



UCS[™] Invitational February 18, 2017

- Admission:** Spectator admission is \$7 for adults and \$4 for students 12 and older. Children under 12 are free. Spectators will be given wristbands that must be worn for re-entry.
- Eligibility:** UCS Invitational is open to all NCAA, NJCAA, NAIA institutions. Unattached athletes may also compete.
- Entry Deadline:** Online entries via Direct Athletics will open on Monday, January 30 and will close on **Monday, February 13 at 11:59 pm EST.**
- Team Entry Fees:** **\$16 per athlete per event and \$30 per relay.** Entry fees for those entries registered through Direct Athletics are capped at **\$450 per team per gender.** Late or manual entries/changes will be accepted at the discretion of meet management. Late entry fees will apply. Any late or manual entries/changes will be charged the standard fees, but those fees will be above and beyond the capped fees and may result in fees exceeding the \$450 per team per gender cap.
- There will be no refunds for scratches after the entry deadline. Team payment is due at packet pick-up. *Acceptable forms of payment are checks, money orders and cash.* Checks should be made payable to JDL Fast Track, LLC.
- Individual Entry Fees:** Unattached athlete registration fees are **\$16 per event.** All individuals must pay online. Additional Direct Athletics fees may apply. Any late or manual entries for individuals, **if accepted**, will be \$30 per athlete per event. There will be no refunds for scratches once payment has been received online. Late or manual entries/changes will be accepted at the discretion of meet management.
- 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. Additionally, each school is limited to 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.
- Entry Marks:** UCS Invitational will be using **TFRRS** to verify marks for seeding purposes. Only verified marks may be entered online. Athletes who do not have a mark in their event may not be entered into the meet.
- Unattached Athletes:** Unattached athletes who wish to compete must register and pay online. **REGISTRATION DOES NOT GUARANTEE ACCEPTANCE INTO THE MEET! THERE WILL BE NO REFUNDS FOR ATHLETES NOT ACCEPTED INTO THE MEET.** Due to the size and competition at this event, only the top athletes in each event will be accepted. When registering, only verifiable results will be accepted. Any proof of performance not contained in the Direct Athletics system may be sent to Veronica Rodriguez (veronica@jdlcastlecorp.com).
- RunnerSpace Videos:** RunnerSpace will be live streaming this event, as well as making all race videos available online for on-demand viewing after the event as part of RunnerSpace's +Plus subscription package. To get more information about subscribing to see this and all other races held at JDL Fast Track, go to www.runnerspace.com or www.jdlfasttrack.com. The RunnerSpace video will serve as the official race video in the event of a protest.
- Check-in Procedures:** Field event athletes must check-in to their field event sites no later than 30 minutes prior to their competition. For running events, 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 no later than Friday morning, Feb 17, and will also be posted on the JDL Fast Track website under the Schedule tab.
Implements:	Implement weigh-in will be underneath the timing platform near the throws cage. Implements must be weighed in a minimum of 45 minutes prior to the competition.
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 & Progressions:	The starting heights in the high jump and pole vault will be as follows: Women's HJ – 1.50m Men's HJ – 1.82m Both genders will follow 0.05m progressions Women's PV – 3.05, 3.20, 3.35, 3.50, 3.65, 3.80, 3.95, 4.10, 4.20, 4.30. . . Men's PV – 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.90, 5.00. . .
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.
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 9:59.99 for men and 11:29.99 for women are required, while preferred entry marks are 9:44.99 for men and 11:19.99 for women. Schools seeking entry to the Invitational section should contact Craig Longhurst via email (craig@jdlcastlecorp.com).
Timing:	Fully automatic timing will be performed by Timing Inc of Cherryville, NC.
Results:	Results will be posted at Direct Athletics and on JDL Fast Track's website.
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 Friday, Feb 17.

7:30 AM 8:30 AM 9:00 AM
Track Opens Officials' Meeting Coaches' Meeting

<i>RUNNING EVENTS</i>			<i>FIELD EVENTS</i>			
Time	Event	Max Entries Per Gender	Time	Event	Area	Max Entries Per Gender
9:30 AM	60m Hurdles	48	9:30 AM	Shot Put – women	HJ Apron	30
	5000m	15		High Jump – women first	HJ Apron	24
	800m Run	60				
	Hurdle Finals		9:30 AM	Shot Put – men	Throws Cage	30
	60m Dash	80		Weight Throw – men first	Throws Cage	24
	400m Dash	75				
	Dash Finals		10:00 AM	Pole Vault – men first	PV Runway "A"	24
	DMR	16				
	3000m Run	40	10:00 AM	Men's Horizontals – LJ then TJ	LJ Runway "A"	LJ – 30 TJ – 24
	200m Dash	75				
	Mile Run	60				
	4x400m Relay	24	10:00 AM	Women's Horizontals – LJ then TJ	LJ Runway "B"	LJ – 30 TJ – 24
<i>There will be a 30-minute break between each field event contested in the same event area to allow for a break for officials.</i>						

Meet Contact Info:

Craig Longhurst
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336-722-2033

Veronica Rodriguez
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Ali Bahr (Meet Director)
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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
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The Village Inn (336-766-9121)
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Clemmons, NC 27012
www.thevillageinn.com

Hampton Inn (336-760-1660)
1990 Hampton Inn Court
Winston-Salem, NC 27103
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1680 Westbrook Plaza Drive
Winston-Salem, NC 27103
www.fairfieldinn.com/intfi