**Bulldog Invitational 2018 Final Meet Instructions**

Location: Liberty University’s New Indoor Track Facility. The new indoor track facility is located off of Candlers Mountain Road, underneath the LU monogram. The road leading back to the indoor track from Candlers Mountain Road may be found across from Fairfield Inn & Suites, whose address is 3777 Candlers Mountain Road, Lynchburg, VA 24502.

Facility Layout: The facility houses a hydraulically banked 200-meter track oval. Eight 42” lanes on the infield straightaway and six 42” lanes on the curve. The facility has over 1400 permanent seats. The infield holds two horizontal jump and two pole vault runways. Throwing circle is outside the oval.

Takeoff boards: Long Jump 10’ Women’s Triple Jump 35’ Men’s Triple Jump 41’

Runway Length: Long Jump 163’ Women’s Triple Jump 138’ Men’s Triple Jump 132’

Pole Vault 135’

Starting Heights: Pole Vault Girls-Starts at 6’6” then by 6 inches. Pole Vault Boys - 8’6” then by 6 inches.

High Jump Girls- 4’2” then by 2 inches. High Jump Boys-5’0” then by 2 inches.

Measuring in horizontal jumps and shot put: All athletes will get three attempts with the top 9 after 3 attempts advancing to finals for 3 more attempts.

Athlete Check-In: All field event athletes will be required to check-in at their event site 15 minutes prior to the scheduled start of their event. All running event athletes must check in 30 minutes prior to the start of their race to get their hip numbers. Athletes need to be in the heating area 15 minutes before their race. If an athlete misses their heat, we will not be adding them in to a later heat.

Implements: Implement weigh-in will take place at the site of competition. All implements must be checked in an hour before the event starts in order to be used.

Athletic Trainers: A Certified Athletic Trainer will be available for first-aid services only. If an athletic trainer is unable to attend the meet with your team you must send a kit with supplies (tape, pre-wrap, band-aids). Ice will be available for injuries that occur.

Schedule: The doors will open by 9:00 a.m., Coaches meeting at 9:40, Opening Ceremony-9:55, 4x800 & 55H at 10:00 a.m. The meet will run fast to slow. We will doubling up some of the slower heats of the 500 as there are over 200 athletes entered, Also only the 1st 2 heats of the 300/500 will be allowed to use blocks. We will also be using relay cards for the 4x400 and creating the heats after those have been turned in before the seeded sections of the 3200. A final time schedule will be released Thursday.

Results: Meet results will be posted online on Milestat and will be posted at the meet after each event ends.

Spikes: 1/4 Inch pyramids are the only acceptable spikes. Spikes will be checked and marked at the check-in site. No athletes will be permitted to compete without proper marking on their spikes. Field event athletes can have their spikes checked at their field event.

Tape: Only athletic tape may be used as markers for the jumps. NO chalk or other type of tape allowed.

Relays: All relay team members must be dressed alike. This includes matching shirts/tights under uniforms. We will be following NFHS rules as this is a sanctioned meet.

Coaches Meals: Two coaches (extra tickets will be $5 each) from each school will receive hospitality passes.

Parking: There is no charge for parking. Buses will be directed to the best available place to park when teams arrive.

Facility usage: All athletes and coaches must enter through the lower level lobby and then proceed upstairs using the stairs in the lobby. All teams will be assigned an area of the team camp level to set up camps. Please ensure that there is a walkway left through the middle of the team camp area.

Athletes will only be allowed in the downstairs area of the track when warming up or competing. All athletes must have their bib numbers on to be on the oval. **NO SPIKES** are allowed on the stairs. Athletes must wait until they get downstairs to put on their spikes.

NO head phones or electronics will be allowed inside the oval. Athletes will be warned and then can be disqualified if a second infraction occurs.

Coaches will only be allowed in the coaching boxes for the field events if they have a wristband. Coaches will not be allowed inside the oval unless they are in a coach’s box coaching a field event.

Each team will receive a limited number of wristbands and tickets for the coach’s meal. If you need more, tickets may be purchased for $5 at the registration table. Lunch will be served at 11:30.

Spectator Admission: Admission to the meet for spectators is $5 per person regardless of age.

Concession Stand: The LCA XC team will be running a concession stand at the meet. There will be Chick-fil-a sandwiches and pizza, as well as many other items, available for purchase throughout the day.