



UCS Invitational

February 16-17, 2018



GENERAL MEET INFORMATION

Admission:	Spectator admission is \$7 for adults and \$5 for students 12 and older. Children under 12 are free.
Waiver of Liability:	Each institution and individual will be required to provide either a certificate of insurance or waiver of liability. The waiver of liability forms can be found at the top of the Schedule page at jdlfasttrack.com . Forms will be available to fill out at packet pick-up, but we urge schools and individuals to submit their documentation prior to the meet. Only one form is needed for the entire season.
Athletic Trainer:	JDL Fast Track will be providing a certified athletic trainer on-site during the competition. Schools not traveling with a trainer should send supplies, such as tape and pre-wrap, as the on-site athletic trainer will have limited quantities of those supplies.
On-Site Food Vendor:	Tropical Smoothie Cafe will be on-site during the meet to provide food services to teams, officials and spectators for this meet. Teams interested in purchasing catering from Tropical Smoothie Cafe may contact Karli Prestandrea at 336-624-5994 or Karli.prestandrea98@gmail.com .
RunnerSpace Videos:	RunnerSpace will be live streaming this event. The races will also be available after the event as part of RunnerSpace's +Plus subscription package. The RunnerSpace video will serve as the official race video in the event of a protest. To get more information about subscribing, go to www.runnerspace.com or www.jdlfasttrack.com .
Timing & Results:	Fully automatic timing will be performed by Timing Inc of Cherryville, NC. Results will be posted at Direct Athletics, TFRRS and on JDL Fast Track's website.

REGISTRATION INFORMATION

Eligibility:	UCS Invitational is open to all NCAA, NJCAA and NAIA institutions. Unattached athletes may also compete. Teams wishing to compete need to request an invitation to the meet from Veronica Rodriguez (veronica@jdlcastlecorp.com).
Entry Deadline:	Online entries via Direct Athletics will open on Monday, January 29 and will close on Monday, February 12 at 11:59 pm EST.
Entry Marks:	UCS Invitational will be using TFRRS to verify marks for seeding purposes. Only verified marks may be entered online. For athletes who do not have a time or mark in TFRRS, they may enter a speculative mark, which will be verified by JDL staff after registration closes.
Team Entry Fees:	\$16 per athlete per event and \$40 per relay . Entry fees for those entries registered through Direct Athletics are capped at \$450 per team per gender . There will be no refunds for scratches after the entry deadline. Team payment is due at packet pick-up or may be paid online via Direct Athletics. Checks should be made payable to JDL Fast Track, LLC.
Entry Limits:	The schedule on page two indicates the maximum number of entries per gender in each event. These entry limits are based on TFRRS lists, as the accepted entries will be determined by TFRRS lists in the last 12 months. Each school is limited to a total of 30 athletes per gender and no more than 4 athletes per running event, 3 per field event and 1 relay team. Entry limits may be relaxed or expanded closer to the deadline depending on availability of time. Schools wishing to enter additional athletes beyond these entry limits MAY have the opportunity to do so. If you would like to request additional slots, please email Craig Longhurst. If additional slots are available, the fee for those slots will be the standard entry fee, but may take you over the team fee cap.
Individual Entry Fees:	Unattached athlete registration fees are \$16 per event . All individuals must pay online. <u>REGISTRATION DOES NOT GUARANTEE ACCEPTANCE INTO THE MEET! THERE WILL BE NO REFUNDS FOR ATHLETES NOT ACCEPTED INTO THE MEET.</u> Additional Direct Athletics fees may apply. There will be no refunds for scratches once payment has been received online. Late registration after the deadline may be available and will be up to meet management depending upon the number of available slots. If available , the late registration fee will be \$30 per event.

RUNNING EVENT INFORMATION

Check-in Procedures: This meet will use a DECLARATION procedure. All athletes must DECLARE their intent to compete **no less than 30 minutes prior** to their event. There will be DECLARATION tables set up next to the clerking booth. Athletes should highlight their names on the declaration sheets. **Any athletes failing to declare within that time frame will be scratched from the event. NO EXCEPTIONS!!** After declarations, athletes should return to the clerking area no less than 10 minutes prior to their event to receive their hip numbers.

Seeding/Heat Sheets: Performance lists will be distributed via email to coaches/athletes on Thursday morning, Feb 1, and will also be posted on the JDL Fast Track website under the Schedule tab.

FIELD EVENT INFORMATION

Check-in Procedures: Field event athletes must check-in to their field event sites no later than 30 minutes prior to their competition. **Any athletes failing to declare within that time frame will be scratched from the event. NO EXCEPTIONS!!**

Implements: Implement weigh-in will be underneath the timing platform near the throws cage. Implement weigh-in will be open from 8:30 am to 9:15 am and then again after the conclusion of the men's shot put.

Throws Measurements: In order to expedite the throws, we will be measuring each contestant's first legal throw. After their first legal throw, only throws beyond the 10m line in the women's shot put and the 12m line in all other throws events will be measured.

HJ/PV Starting Heights: Women's HJ – 1.47m Men's HJ – 1.82m Both genders will follow 0.05m progressions
Women's PV – 2.90m Men's PV – 3.50m Both genders will follow 0.15m progressions
Seeded HJ and PV starting heights will be determined prior to the start of competition at the event area.

Field Event Finals: Trials in the shot put, weight throw, long jump and triple jump will consist of 3 attempts, with the top 9 athletes advancing to finals.

DISTANCE MEDLEY RELAY INFO

DMR Entries: The DMR will be a marquee event at the UCS Invitational and will feature an Invitational section for schools seeking an NCAA Division I qualifying mark. The Invitational section will be limited to 8 schools per gender. A minimum entry standard of 9:39.99 for men and 11:19.99 for women must have been achieved in the preceding 12 months. Schools seeking entry to the Invitational section should contact Craig Longhurst via email (craig@jdlcastlecorp.com).

DMR Conversion Info: The NCAA flat track conversions for the DMR at JDL Fast Track are approximately 7.8 seconds for the men and 7.0 seconds for the women. JDL's facility records for the men are 9:34.24 (converted to 9:26.55) and 11:07.51 (converted to 11:00.43) for the women.

NCAA qualifiers from JDL include:

2015 – Duke (M), Virginia Tech (M), NC State (W)

2016 – Virginia (M), New Mexico (W), Clemson (W), Duke (W)

2017 – Ole Miss (M), Arkansas (M), Villanova (M)

SCHEDULE

Schedule: In all running events, the women will go first followed by men. Additionally, faster heats will precede the slower heats. A final schedule will be sent to all coaches via email no later than Thursday, Feb 15.

FRIDAY, FEBRUARY 16

4:00 PM **4:45 PM** **5:15 PM**
Track Opens Officials' Meeting Coaches' Meeting

<i>RUNNING EVENTS</i>		
Time	Event	Max Entries
6:00 PM	Women's 5k	45
	Men's 5k	45
	DMR	24

<i>FIELD EVENTS</i>			
Time	Event	Area	Max Entries
6:00 PM	Men's Shot Put	Throws Cage	40
	Women's Shot Put	HJ Apron	40

SATURDAY, FEBRUARY 17

8:00 AM **8:45 AM** **9:15 AM**
Track Opens Officials' Meeting Coaches' Meeting

<i>RUNNING EVENTS</i>		
Time	Event	Max Entries
10:00 AM	60m Hurdle Prelims	64
	3000m Run	45
	Hurdle Finals	
	60m Dash Prelims	96
	400m Dash	75
	Dash Finals	
	800m Run	60
	200m Dash	75
	Mile Run	60
	4x400m Relay	24

<i>FIELD EVENTS</i>			
Time	Event	Area	Max Entries
10:00 AM	Weight Throw – men first	Throws Cage	36
10:00 AM	Men's LJ – followed by TJ	LJ/TJ "A"	LJ – 36
	Women's LJ – followed by TJ	LJ/TJ "B"	TJ - 24
10:00 AM	Pole Vault – men first	PV "A"	20
11:00 AM	High Jump – women first	HJ Apron	20

Meet Contact Info: Craig Longhurst craig@jdlcastlecorp.com 336-448-1656	Veronica Rodriguez veronica@jdlcastlecorp.com 336-448-1657	DePaul Mittman (Meet Director) depaulmittman@bellsouth.net 336-255-3403
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For additional information about the facility, rules or procedures, please visit the FAQ page on our website. A link to the FAQ page can be found at the top right-hand side of www.jdlfasttrack.com.

Hotel Sponsors: Courtyard by Marriott (336-760-5777) 1600 Westbrook Plaza Drive Winston-Salem, NC 27103 Winstonsalemcourtyard.com	Springhill Suites (336-765-0190) 1015 Marriott Crossing Way Winston-Salem, NC 27103 www.marriott.com/INTSH	The Village Inn (336-766-9121) 6205 Ramada Drive Clemmons, NC 27012 www.thevillageinn.com
Hampton Inn (336-760-1660) 1990 Hampton Inn Court Winston-Salem, NC 27103 Winstonsalemi40.hamptoninn.com		Fairfield Inn & Suites (336-714-3000) 1680 Westbrook Plaza Drive Winston-Salem, NC 27103 www.fairfieldinn.com/intfi