

University of Louisville

2023 Outdoor Track and Field Meet Information

Meet Dates:	April 14 & 15, 2023 Jim Freeman Louisville Invitational Indiana, Memphis, Michigan, Notre Dame, Purdue April 29 & 30, 2022 Clark Wood Invitational Bellarmine, Bowling Green, Central Michigan, Cincinnati, DePaul, Eastern Kentucky, Kent State, Illinois State, Louisville, Milwaukee, Xavier
Facility Location:	University of Louisville Cardinal Park 2125 S. Floyd Street, Louisville, KY 40292
Contact:	Meet Director - David Lawhorn lawho9@aol.com
Entry Deadline:	3:00 PM EASTERN TIME Tuesday prior to meet Tuesday, April 11, 2023 Jim Freeman Louisville Invitational Tuesday, April 25, 2023 Clark Wood Invitational
Unattached entries:	Open to any post-high school athlete. Unattached entries may be limited in number. For entry access please email David Lawhorn by the respective entry deadline including your name, event, and best verifiable performance.
Entry Procedure:	All entries must be done through www.directathletics.com
Entry Fee:	\$600 per team, per gender paid via DirectAthletics. All team entry fees will be paid online through DirectAthletics. Unattached entries will be charged \$50 per competitor. No refunds will be given.
Team Entry Limits:	Jim Freeman Louisville Invitational: No Entry Limitations Clark Wood Open: 3 per event, per team. Additional athletes may be accepted at the discretion of meet management. Any additional entries should be emailed to ErichH@goCards.com with relevant information as well as TFRRS #.
Entry Marks/Seeding:	Entry marks will be verified with TFRRS for accuracy. Sections, heats and flights will be assigned based on entry performance. Meet Management reserves the right to make exceptions to seeding for individuals with special circumstances. Based on field size, meet management will determine the appropriate starting heights for High Jump and Pole Vault. Field event entries will be limited to two flights.
Practice Times:	Practice will be available between 3:00pm and 5:00pm on Friday, provided no competition is taking place. Additional requests should be emailed to dale@gocards.com
Spike Requirement:	Track, LJ, TJ, PV events: ¼" pyramids HJ & Javelin: 3/8" non-christmas tree
Warm-Up Areas:	The cardio path surrounding the facility will be available for athlete warm ups. Event Specific warmups will take place on the track or at the respective field event location.

- Implement Weigh In:** Weigh-ins will take place at the throws area; illegal implements will be impounded. Specific times will be released with final meet schedule.
- Check in Procedures:** Track event check-in needs to occur at least 20 minutes prior to race. Track event check-in and hip numbers will be picked up at the clerk's tent in the southeast corner near the scoreboard.
Field event check-in will occur at the event site a minimum of 30 minutes prior to the event start time.
- Field Access:** Coaches will be given field access via wristband. Athletes will be directed outside the track area when not competing.
- Sports Medicine:** Contact Shannon Green-Spanolios 407-591-6034 shannon@gocards.com or Allison Ross 717-850-6267, allisonr@gocards.com with any questions.
- Results:** Results will be available online at www.gocards.com.
- Locker Rooms:** Restrooms will be located at the Southeast end of Cardinal Park. Please contact dale@gocards.com prior to the respective entry deadline to arrange locker room facilities.
- Team Tents:** Due to possibility of high winds, all team tents must be rented via Rent 'N Rave Tents. Contact Rick Whisman at 502.245.9966/ rick@rentnrave.com / www.rentnrave.com

Clark Wood Invitational

Tentative Meet Schedule

(Updated 2.15.2023)

Friday April 28th & Saturday April 29th, 2023

FRIDAY, April 28th, 2023

RUNNING EVENTS

4:30 PM	W 800 Meters
4:45 PM	M 800 Meters
5:00 PM	W 200 Meters
5:20 PM	M 200 Meters
5:40 PM	W 400 Meter Hurdles
5:50 PM	M 400 Meter Hurdles
6:00 PM	W 5000 Meters
6:30 PM	M 5000 Meters

Throws

11:00 AM	W Hammer Throw
1:00 PM	M Hammer Throw
3:30 PM	W Discus Throw
5:30 PM	M Discus Throw

Jumps

West LJ/TJ Runway

2:00 PM	M Long Jump
4:00 PM	W Long Jump

SATURDAY, April 29th, 2023

RUNNING EVENTS

12:05 PM	National Anthem & Senior Awards Video
12:10 PM	W 100 Meter Hurdle Prelims
12:30 PM	M 110 Meter Hurdle Prelims
12:50 PM	W 100 Meter Prelims
1:10 PM	M 100 Meter Prelims
1:30 PM	W 3000 Meter Steeplechase
1:50 PM	M 3000 Meter Steeplechase
2:10 PM	W 4x100 Meter Relay
2:20 PM	M 4x100 Meter Relay
2:30 PM	W 1500 Meters
2:55 PM	M 1500 Meters
3:20 PM	M 110 Meter Hurdle Final
3:30 PM	W 100 Meter Hurdle Final
3:40 PM	W 400 Meter
4:00 PM	M 400 Meter
4:15 PM	W 100 Meters Final
4:25 PM	M 100 Meters Final
4:35 PM	W 3000 Meters
4:50 PM	M 3000 Meters
5:05 PM	W 4x400 Meter Relay
5:20 PM	M 4x400 Meter Relay

THROWS

10:00 AM	W Javelin
11:30 AM	M Javelin
1:00 PM	M Shot Put
3:00 PM	W Shot Put

JUMPS

Pole Vault Runway

10:00 AM	W Unseeded PV
11:30 AM	M Unseeded PV
2:00 PM	W Seeded PV
4:00 PM	M Seeded PV

West LJ / TJ Runway

1:00 PM	W Triple Jump
3:00 PM	M Triple Jump

High Jump Apron

11:00 AM	W High Jump
2:30 PM	M High Jump