



# Gamecock Invitational

## April 6, 2024

### MEET INFO



#### TEAM ENTRY INFORMATION

- Entries open 3/25/24
- **Team Entry Deadline 4/1/24 @ 3:00pm**
- Unattached Entry Deadline 3/29/24 @ 3:00pm
- Entries: <https://www.directathletics.com>
- Entries should abide by current NCAA rules.
- Only invited college teams and approved unattached athletes will be allowed to enter.
- Per school, limit of 3 entries per field event, 3 per running event, and up to 2 relays teams.
- **All entries and requests will not be accepted.** Meet management will limit total entries per event to manage field sizes and time schedule.
- **FIELD SIZE PROJECTIONS:**
  - Running Events: up to 48 per event**
  - Vertical Jumps: 28**
  - Horizontal Jumps: 36 (3 flight limit)**
  - Throwing Events: 24 (2 flight limit)**
- Accepted entries will be posted Wednesday April 4th.

#### UNATTACHED ATHLETES & CLUB ENTRIES

- A limited number of unattached athletes and clubs will be accepted at the discretion of Head Coach Tim Hall. For all inquiries, please contact Maurice Campbell at: [theemeetdirector@gmail.com](mailto:theemeetdirector@gmail.com)
- Not all requests will be granted an invitation. Approved athletes will be sent an email with further entry instructions.
- **No high school athletes**
- Unattached athletes and clubs must provide a verifiable 2023 or 2024 performance. When making request to enter, please provide: Name, gender, and event(s) along with verifiable performance.
- **Unattached Entry Deadline FRIDAY 3/29/24 @ 3:00pm**

#### ENTRY FEES & PAYMENT

- Entries and payment will be online at Direct Athletics.
- Collegiate Teams (14 or more): \$1,200 per gender
- Collegiate Teams (13 or less): \$85 per individual
- Unattached athletes (not active on a collegiate roster): \$50
- No cash. No checks.
- Late entries and late entry fees will not be accepted. All payments must be made at the time of entry.



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### RESULTS

- All results will be available at AdkinsTrak Timing Associates (<https://results.adkinstrak.com/>)

### 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 1st.**

Tents, folding chairs, and tables are available to rent through Party Reflections. Please contact Kent

Henderson ([khenderson@partyreflections.com](mailto: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 - \$1,025: 20x20 tent w/ sidewalls, one table and 20 chairs

Option 2 - \$589: 10x10 tent w/ sidewalls, one table and 20 chairs

Order quickly as supplies are limited

### PARKING & TEAM DROP OFF

- Cregger Track is located at 200 Marion Street. Please note specific drop and parking directions may vary from meet-to-meet and will be sent in the final notes for each competition weekend.

### PACKET PICK UP

- Friday April 5 @ 6:00-8:00pm; Saturday April 6 @ 9:00am – 12:00pm

### PRACTICE

- Friday April 5 @ 6:00-8:00pm (Outdoor Track) **BY REQUEST**. If we do not receive any requests the track will not be open. Also, packet pick-up and weigh-in will not be held if no one is practicing. Please send your practice request to Maurice Campbell at: [theemeetdirector@gmail.com](mailto:theemeetdirector@gmail.com)
- All spikes must be checked, and zip tied before practicing at the facility.

### SPIKE POLICY & SPIKE CHECK

- Athletes will not be allowed to practice or compete if they do not have the approved spike. No refunds or provisions will be made for athletes not in compliance.
- **1/4" pyramid spikes ONLY (on the track). This will be strictly enforced. 3/8" pyramids will be permitted for the javelin and the high jumps only.**
- Not Allowed: Permanent spikes, Omni-light spikes, "Christmas Trees," Needles, Pins
- Spike Check will be located next to packet pick up.



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- Spikes will be tagged. Athletes must have the correct tag to compete.



#### FACILITY ACCESS

- Only athletes and coaches will be permitted inside the competition areas. Wristbands 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. COACHES- please assist us with this and ask your athletes who are not actively competing to leave the competition area.

#### COACHES, FIELD EVENT CREDENTIALS & COACHING BOXES

- Coaches will be able to coach from areas around the track and from designated coaching boxes
- All field events will have coaching boxes.
- No more than 2 coaches per school per coaching box. Coaches must have correct wristband.
- Athletes are not allowed to wait between attempts or spectate from the coaching boxes.
  - ***Coaches: We ask your help with this! Coaches and athletes who do not oblige will be in jeopardy of not being invited back in the future)***

#### SPORTS MEDICINE

- If you are unable to bring an athletic trainer, please contact Kelsey Chambers ([kstranc@mailbox.sc.edu](mailto:kstranc@mailbox.sc.edu)). Please contact in advance if your team has any specific needs. If you require taping, please provide your own supplies.
- USC staff will provide ice and emergency medical assistance.
- Water stations will be at various locations around the facility. We encourage you to use your own re-usable water bottles.
- 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.



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- Ice and emergency medical equipment (AED & splint bag) will also be available in this area.
- EMS will be located between Turn 1 and Turn 2 (near our the sports medicine tent)
- A USC team physician will be present or on-call during competition.
- Contact Kelsey Chambers ([kstranc@mailbox.sc.edu](mailto:kstranc@mailbox.sc.edu)) for any questions regarding medical needs.

#### CHECK IN FOR RUNNING EVENTS

- **Athletes can check in ONE TIME for running events anytime during the day, but no later than 30 minutes prior to the event scheduled start time.**
- Athletes should report race ready. They will collect their hip numbers at this check-in.

#### CHECK IN FOR FIELD EVENTS

- **All field event athletes must be checked in 30 minutes prior to their event.**
- 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 events check in at the event site.
- There will be no general warm up for field events. Flight specific warm up time will typically be 15min but may be adjusted based on flight size.
- Field event athletes should leave the competition area once they have completed competition. The track in field, D-Zones, and areas around throw rings are not for spectating. Please be respectful and keep competition areas clear.

#### WEIGH IN

Weigh-in will be conducted: 6:00-8:00 PM Friday (if practice requests are made); 8:00 AM to 2:00PM Saturday. Implements should be checked-in no later than 1.5 hours before the event start.

#### RESTROOMS

- Athletes must use the portables located near clerking or near the throw area.
- Restrooms at the press box are for **SPECTATORS ONLY**.