



KNIGHTS INVITE

APRIL 25-26, 2025

FINAL SCHEDULE

Friday April 25th

Field Events:

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| 11:00am | 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 |
| 4:15pm | Men's Shot Put Adaptive |
| 5:00pm | Women's Shot Put; Men to Follow |

Running Events:

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|--------|-----------------------------|
| 5:30pm | Women's 400m Hurdles |
| 5:50pm | Men's 400m Hurdles |
| 6:10pm | Men's 100m Adaptive |
| 6:15pm | Women's 200m |
| 6:45pm | Men's 200m |
| 7:15pm | Men's 200m Adaptive |
| 7:20pm | Women's 1500m INVITE |
| 7:35pm | Men's 1500m INVITE |
| 7:40pm | Women's 3,000m Steeplechase |
| 7:55pm | Men's 3,000m Steeplechase |
| 8:10pm | Women's 3,000m |
| 8:35pm | Men's 3,000m |

Saturday April 26th

Field Events:

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| 10:00am | Women's High Jump; Men to Follow |
| 11:00am | Women's Triple Jump; Men to Follow |
| 11:00am | Women's Discus; Men to Follow |

Running Events:

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| 12:00pm | Men's 110m Hurdles(Prelims) |
| 12:15pm | Women's 100m Hurdles(Prelims) |
| 1:00pm | UCF Track & Field Senior Recognition |
| 1:20pm | Women's 4x100m Relay |
| 1:25pm | Men's 4x100m Relay |
| 1:30pm | Women's 800m |
| 1:50pm | Men's 800m |
| 2:10pm | Women's 100m(Prelims) |
| 2:30pm | Men's 100m(Prelims) |
| 2:45pm | Women's 400m |
| 3:05pm | Men's 400m |
| 3:20pm | Women's 100m Hurdles(Finals) |
| 3:25pm | Men's 110m Hurdles(Finals) |
| 3:35pm | Women's 100m(Finals) |
| 3:40pm | Men's 100m(Finals) |
| 3:45pm | Women's 1500m |
| 3:55pm | Men's 1500m |
| 4:10pm | Women's 4x400m Relay |
| 4:20pm | 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: 3 athletes per event, Relays: 2 per team

Entry Fee: \$750 PER GENDER OR \$65 per Athlete, whichever is smaller. A team consists of 12 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. If approved, unattached entries will be \$65.

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: North End of Nicholson Fieldhouse, next to the Clerks table. For teams arriving early, packet pick up will be available Thursday April 24th from 4pm-7:30pm.

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 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).

Running Events: All running events with the exception of the 100m dash, 100m hurdles and 110m hurdles will be run as finals against time. In the 100m dash, 100m hurdles and 110m hurdles the top 8 times in prelims will advance to finals

Preferred Lanes: Preferred lanes for the 200m, 400m, 400H, 400m relay and 1600m relay are as follows: Lane 5-6-4-7-3-8-2

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

Weights & Measures/Implement Inspection: Friday from 8:30am to 2:00pm. All implements must be inspected on Friday. **There will no implement weigh in on Saturday.** Location: Northwest corner inside of Nicholson Field House.



Starting Heights & Progressions: Men's Pole Vault – 4.46m with 15cm progressions to 4.76m followed by 10cm progressions. Women's Pole Vault – 3.32m with 15cm progressions to 3.92m followed by 10cm progressions. Men's High Jump – 1.85m with 5cm progressions to 2.05m followed by 3cm progressions. Women's High Jump – 1.58m with 5cm progressions to 1.73m followed by 3cm progressions.

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.

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.

Meet Management: Reserves the right to make any changes to the competition, including but not limited to the schedule of events, recommended field sizes, accepted or rejected entries and anything else that meet management may deem necessary.