



UCF Knights Invite

MARCH 22-23, 2019

FINAL SCHEDULE

Friday March 22nd

Field Events:

11:00am Javelin Women; Men to Follow
11:00am Pole Vault Women; Men to Follow
1:00pm Long Jump Women; Men to Follow
3:00pm Hammer Women; Men to Follow

Running Events:

6:30pm Women's 1500m
6:40pm Men's 1500m
6:50pm Women's 5000m
7:15pm Men's 5000m

Saturday March 23rd

Field Events:

10:00am Women's Discus (Men to Follow)
11:00am Triple Jump Women (Men to Follow)
11:00am **Men's** High Jump (**Women** to Follow)
1:00pm Women's Shot Put (Men to Follow)

Running Events:

12:00pm 4x100 Relay Women
12:05pm 4x100 Relay Men
12:15pm Break: UCF Track and Field Senior Recognition
12:45pm 100 Hurdles Women
1:00pm 110 Hurdles Men
1:15pm 400 Women
1:20pm 400 Men
1:35pm 100 Women
1:50pm 100 Men
2:05pm 800 Women
2:15pm 800 Men
2:25pm 400H Women
2:35pm 400H Men
2:45pm 200 Women
3:00pm 200 Men
3:15pm 3000 Women
3:30pm 4x400 Relay Women
3:40pm 4x400 Relay Men



Important Information

Facility: UCF Track and Field/Soccer Complex

Parking: Team/Spectator parking will be available, Location: Lot D or Garage D (Please see Map)

Team Check-in: Will be available all day Friday at the Officials Hospitality Tent (NW Corner of Facility).

Athlete Check-in: Southwest Corner of the Indoor Football Facility.

Parking: Team parking will be available just north of the Football Stadium, in Lot E8 (Please see Map)

Warm-up Area/Team Camp: Inside the Indoor Football Facility, each team will have a designated camp area around the perimeter of the indoor facility. We ask that you keep the middle of the facility open for warm-ups.

NO FOOD ALLOWED in the Indoor Football Facility

Field Events: All field events other than Pole Vault and High Jump will be run with 3 attempts and then a final. The Final will include the top-9 competitors.

Weights and Measures: Will open 2 hours before the event and close 1 hour before the start, inside the Indoor Football Facility.

Practice Time:

Track and Field Complex: Thursday (3/21): 9am-Noon and 4pm-7pm

* on Friday (March 15th): Track will be available for practice all-day until running events begin at 6:20pm.

Weight Room: Thursday (3/21): 1:30pm-3pm, in the **Wayne Dench Sports Center**

Minimum Marks for Measurement: Will not be enforced. We will measure everything this weekend.