Black & Gold INVITE
MARCH 15-16, 2024
FINAL SCHEDULE

**Friday March 15th**

**Field Events:**
- 11:00am  Women's Discus; Men to Follow
- 1:00pm   Women's Long Jump; Men to Follow
- 1:30pm   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:**
- 6:00pm   Women's 400m Hurdles
- 6:20pm   Men's 400m Hurdles
- 6:35pm   Women's 200m
- 7:05pm   Men's 200m
- 7:35pm   Women's 1500m
- 8:05pm   Men's 1500m
- 8:35pm   Women's 2000m Steeplechase
- 8:50pm   Men's 2000m Steeplechase
- 9:00pm   Women's 5000m
- 9:25pm   Men's 5000m

**Saturday March 16th**

**Field Events:**
- 10:00am  Women's Hammer; 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
- 1:05pm   Women's 100m Hurdles
- 1:30pm   Men's 110m Hurdles
- 1:50pm   Women's 400m
- 2:20pm   Men's 400m
- 2:50pm   Women's 100m
- 3:10pm   Men's 100m
- 3:30pm   Women's 3000m
- 3:55pm   Men's 3000m
- 4:10pm   Women's 4x400m Relay
- 4:35pm   Men's 4x400m Relay
Important Information

RSVP: To ensure your teams 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 11th, 2024 at 11:59pm

Entries Posted: Wednesday, March 13th, 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 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 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 14th 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: Friday from 8:30am to 4:00pm. All implements must be inspected on Friday. There will no implement weigh in on Saturday. Location: White tent against outdoor wall of Nicholson Field House

Starting Heights & Progressions: Men’s Pole Vault – 4.38m; Women’s Pole Vault – 3.35m; Men’s High Jump – 1.91m; Women’s High Jump – 1.58m

Locker Room/Showers: Not Available on site