



Black & Gold INVITE

MARCH 15-16, 2024

TENTATIVE SCHEDULE (AS OF 8/12/23)

Friday March 15th

Field Events:

11:00am	Women's Discus; Men to Follow
2:00pm	Women's Pole Vault; Men to Follow
2:00pm	Women's Long Jump; Men to Follow
2:00pm	Women's Javelin; Men to Follow
5:00pm	Women's Shot Put; Men to Follow

Running Events:

6:00pm	Women's 400m Hurdles
6:20pm	Men's 400m Hurdles
6:40pm	Women's 200m
7:00pm	Men's 200m
7:20pm	Women's 1500m
7:40pm	Men's 1500m
8:00pm	Women's 2000m Steeplechase
8:10pm	Men's 2000m Steeplechase
8:25pm	Women's 5000m
8:45pm	Men's 5000m

Saturday March 16th

Field Events:

10:00am	Women's Hammer; Men to Follow
10:00am	Women's High Jump; Men to Follow
12:00pm	Women's Triple Jump; Men to Follow

Running Events:

12:00pm	Women's 4x100m Relay
12:10pm	Men's 4x100m Relay
12:20pm	Women's 800m
12:30am	Men's 800m
12:50am	Women's 100m Hurdles
1:10pm	Men's 110m Hurdles
1:30pm	Women's 400m
1:50pm	Men's 400m
2:10pm	Women's 100m
2:30pm	Men's 100m
2:50pm	Women's 3000m
3:00pm	Men's 3000m
3:15pm	Women's 4x400m Relay
3:30pm	Men's 4x400m Relay



Important Information

RSVP: To ensure your teams spot, please complete and return the Intent to Compete form by Friday, September 15th. Please complete the entire form with as much information as you can, so we can best plan for how many teams plan to train in our facility the week leading up or the week following.

Entry: Direct Athletics

Entry Deadline: Monday, March 11th, 2024 at 11:59pm

Entries Posted: Wednesday, March 13th, 2024

Entry Limits: Track events: 6 athletes per event, Field events: 4 athletes per event.

Entry Fee: \$700 PER GENDER OR \$50 per Athlete, whichever is smaller. A team consists of 14 or more athletes. Entry Fees **MUST** be paid through Direct Athletics. Checks will not be accepted

Unattached Entries: Email bharmon@athletics.ucf.edu for consideration. Depending on the event, spots will be limited, decisions will be made based on verified marks.

Facility: UCF Track and Field/Soccer Complex

Team Drop-off/Parking: TBD

Warm-up Area/Team Camp: If possible, we will utilize the football indoor facility for both team camp and warm-ups. If we are unable to use the indoor, we will send out tent rental information in mid-February.

Weights and Measures: TBD

Practice Time: For visiting teams on Spring Break we will provide practice times (Track and Weight Room) both the week leading up and week following. Times will be determined and sent out the week before you arrive.