Things to Know and Do

January 8th
Monday
Staff Travel Party Roster DUE by 5pm
Email to dweber@uky.edu

January 9th
Tuesday
12:00pm ~ DEADLINE to finalize entries on Direct Athletics.
SCRATCHES: Following the entry deadline, please email your scratches to Jim Kaiser at jimkaiser@mindspring.com

January 11th
Thursday
5:00pm - 9:00pm ~ Norton Track open for pre-meet practice
Team packets will be available at team entrance.

January 12th
Friday
10:00am ~ Norton Track opens for competing teams.
Team packets will be available at Athlete Check-In Table
The Norton Track will close at the end of Friday’s competition.

January 13th
Saturday
9:00am ~ Field House opens for competing teams
Team packets will be available at Athlete Check-In Table on the infield.
2024 Rod McCravy Memorial Invitational
January 12-13, 2024
Meet Information

ENTRIES: All entries must be made through Direct Athletics. Direct Athletics will be available for entry Dec.1, 2023 through 12:00 pm on Tuesday, January 9, 2024.

www.directathletics.com

The DA system will list the TFRRS top time/mark by default. However, you may opt out and enter an estimated time/mark with an entry note.

FINAL ENTRIES: DEADLINE: 12:00 pm eastern time on Tuesday, January 9, 2024

TEAM ENTRY FEE: $1000.00 per gender/per team. Men and women’s teams from the same school will be considered separate teams. Entry fees for teams with less than 14 athletes will be $70 per athlete. Entry fees must be paid by credit card through Direct Athletics.

PRE-MEET WORKOUT: The Norton Track Facility will be available for pre-meet activity on Thursday, January 11 from 5:00 pm until 9:00pm.

CONDUCT OF MEET: All running events, except the 60 meters and 60m hurdles, will be contested as “sections against time” finals. All 60 meter and 60m hurdles entrants should plan on running the first qualifying round on Friday. Sections in the other running events and the order of competition in the field events will be seeded according to entry marks. In the field events, the highest seeded flight will be contested last. In the running events the top seeded section will race first. Eight athletes will advance to the finals in 60m & 60m hurdles and field events. A tentative time schedule of events is attached. The schedule of events and event times may be revised depending on the number of final entries.

WARM-UP LOGISTICS: Athletes should warm-up on the Norton outdoor track or on the 60 meter indoor warm-up straightaway next to the competition track. Lanes will be designated for hurdles and sprints. No warmups will be allowed on the competition track.

FACILITY ENTRANCE: Although the main spectator entrance to the Norton Sports & Learning Center uses the 3029 West Muhammad Ali Blvd address. Teams should travel to the Norton facility with 3000 West Market Street programmed in their GPS to facilitate athlete drop-off and bus parking options.

The easiest team travel to the Norton track from downtown Louisville will be on West Market Street. Turn left on 30th Street, and drive past the Norton Healthcare Center Building on your right. Stop your bus on 30th Street at Congress Street to unload athletes. Entering from the 30th street side entrance will allow your athletes to enter the facility and go directly up the steps to their designated team camp area. Bus parking is on 30th Street.

TEAM CAMP: Team Camps are located on the upper-level mezzanine above the 60 meter warm-up hallway. Teams will be assigned specific locations. Food and drinks are
allowed in the team camps. Water only in other areas of the facility. **No spikes in team camp area.**

**ACCESS IN FACILITY:**

Coaches, and team staff will be issued wristbands which will allow access to the following areas of the facility.

- Main homestretch and backstretch bleachers
- Team Camp & Warmup Track
- Throwing events venue & athletes’ check-in area

Coaching Boxes: One coach with a coaching box identification badge will be allowed on the track infield but restricted to the designated coaching box for the horizontal and vertical jumps.

**ATHLETE ACCESS:**

Athletes’ access is the same as coaches and team staff. Athletes are only allowed on the track or in the infield when they are actively competing in an on-going event.

After the general warm-up period, 2nd flight athletes in the horizontal jumps will depart the infield during 1st flight competition. The 2nd flight will return for an additional 15 minutes of warm-up period following the 1st flight.

**FACILITIES:**

The Norton facility is a hydraulic 200-meter Mondo surfaced track with six lanes on the oval and eight lanes on the sprint straightaway. **Shot put and weight rings** are Gill Athletics plywood surfaces.

**STARTING BLOCKS:**

The Norton’s Facility’s Gill Starting Blocks will be provided. No other blocks may be used.

**ATHLETE DECLARATION:**

Athletes in all **RUNNING EVENTS** must declare their intentions to compete at the **Athlete’s Check-In Table** just outside the warm-up straightaway at least 20 minutes prior to their race. Upon declaration, competitors will receive hip numbers. Following declaration, competitors should return to the clerking area 10 minutes prior to the start of their event. **To minimize empty lanes, 200m competitors and 4 x 400m relay teams must declare their intentions to compete during a time period detailed in the team packet. Relay Cards** will be distributed in the team packets and extra cards will be available at the Athlete Check-In Table. Relay teams must submit relay cards at check-in.

Athletes in the **High Jump** should declare their intention to compete with event officials at their competition site 60-20 minutes prior to the scheduled start time. **Pole Vault** check-in is 75-50 minutes prior to start time. Athletes competing in the **Shot, Weight, Long, & Triple Jumps** must declare their intention to compete with event officials 60-20 minutes prior to the start of the event. Shots and weights will be inspected 60 – 20 minutes prior to the event start time at the throwing events venue.

**ALLOWABLE SPIKES:**

One quarter inch, pyramid spikes are the only spikes allowed. The only exception is high jumpers may use 3/8 inch spikes

Running event athletes must bring their competition spikes to the athletes check-in. Officials will prohibit athletes without the approved spikes from competing.

**POLE VAULT POLES:**

Pole Vault poles CAN NOT be shipped to the Norton Track Facility. Poles may be stored at the pole vault venue overnight on Thursday and Friday.
TIMING & RESULTS: All Trax Timing will provide timing and result services. Live Results can be found at: LIVE RESULTS

SPORTS MEDICINE: All sports medicine needs should be handled by each team’s sports medicine staff. Emergency medical personnel will be on site, but there is not a central training room.

TEAM FOOD SERVICE: Arrangements can be made with Norton’s Catering Service to provide on-site food services to participating teams. No food or beverages can be brought into the facility without prior written approval of the general manager (502) 916-8251.

PARKING: Team Bus parking is on 30th Street. Spectator parking in Lot A. Team vehicles, other than buses. Meet Officials and UK personnel should park in Lot B.

DRESSING/SHOWER: Shower and dressing facilities are not available at the Norton Track Facility.
# 2024 Rod McCravy Memorial Invitational

## Travel Party Roster

**TEAM:**

Men: _____    Women: _____    Combined: _____

Please provide us with the total of each for wristbands:

- **MEN ATHLETES:** ________   **WOMEN ATHLETES:** ________
- **COACHES:** ________   **ATHLETIC TRAINERS:** ________
- **MANAGERS:** ________   **MEDIA:** ________
- **OTHERS:** ________   **ADMINISTRATION:** ________

**TOTAL TRAVEL PARTY:** ________

Head Coach’s Signature: ____________________________

Please email to Don Weber (dweber@uky.edu) by 5pm on January 8th.
2024 Rod McCravy Memorial T&F Meet  
January 12-13, 2024  
TENTATIVE SCHEDULE as of 12.30.2023

**Friday, January 12th**

**Field Events**

12:00 pm - High Jump – Women  
12:00 pm – High Jump – Men  
1:30 pm – Weight Throw – Men  
following men – Women’s Weight Throw  
1:30 pm – Long Jump – Women  
following women – Men’s Long Jump  
3:30 pm – Pole Vault - Women

**Track Events**

3:00 pm - 60 meters – Women – First Round  
3:20 pm - 60 meters – Men – First Round  
3:40 pm – 60m Hurdle – Women –First Round  
3:55 pm – 60m Hurdle – Men – First Round  
4:05 pm - 300 meters – Women  
4:15 pm - 300 meters – Men  
4:25 pm - 600 meters – Women  
4:45 pm - 600 meters – Men  
5:05 pm – Distance Medley – Women  
5:15 pm – Distance Medley – Men  
5:30 pm - 200 meters – Women  
6:00 pm - 200 meters – Men  
6:30 pm - 1,000 meters - Women  
6:45 pm - 1,000 meters - Men

**Saturday, January 13th**

**Field Events**

11:00 am – Pole Vault – Men  
11:00 am - Shot Put – Women  
following women – Men’s Shot Put  
11:00 am - Triple Jump – Women  
following women – Men’s Triple Jump  
1:00 pm – Invitational Pole Vault - Men

**Track Events**

12:00 pm - 60 meters – Women – Semifinal  
12:10 pm - 60 meters – Men – Semifinal  
12:20 pm – 60m Hurdle – Women – Semifinal  
12:30 pm – 60m Hurdle – Men – Semifinal  
12:40 pm - Mile – Women  
1:00 pm - Mile – Men  
1:10 pm - 60 meters – Women – Final  
1:15 pm - 60 meters – Men – Final  
1:30pm – 60m Hurdle – Women – Final  
1:35 pm – 60m Hurdle – Men – Final  
1:45 pm - 400 meters – Women  
2:20 pm - 400 meters – Men  
2:50 pm - 800 meters – Women  
3:00 pm - 800 meters – Men  
3:15 pm - 3,000 meters – Women  
3:45 pm – 3,000 meters – Men  
4:15 pm - 4x400m Relay – Women  
4:35 pm - 4x400m Relay - Men