

**University of the Cumberland
Track and Field Invitational
Meet Information**

ENTRIES

Entries for this meet are limited to 3 athletes per event

We expect 20 plus teams to compete. Schools who want more than 3 athletes per event, must pay \$30 for each additional athlete over the 3 athletes per event limit. If someone competes unattached they will be considered unattached for the entire meet and can not score.

All entries must be entered at CoachO.com

ENTRY FEE

\$30 Per unattached athlete; \$175 per team; men's and women's teams combined \$350. (CoachO.com)

TIMING

Fully automated timing will be used for all races by Finish Lynx System.

TRACK

The track is an eight lane, all weather surface facility.

SCORING

10-8-6-4-3-2-1

FALSE STARTS

One and you are out.

AWARDS

T-shirts to top 3 in each event.

SPIKES

Athletes may wear flats or spikes no longer then ¼ inch.

STARTING HEIGHTS

High Jump	Women: 4'8''	Men: 5'8''
Pole Vault	Women: 6'6''	Men: 11'6''

SEED TIME

It is extremely important that you as coaches provide us with accurate seed times. The races in this meet are heats against time or finals so it is of paramount importance that, you provide accurate times so we seed races that are fair and competitive.

FOOD

Arby's, Hardee's, KFC, McDonald's, Subway and Pizza Hut are within 400 meters of the track.

MEET PACKETS

Meet packets may be picked up at the officials tent before The start of the 10,000 race.

QUESTIONS

Any question concerning the meet may be directed to Floyd C. Stroud at 606-539-4139 or 606-539-4223.

MEET ENTRIES

All entries must entered online at CoachO.com
Go to Calendar, April 11 University of the Cumberland Inv.
Deadline is **Monday at 9:00pm on April 6, 2009**

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- | | | |
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Williamsburg Area Accommodations

Cumberland Inn	(606) 539-4100
Super 8	(606) 549-3450
Days Inn	(606) 549-1500
Williamsburg Motel	(606) 549-2300

**University of the Cumberland
Track & Field
Invitational
April 11, 2009**

Field Events

9:00am	Women's Pole Vault Women's Shot Put Women's High Jump Men's Long Jump Men's Discus
10:30am	Men's Pole Vault Men's Shot Put Women's Discus Men's High Jump Women's Long Jump
12:30pm	Men's Triple Jump followed by Women's Men's Javelin followed by Women's

Running Events

9:00am	Women's 10,000 Meters
9:45am	Men's 10,000 Meters
10:25am	Women's 3,000 Meter Steeple
10:40am	Men's 3,000 Meter Steeple
11:05am	Women's 400 Meter Relay
11:20am	Men's 400 Meter Relay
11:35am	Women's 1500 Meters
12:00pm	Men's 1500 Meters
12:20pm	Women's 100 Meter Hurdles
12:35pm	Men's 110 Meter Hurdles
12:50pm	Women's 400 Meters
1:05pm	Men's 400 Meters
1:20pm	Women's 100 Meters
1:35pm	Men's 100 Meters
1:50pm	Women's 4x800 Meter Relay
2:05pm	Men's 4x800 Meter Relay
2:20pm	Women's 800 Meters
2:35pm	Men's 800 Meters
2:50pm	Women's 400 Meter Hurdles
3:00pm	Men's 400 Meter Hurdles
3:15pm	Women's 200 Meters
3:30pm	Men's 200 Meters
3:45pm	Women's 5,000 Meters
4:10pm	Men's 5,000 Meters
4:35pm	Women's 1,600 Meter Relay
4:45pm	Men's 1,600 Meter Relay

2009 University of the Cumberland Performance List
(Click Link Above)