



Black & Gold INVITE

MARCH 21-22, 2025

TENTATIVE SCHEDULE

Friday March 21st

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
5:20pm Men's 400m Hurdles
5:40pm Women's 200m
6:00pm Men's 200m
6:20pm Women's 1500m
7:00pm Men's 1500m
7:35pm Women's 5000m
8:00pm Men's 5000m
8:25pm Women's 10,000m
9:10pm Men's 10,000m

Saturday March 22nd

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:

12:00pm Women's 4x100m Relay
12:10pm Men's 4x100m Relay
12:20pm Women's 800m
12:45pm Men's 800m
1:10pm Women's 100m Hurdles
1:30pm Men's 110m Hurdles
1:50pm Women's 400m
2:15pm Men's 400m
2:40pm Women's 100m
3:00pm Men's 100m
3:20pm Women's 3000m Steeplechase
3:40pm Men's 3000m Steeplechase
4:00pm Women's 4x400m Relay
4:25pm Men's 4x400m Relay

**Important Information**

Participating Teams: **INVITE ONLY!!!** Priority invitations will go to teams who have previously attended along with other NCAA Division 1 teams interested in attending. Non Division 1 teams will be considered on a case by case basis. Intent to Compete forms but be returned by October 1st to guarantee acceptance into the meet.

Entry Process: Direct Athletics

Entry Deadline: Monday, March 17th, 2025 at 7:59pm

Entries Posted: Wednesday, March 19th, 2025 at www.ucfknight.com/home-meet-central

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

Entry Fee: \$750 PER GENDER OR \$50 per Athlete, whichever is smaller. A team consists of 15 or more athletes. Entry Fees **MUST** be paid through Direct Athletics. This is an ENTRY fee, not a competition fee, no refunds for athletes who are entered, but do not compete. Checks will not be accepted

Unattached Entries: Email bharmon@athletics.ucf.edu for consideration with verified TFRRS or World Athletics marks. Unattached entries will be accepted on a case by case basis.

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 Garage F.

Packet Pick Up: White tent at North end of facility near team entrance. For teams arriving early packet pick up will be available Thursday March 20th 10am to 5pm.

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.

Running Event Check In: Event Check In will be at the white tent on the north end of the facility near the team entrance. 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: TBD

Starting Heights & Progressions: TBD

Locker Room/Showers: Not Available on site