

# TRACK AND FIELD VISITING TEAM GUIDE



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## WELCOME TO MIAMI

The University of Miami is looking forward to your visit to beautiful South Florida. We have included valuable information inside this manual to help make your trip to the University of Miami a successful and safe one. On the next page, you will find our Visiting Team Questionnaire. Please take a couple minutes to fill out this sheet completely and accurately. If you need any further assistance during your planning or stay in South Florida, feel free to contact us at any time.

Best of luck this season!

### **Anna Shafer**

Assistant Director of Facilities, Events & Operations  
University of Miami Athletics



# U TRACK AND FIELD

## 2025 MIAMI TRACK & FIELD SCHEDULE

<u>Date(s)</u>	<u>Meet</u>	<u>Location</u>
<b>MARCH</b>		
<b>3/21 – 3/22</b>	<b>Hurricane Invitational</b>	<b>Cobb Stadium</b>
3/27 – 3/29	Raleigh Relays	Raleigh, NC
<b>3/28 – 3/29</b>	<b>Hurricane Collegiate Invitational</b>	<b>Cobb Stadium</b>
<b>APRIL</b>		
4/4 – 4/5	Florida Relays	Gainesville, FL
4/16 – 4/19	65 <sup>th</sup> Annual Mt. SAC Relays	Walnut, CA
4/18 - 4/19	Tom Jones Memorial	Gainesville, FL
4/18 - 4/19	Wake Forest Invitational	Winston-Salem, NC
<b>MAY</b>		
5/3	LSU Invitational	Baton Rouge, LA
5/15 – 5/17	ACC Championships	Winston-Salem, NC
5/28 – 5/31	NCAA East Preliminary	Jacksonville, FL
<b>JUNE</b>		
6/11 – 6/14	NCAA Championships	Eugene, OR

***\*\*home matches highlighted\*\****

## CONTACT INFORMATION

### ADMINISTRATION

Shirelle Jackson  
*Sport Administrator*

### PHONE

(305) 284-4874

### EMAIL

s.jackson2@miami.edu

### EVENT MANAGEMENT/FACILITIES

Anna Shafer  
*Assistant Director Facilities, Events & Operations*

(786) 568-5682

als364@miami.edu

### ATHLETIC COMMUNICATIONS

Evan Roberts  
*Associate AD/Head of NIL & Digital*

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evan.roberts@miami.edu

### MARKETING & PROMOTIONS

Daniel Toll  
*Assistant Director, Marketing & Production Services*

djt100@miami.edu

### ATHLETIC TRAINING

Allison Ross  
*Assistant Athletic Trainer*

(305) 284-4734

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### EQUIPMENT

Arielle Scavo  
*Director of Equipment Operations (Head Olympic)*

(305) 527-0382

arielle.scavo@miami.edu

### TRACK & FIELD STAFF

Damon Griffiths  
*Assistant Coach/Director of Operations*

(786) 606-1538

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Amy Deem  
*Head Coach*

adeem@miami.edu

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*Associate Head Coach (Throws)*

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JJ Hunter  
*Assistant Coach (Sprints)*

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Jeremy Wilk  
*Assistant Coach (Distance)*

jmw7267@miami.edu

Jason Martin  
*Assistant Coach (Sprints & Jumps)*

jcm520@miami.edu

Alex Bloom  
*Assistant Coach (Jumps & Combined Events)*

alex.bloom@miami.edu

# U TRACK AND FIELD

## VISITING TEAM INFORMATION

### ENTRY INFORMATION

Entries must be submitted through Direct Athletics. Throwing event entries will be limited to three competitors per school per event. If you have additional entries, please email Coach Griffiths and Coach Young to confirm the additional competitor(s). **All entries must be received no later than The Wednesday of Meet Week, at 12:00pm EST. ONLY INVITED TEAMS WILL BE ALLOWED TO COMPETE.**

### UNATTACHED ENTRIES

Unattached athletes must be approved. Contact Coach Griffiths – [dgriffiths@miami.edu](mailto:dgriffiths@miami.edu).

### ENTRY FEES

Entry fees must be paid PRIOR to the competition date. Entries will be scratched from competition if entry fees are not paid for by the time/date entries close on Direct Athletics. The payment can be made via the link provided below, which will redirect you to the University of Miami Athletics ticketing system. A separate "ticket" must be purchased for each team's gender. If a team is traveling split-squad, please reach out to Coach Griffiths to arrange for individual student-athlete entry fees.

- \$1000 per team and per gender
- \$50 for unattached athletes
- Link for the entry fees: <https://miamihurricanes.eventue.net/promotions/TRACK>

### PRACTICE DAY

Practice time will be available on the Thursday prior to each meet. Further information will be available closer to the meet.

### TICKETS

This is a non-ticketed event. Gates will open one hour before the meet starts.

### WRISTBANDS/CREDENTIALS

Wristbands for the meet will be provided to each team at packet pick-up.



Coaches' Wristbands



Visiting Team Athletes  
(Hurricane Invitational)



Visiting Team Athletes  
(Hurricane Collegiate  
Invitational)

# UTRACK AND FIELD

## VISITING TEAM INFORMATION

### LOCATION

Cobb Stadium

5821 San Amaro Dr. Coral Gables, FL 33146

**If shipping poles, mail them to this address.**

### FACILITY

Beynon Track Surface: 8 – 42" Lanes: 4 LJ, TJ Runways, 2 PV, HJ Areas: Maximum spike length ¼".

### PACKET PICK-UP

Packets will be available beginning one hour prior to the first event of the meet. Packets can be picked up at the Knight Complex Building. Packets will include heat sheets, as well as athlete and coaches' wristbands.

### EVENT CHECK-IN

- Running event participants must check-in with the meet clerk of the course, no later than 30 minutes prior to the start of the scheduled event.
- Field event participants must report to the event site no later than 30 minutes prior to the start of the scheduled event or they will be scratched.

### IMPLEMENT WEIGH-IN

All Implements must be checked-in and impounded at the designated times at the Implement Weigh-In Area, located outside the Track Patio at the North corner of the track. Uncertified implements will be impounded and released following the event.

#### HURRICANE INVITATIONAL

Hammer: Friday, 9:00am - 10:00am

Discus: Friday, 11:30am - 1:30pm

Javelin: Saturday, 8:00am - 9:00am

Shot Put: Saturday, 10:00am - 12:00pm

#### HURRICANE COLLEGIATE INVITATIONAL

Hammer: Friday, 9:00am - 10:00am

Discus: Friday, 11:30am - 1:30pm

Javelin: Saturday, 8:00am - 9:00am

Shot Put: Saturday, 10:00am - 12:00pm

### MEET CONDUCT

All track events will be run as finals against time, except for the 100m Hurdles and the 110m Hurdles. All field events, except high jump and pole vault, will be contested in flights with three trials and nine advancing to the finals. In the finals, each competitor will receive three additional attempts. HJ/PV will be run in continual flights. NCAA rules will be in effect.

# UTRACK AND FIELD

## FACILITY MAP/DROP-OFF & PARKING

### TEAM/WARM-UP AREAS

The designated team camp area will be located inside the Knight Sports Complex (volleyball gym). Assigned areas will be sectioned off and labeled for each team. The primary warm-up area will be on the Greentree Practice Field, but please note that on Saturdays, this field will not be available for warm-ups until 11:30am. Warm-ups prior to this time will take place on the track. In the case of inclement weather, warm-up space will be available in the Indoor Practice Facility (IPF).

### PARKING/DROP-OFF

Please refer to the map below for team drop-off and parking locations. The designated team drop-off area is along San Amaro Drive (marked with the blue rectangle). Parking for team vans will be available in Lot 604 which is between Cobb Stadium and San Amaro Drive (marked with the green rectangle). If van parking is needed, please contact **Anna Shafer**.





## FACILITY MAP/DROP-OFF & PARKING

## BUS PARKING

If bus parking is needed, it will be available in Lot 42 under the metro as shown in the yellow rectangle on the map. After dropping off along San Amaro Drive, buses can park in this lot.



# U TRACK AND FIELD

## RESTAURANTS

### PIZZA/ITALIAN

The Big Cheese	8080 Southwest 67th Ave., Miami	305-662-6855
Domino's	5877 Ponce De Leon Blvd., Coral Gables	305-667-3666
Papa John's	1596 S. Dixie Hwy, Miami	305-668-8484

### CHICKEN, SUBS, AND MORE

Jimmy John's	5701 Sunset Blvd., South Miami	786-476-8700
Panera Bread	5701 Sunset Blvd., South Miami	305-667-6760
Chicken Kitchen	7315 SW 57th Avenue, South Miami	305-669-0099
Stop & Shop Subs	5885 Ponce De Leon Blvd., Coral Gables	305-668-4642
TGI Friday's	1200 S Dixie Highway, Coral Gables	305-668-7808
Titanic	5813 Ponce De Leon Blvd., Coral Gables	305-668-1742
Chicken Grill	1232 S Dixie Highway, Coral Gables	786-621-7300
Sports Grill	1559 Sunset Drive, Miami	305-668-0396
Shorty's BBQ	2255 NW 87th Avenue, Miami	305-471-5554
Five Guys	1540 S Dixie Highway, Coral Gables	305-740-5972
Chipotle	6290 S Dixie Highway, South Miami	305-668-3831
Carolina Ale House	6810 SW 40th Street, Miami	305-666-3757
Chick-fil-a	7535 N. Kendall Drive, Kendall	305-661-1173
Mojito Grill	7318 Red Road, Miami FL 33143	305-661-3663
Grown	8211 S Dixie Highway, Miami 33143	305-663-4769

### STEAK/SEAFOOD

Flannigan's	2721 Bird Avenue, Miami	305-446-1114
Monty's	2550 S Bayshore Drive, Coconut Grove	305-856-3992
Dan Marino's	5701 Sunset Drive, South Miami	305-665-1315
Shula's 347 Grill	6915 Red Road, Coral Gables	305-665-9661

### GROCERIES

Publix	1401 Monza Avenue, Coral Gables	305-667-1681
Whole Foods Market	6701 Red Road, Coral Gables	305-421-9421
Trader Joe's	9205 S Dixie Highway, Miami	305-661-1432
Winn-Dixie	5850 SW 73rd Street, South Miami	305-666-5241

## TRAVEL INFORMATION

### HOTELS

**Loews Coral Gables**

2950 Coconut Grove Dr. Coral Gables, FL 33134 (786) 772-7600

**THesis Hotel Miami**

1350 S. Dixie Highway, Coral Gables, FL 33146 (305) 667-5611 ext 4906

**Miami Airport Marriott**

1201 NW LeJeune Road, Miami, FL 33126 (305) 649-5000

**Four Points Coral Gables**

3861 SW 40th Street, Coral Gables, FL 33146 (305) 567-0534

**Courtyard Coconut Grove**

2649 S Bayshore Drive, Miami, FL 33133 (305) 858-2500

**Courtyard Miami Dadeland**

9075 S Dadeland Blvd., Miami, FL 33156 (305) 670-1220

**The Ritz-Carlton Coconut Grove**

3300 Southwest 27th Avenue, Miami, FL (305) 644-4680

**Hampton Inn Coconut Grove/Coral Gables**

2800 SW 28th Terrace Coconut Grove, Florida (305) 448-2800

**Marriott Dadeland**

9090 S. Dadeland Blvd. Miami, FL 33156 (305) 670-1035

**Sheraton Miami Airport Hotel**

3900 NW 21<sup>st</sup> St., Miami, FL 33142 (305) 870-8130

**The Mutiny Hotel on The Bay in Coconut Grove**

2951 South Bayshore Dr., Miami, FL 33142 (305) 632-7717

**The Mayfair Hotel & Spa – Coconut Grove**

3000 Florida Ave. Coconut Grove, FL 33133 (305) 779-4532

### BUS TRANSPORTATION

**Florida Tours**

Bret Brittenum sales@floridatours.com (954) 637-1933

**Exotic Coach Lines**

Biriam Orta biriam@exoticcoachlines.com (954) 800-8693

**Academy Bus**

Jenny Vargas jvargas@academybus.com (305) 688-7700 \*2015

### CAR RENTALS

**Alamo** (800) 327-9633

**Avis** (800) 831-2847

**Budget** (800) 527-0700

**Dollar** (800) 800-4000

**Hertz** (800) 654-3131

**National** (800) 227-7368

**Thifty** (800) 367-2277



# U TRACK AND FIELD

## DIRECTIONS/MAP

### FROM MIAMI INTERNATIONAL AIRPORT

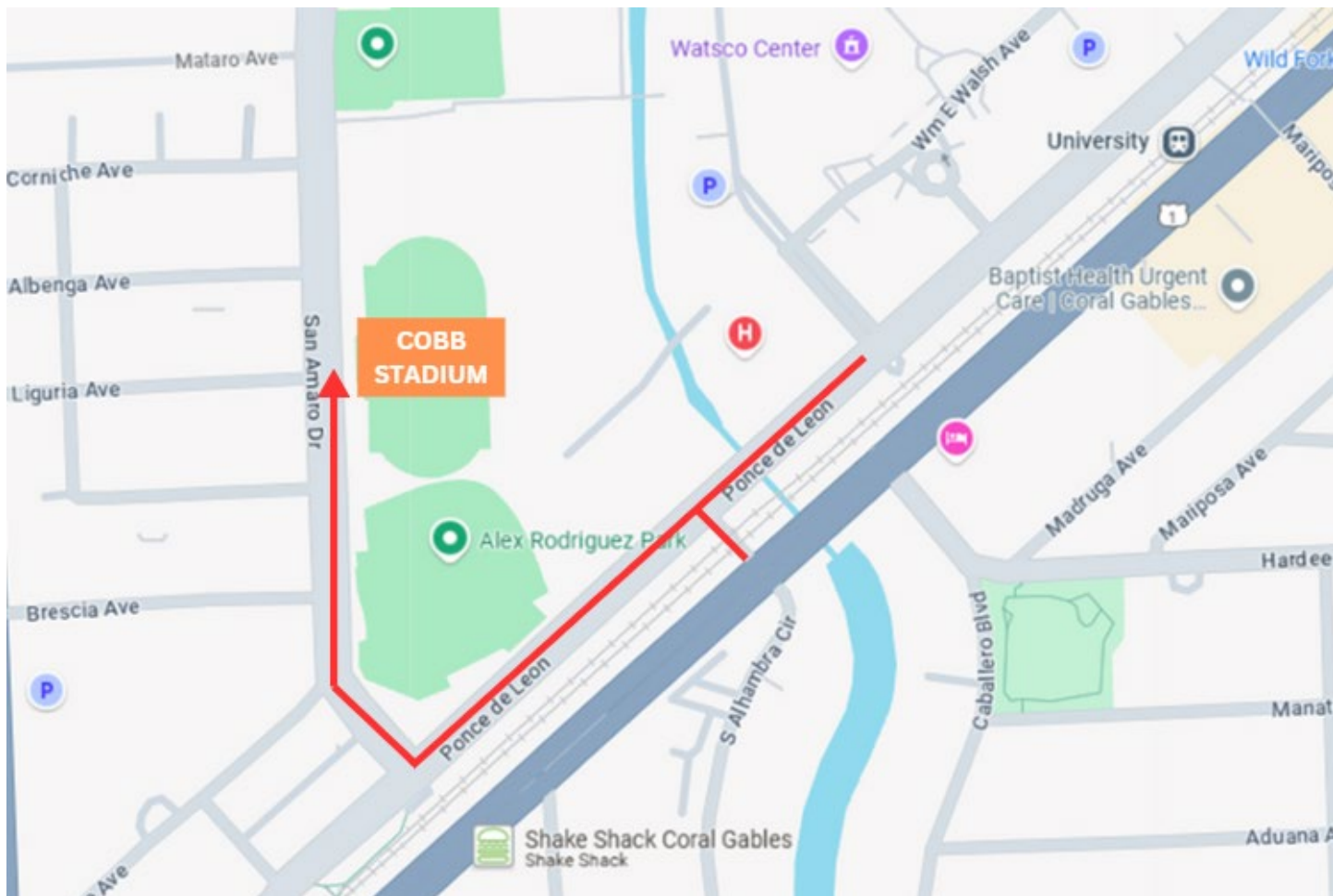
Take Exit marked Coral Gables/Le Jeune Road. Exit onto Le Jeune and head south. Turn right onto Ponce de Leon Blvd (just before the Metrorail). Go 1.7 miles and turn right onto San Amaro Drive (Hurricane Drive). Cobb Stadium is located about a quarter of a mile down on San Amaro Drive.

### FROM THE NORTH

Take US-1 (South Dixie Hwy) south and take a right on S Alhambra Circle (under the metro rail). At the light, take a left onto Ponce de Leon Blvd. At the following light, turn right onto San Amaro Drive (Hurricane Drive). Cobb Stadium is located about a quarter of a mile down on San Amaro Drive.

### FROM THE SOUTH

Take US-1 (South Dixie Hwy) north and take a left on S Alhambra Circle (under the metro rail). At the light, take a left onto Ponce de Leon Blvd. At the following light, turn right onto San Amaro Drive (Hurricane Drive). Cobb Stadium is located about a quarter of a mile down on San Amaro Drive.





# U TRACK AND FIELD

## INCLEMENT WEATHER POLICY

### IN THE EVENT OF HEAVY RAIN:

1. If heavy rain prevents competition on the field, the head meet official, or UM Director of Track and Field will call for a delay in the meet. NOTE: A delay to the start of the meet will be made by the UM Director of Track and Field.
2. Should heavy rains continue with little sign of letup, it is up to the discretion of the head meet official and/or Director of Track and Field to wait to resume, reschedule, or cancel the meet.
3. A decision will be made by the head meet official, coaches, and game manager.

### IN THE EVENT OF LIGHTNING:

1. Lightning will be monitored from the track using the Weather Sentry Lightning Detection and Monitoring System, contracted by the NCAA.
2. When there is lightning activity detected by Weather Sentry within a 15-mile radius of the track, the event manager will notify coaches, sport administrators, and officials.
3. When there is lightning detected by Weather Sentry within an 8-mile radius of the track, the meet will be stopped immediately. All athletes, coaches, officials, and staff will exit the field and take shelter inside.
  1. Teams will be escorted to the Knight Gym or their team bus
  2. Officials and staff will be escorted to the Knight Gym
  3. Fans will be directed to leave their seats and find shelter in their cars
4. When lightning is no longer within an 8-mile radius of the track and it has been 30 minutes since the last detection, the event manager will give out an "all clear." The meet will resume based on what was decided by the head coaches, sport administrator, event manager, and head official.

## VISITING TEAM QUESTIONNAIRE

Visiting Team Contact While in Coral Gables	
Visiting Team	
Primary Contact	
Office Phone	
Cell Phone	
E-Mail	

Visiting Team Travel Arrangements & Information	
Air Line	
Arrival City	(    ) Miami                      (    ) Ft. Lauderdale
Arrival Date & Time	
Team Hotel	
Ground Transportation Company	
Will you need any parking spots for vans? If so, how many?	
Do you plan to practice on Thursday?	
ETA at Cobb Stadium on Meet Days	
Travel Party # (including athletes, coaching staff, athletic trainers, and managers)	

**PLEASE RETURN THIS FORM AND ANY QUESTIONS/REQUESTS NO LATER THAN ONE WEEK PRIOR TO THE MEET TO:**

Anna Shafer  
als364@miami.edu  
786.568.5682