



Knights INVITE

APRIL 25-26, 2025

TENTATIVE SCHEDULE

Friday April 25th

Field Events:

11:00am Women's Hammer; Men to Follow
11:00am Women's Javelin; Men to Follow
1:00pm Women's Long Jump; 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 April 26th

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 100m Hurdles(Prelims)
12:20pm Men's 110m Hurdles(Prelims)
12:30pm **UCF Track & Field Senior Recognition**
1:00pm Women's 4x100m Relay
1:10pm Men's 4x100m Relay
1:20pm Women's 800m
1:45pm Men's 800m
2:00pm Women's 100m(Prelims)
2:15pm Men's 100m(Prelims)
2:30pm Women's 100m Hurdles(Finals)
2:40pm Men's 110m Hurdles (Finals)
2:50pm Women's 400m
3:15pm Men's 400m
3:40pm Women's 100m(Finals)
3:50pm Men's 100m(Finals)
4:00pm Women's 3000m
4:15pm Men's 3000m
4:30pm Women's 4x400m Relay
4:45pm Men's 4x400m Relay



Important Information

RSVP: To ensure your teams spot, please complete and return the Intent to Compete form by Friday, December 13th 2024.

Entry: Direct Athletics

Entry Deadline: Monday, April 21st, 2025 at 6:59pm

Entries Posted: Wednesday, April 23rd, 2025

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. 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: 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 Nicholson Fieldhouse, next to the Clerks table. For teams arriving early, packet pick up will be available Thursday April 24th from 2pm-6pm.

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 8:00am 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 – 4:28m; Women's Pole Vault – 3.25m; Men's High Jump – 1.86m; Women's High Jump – 1.58m

Locker Room/Showers: Not Available on site