



Knights INVITE

MARCH 22-23, 2024

FINAL SCHEDULE

Friday March 22nd

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
5:25pm	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 March 23rd

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:

11:30am	UCF Track & Field Senior Recognition
12:00pm	Women's 4x100m Relay
12:10pm	Men's 4x100m Relay
12:20pm	Women's 800m
12:50pm	Men's 800m
1:35pm	Women's 100m Hurdles
2:00pm	Men's 110m Hurdles
2:25pm	Women's 400m
2:55pm	Men's 400m
3:40pm	Women's 100m
4:05pm	Men's 100m
4:35pm	Women's 3000m
4:50pm	Men's 3000m
5:05pm	Women's 4x400m Relay
5:30pm	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 18th, 2024 at 11:59pm

Entries Posted: Wednesday, March 20th, 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 the grass lot next to the baseball stadium.

Packet Pick Up: North End of the Fieldhouse, next to the Clerks table. For teams arriving early packet pick up will be available Thursday March 21st 5pm-7pm.

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 8:30am 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 – 4:18m; Women's Pole Vault – 3.05m; Men's High Jump – 1.81m; Women's High Jump – 1.53m

Locker Room/Showers: Not Available on site