



Black & Gold INVITE

MARCH 21-22, 2025

FINAL SCHEDULE

Friday March 21st

Field Events:

10:30am Women's Hammer; Men to Follow
12:00pm 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
5:20pm Men's 400m Hurdles
5:40pm Women's 200m
6:10pm Men's 200m
6:35pm Women's 1500m
7:00pm Men's 1500m
7:30pm Women's 5,000m
7:55pm Men's 5,000m
8:20pm Women's 10,000m
9:05pm 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
10:00am Women's Triple Jump; Men to Follow

Running Events:

11:00am Men's 110m Hurdles(Prelims) – Top 8 Times Advance
11:25am Women's 100m Hurdles(Prelims) – Top 8 Times Advance
-BREAK-
12:00pm Women's 4x100m Relay
12:20pm Men's 4x100m Relay
12:35pm Women's 800m
12:55pm Men's 800m
1:15pm Women's 100m Hurdles(Finals)
1:25pm Men's 110m Hurdles(Finals)
1:35pm Women's 400m
2:00pm Men's 400m
2:25pm Women's 100m
2:55pm Men's 100m
3:20pm Women's 2,000m Steeplechase
3:35pm Men's 2,000m Steeplechase
3:50pm Women's 4x400m Relay
4:15pm 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 must be returned by November 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 and www.halfmiletiming.com

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** park in the Softball Field Lot. **NO BUS PARKING** is permitted on Knights Victory Way. Team Vans & Spectators may park in Lot E6 or Garage F. See Attached Site Map.

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: Team Camps are to be set up along the East, West and South walls inside of Nicholson Fieldhouse.

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 must also be submitted at check in. All four members of the relay **MUST** be 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 location.

Weights & Measures/Implement Inspection: Friday from 8:30am to 2:30pm. All implements must be inspected on Friday. **There will no implement weigh in on Saturday.**
Location: Northwest corner inside of Nicholson Field House.

Preferred Lanes: Preferred lanes for the 200m, 400m, 400H and 400m relay are as follows:
Lane 5-6-4-7-3-8



Triple Jump: Men's board is 43 Feet(13.11m) and the women's board is 34 Feet(10.36m).
We will not be taping down any additional boards. Please refrain from entering athletes who may not make the pit.

Starting Heights & Progressions: Men's Pole Vault – 4.33m with 15cm progressions to 4.78m followed by 10cm progressions. **Women's Pole Vault – 3.40m with 15cm progressions to 3.85m followed by 10cm progressions.** Men's High Jump – 1.91m with 5cm progressions to 2.06m followed by 3cm progressions. Women's High Jump – 1.58m with 5cm progressions to 1.73m followed by 3cm progressions.

Locker Room/Showers: Not Available on site

World Athletics/USATF Championship Qualifying: World Athletics and USA Track & Field policies require that marks to be considered for qualification to their championships (2025 outdoor championships) may only come from competitions that are sanctioned through World Athletics / USATF and abide by their rulebook. While this meet will be conducted under NCAA rules, it is also sanctioned by World Athletics and USATF. Results will be reported both to TFRS (the NCAA results reporting system) and to World Athletics / USATF, with notations of any rule violations from the World Athletics rulebook.