Knights INVITE
MARCH 22-23, 2024
FINAL SCHEDULE

Friday March 22nd

Field Events:
11:00am  Women’s Hammer; Men to Follow
1:00pm   Women’s Long Jump; Men to Follow
1:00pm   Women’s Javelin; Men to Follow
2:00pm   Women’s Pole Vault; Men to Follow
5:00pm   Women’s Shot Put; Men to Follow

Running Events:
5:00pm   Women's 400m Hurdles
5:25pm   Men's 400m Hurdles
5:50pm   Women's 200m
6:20pm   Men's 200m
6:55pm   Women's 1500m
7:40pm   Men's 1500m
8:25pm   Women's 3,000m Steeplechase
8:45pm   Men's 3,000m Steeplechase
9:00pm   Women’s 5000m
9:25pm   Men’s 5000m

Saturday March 23rd

Field Events:
10:00am  Women’s Discus; Men to Follow
10:00am  Women’s High Jump; Men to Follow
12:00pm  Women’s Triple Jump; Men to Follow

Running Events:
11:30am  UCF Track & Field Senior Recognition
12:00pm  Women’s 4x100m Relay
12:10pm  Men’s 4x100m Relay
12:20pm  Women’s 800m
12:50pm  Men’s 800m
1:35pm   Women’s 100m Hurdles
2:00pm   Men's 110m Hurdles
2:25pm   Women’s 400m
2:55pm   Men's 400m
3:40pm   Women's 100m
4:05pm   Men's 100m
4:35pm   Women's 3000m
4:50pm   Men's 3000m
5:05pm   Women's 4x400m Relay
5:30pm   Men's 4x400m Relay
Important Information

RSVP: To ensure your team's 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 18th, 2024 at 11:59pm

Entries Posted: Wednesday, March 20th, 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 bharon@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: North Gate on Knights Victory Way. See Attached Site Map

Parking: Bus parking MUST be in Lot E8 on the north side of FBC Financial Stadium, adjacent to the practice soccer fields. NO BUS PARKING is permitted on Knights Victory Way. Vans may park in Lot E8 or the grass lot next to the baseball stadium.

Packet Pick Up: North End of the Fieldhouse, next to the Clerks table. For teams arriving early packet pick up will be available Thursday March 21st 5pm-7pm.

Warm-up Area/Team Camp: Team Camps are to be set up along the east, south and west walls inside Nicholson Fieldhouse. Warm-up area will be in the center of Nicholson Fieldhouse. Do not set up a team camp in the middle of the fieldhouse.

Running Event Check In: Event Check In will be at the north end of Nicholson Fieldhouse. Athletes must check in one (1) hour prior to their event to receive their hip numbers. Relay cards should also be submitted at check in.

Coaches are strongly encouraged to share scratches ahead of time at the tent (Especially relays).

Field Event Check In: 30 minutes prior to event at the event area.

Weights & Measures/Implement Inspection: Friday from 8:30am to 4:00pm in the northwest corner of Nicholson Fieldhouse. Implements must be inspected a minimum of one (1) hour prior to the event. Implements will be impounded and taken to event area one (1) hour before the start. No discus weigh in on Friday. Discus inspection will be from 7:30am to 10am on Saturday morning in the same location.

Starting Heights & Progressions: Men's Pole Vault – 4.18m; Women's Pole Vault – 3.05m; Men's High Jump – 1.81m; Women's High Jump – 1.53m

Locker Room/Showers: Not Available on site