UCF Knights Invite
MARCH 22-23, 2019
FINAL SCHEDULE

Friday March 22nd

Field Events:
11:00am  Javelin Women; Men to Follow
11:00am  Pole Vault Women; Men to Follow
1:00pm   Long Jump Women; Men to Follow
3:00pm   Hammer Women; Men to Follow

Running Events:
6:30pm   Women's 1500m
6:40pm   Men's 1500m
6:50pm   Women's 5000m
7:15pm   Men's 5000m

Saturday March 23rd

Field Events:
10:00am  Women's Discus (Men to Follow)
11:00am  Triple Jump Women (Men to Follow)
11:00am  Men's High Jump (Women to Follow)
1:00pm   Women's Shot Put (Men to Follow)

Running Events:
12:00pm  4x100 Relay Women
12:05pm  4x100 Relay Men
12:15pm  Break: UCF Track and Field Senior Recognition
12:45pm  100 Hurdles Women
1:00pm   110 Hurdles Men
1:15pm   400 Women
1:20pm   400 Men
1:35pm   100 Women
1:50pm   100 Men
2:05pm   800 Women
2:15pm   800 Men
2:25pm   400H Women
2:35pm   400H Men
2:45pm   200 Women
3:00pm   200 Men
3:15pm   3000 Women
3:30pm   4x400 Relay Women
3:40pm   4x400 Relay Men
Important Information

Facility: UCF Track and Field/Soccer Complex

Parking: Team/Spectator parking will be available, Location: Lot D or Garage D (Please see Map)

Team Check-in: Will be available all day Friday at the Officials Hospitality Tent (NW Corner of Facility).

Athlete Check-in: Southwest Corner of the Indoor Football Facility.

Parking: Team parking will be available just north of the Football Stadium, in Lot E8 (Please see Map)

Warm-up Area/Team Camp: Inside the Indoor Football Facility, each team will have a designated camp area around the perimeter of the indoor facility. We ask that you keep the middle of the facility open for warm-ups.

Field Events: All field events other than Pole Vault and High Jump will be run with 3 attempts and then a final. The Final will include the top-9 competitors.

Weights and Measures: Will open 2 hours before the event and close 1 hour before the start, inside the Indoor Football Facility.

Practice Time:

Track and Field Complex: Thursday (3/21): 9am-Noon and 4pm-7pm

* on Friday (March 15th): Track will be available for practice all-day until running events begin at 6:20pm.

Weight Room: Thursday (3/21): 1:30pm-3pm, in the Wayne Dench Sports Center

Minimum Marks for Measurement: Will not be enforced. We will measure everything this weekend.