable, please email allden@mailbox.sc.edu with information to support or verify your entry.
- Field sizes will be enforced in the field events. If you have an athlete with a low mark it is best to enter them in one field event to increase their chances of being accepted.
- We will do our best to make sure each athlete is in a minimum of one event.

NOTE TO POST-COLLEGIATE OPEN AND UNATTACHED ATHLETES

- If you are entering yourself as an unattached/open **INDIVIDUAL** athlete, you must create an **INDIVIDUAL** athlete account at directathletics.com. Open/club relays must be entered through a club **TEAM** account – NOT an **INDIVIDUAL** athlete account. Final accepted entries will be emailed to all entrants and posted at GamecocksOnline.com by 9:00 PM on Tuesday, April 4.
- **NOTE - Unattached/open entries do not sign up on the collegiate entry. You must submit your entry through the Unattached/Open site for the same meet.**

PARKING AND DROP-OFF

Cregger Track is located at 200 Marion Street. Please note that specific drop of directions for each meet will be provided by the Wednesday prior to each meet. Note: parking and drop-off may vary from meet to meet.

FACILITY RULES

NCAA rules will apply. This includes, for your safety, no headphones in competition and warm-up areas. Please abide by coaching boxes on infield for safety reasons.

TENTS

Tents will only be allowed on the warm-up field. There may be no tents in the stands or in walking areas. This includes oversized umbrellas. The Athlete tent village will be laid out around the warm-up field perimeter. **PLEASE ORDER TENTS BY APRIL 1.**

Tents, folding chairs, and tables are available to rent through Party Reflections. Please contact Kent Henderson (khenderson@partyreflections.com) to reserve your rental. Below are the two options provided by Party Reflections. If you are not interested in either option, please contact Kent Henderson for additional options.

Option 1 - \$1,018.85: 20x20 tent w/ sidewalls, one table and 20 chairs

Option 2 - \$531.56: 10x10 tent w/ sidewalls, one table and 20 chairs

Order quickly as supplies are limited



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PACKET PICK-UP

Coaches and unattached athletes should pick up their packets at the athlete entry gate. Lower gate at the entry to the softball stadium. Only a wrist band will be required for athletes. We only issue hip numbers at check-in, no bib number.

CHECK-IN FOR RUNNING EVENTS

Athletes may check in 60 minutes prior to their event and are required to check in by 30 minutes prior. Heats are fastest to slowest. Athletes in running events should check in at the clerk's tent.

CHECK-IN FOR FIELD EVENTS

Field event athletes must check-in at the event area. 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.

PREFERRED LANES

Straight Away Races: 5-6-4-7-3-8-2-9-1

Oval Races: 6-7-5-4-8-9-3-2-1

WEIGH-IN

Weigh-ins will be held from 7:00 AM to 12:00 PM on Saturday. Implements must be turned in no later than one hour before the events scheduled start time. The games committee has the discretion to withhold any throwing implements that may endanger anyone associated with the orderly and reasonable continuation of the meet.

RUNWAY MARKINGS

Athletic tape is the only acceptable runway marker, per NCAA Rules.

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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RESULTS, HEATS, FLIGHTS, PROGRESSIONS

Progressions will go out at the same time as accepted entries on Tuesday, April 4 at 9 PM.

Heats and Flights will be emailed out Friday afternoon and posted at AdkinsTrak as soon as they are complete

Live results and Final results will be available at GamecocksOnline.com as well as Adkinstrack.com

AWARDS

The top COLLEGIAN in each event is eligible for an award.

PROTESTS

Protests must be filed, in writing, at the clerk's tent no later than 30 minutes following the involved incident or decision.

FACILITY

Cregger Track features a Mondo surface with nine 48" lanes, double field event areas in long and triple jump, shot put, discus, and pole vault.

SPIKE LENGTH

Spikes may not be longer than no 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. Athletes who compete in noncompliant spikes will be disqualified.



NO
Christmas
Tree Spike
Pins



1/4"
Pyramid
"Cone Shape"
Only



NO
Needle
Spike
Pins



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FACILITY ACCESS

Only athletes and coaches will be permitted inside the competition areas. Credentials will be required to have access to these areas. Running event contestants will be escorted onto the track after completing check-in with the clerk. Access to the infield and competition areas will be limited to immediate events.

PRACTICE/SHAKEOUT

There will be practice/shakeout window from 5:00 to 7:00 PM Thursday before Weems Baskin. If we do not receive any requests the track will not be open. Packet Pick-up and Weigh-In will not be held at this time.

SPECTATORS

Will be allowed in the designated spectators areas but are required to remain outside the team areas, oval and competition area at all times.