



BLACK & GOLD INVITE

MARCH 18-19, 2022

FINAL SCHEDULE

Friday, March 17th

Field Events:

11:00am Women's Discus; Men to Follow
1:00pm Women's Pole Vault; Men to Follow
1:00pm Women's Javelin; Men to Follow
2:00pm Women's Long Jump; Men to Follow
4:00pm Women's Shot Put; Men to Follow

Running Events:

6:00pm Women's 400m Hurdles
6:15pm Men's 400m Hurdles
6:30pm Women's 200m
7:00pm Men's 200m
7:30pm Women's 1500m
8:00pm Men's 1500m
8:30pm Women's 2000m Steeplechase
8:40pm Men's 2000m Steeplechase
8:55pm Women's 5000m
9:20pm Men's 5000m

Saturday, March 18th

Field Events:

9:00am Women's Hammer; Men to Follow
10:00am Women's High Jump; Men to Follow
12:00pm Women's Triple Jump; Men to Follow

Running Events:

12:00pm Women's 4x100m Relay
12:10pm Men's 4x100m Relay
12:20pm Women's 800m
12:35am Men's 800m
12:55am Women's 100m Hurdles
1:15pm Men's 110m Hurdles
1:30pm Women's 400m
1:50pm Men's 400m
2:10pm Women's 100m
2:30pm Men's 100m
2:50pm Women's 3000m
3:00pm Men's 3000m
3:15pm Women's 4x400m Relay
3:30pm Men's 4x400m Relay



Important Information

Facility: UCF Track and Field/Soccer Complex

Live Results: www.live.halfmiletiming.com

Team Drop-off/Parking: Team vans and Busses can drop off at the North End of the facility on Knights Victory Way. All team busses and Vans can park in Lot E8. (Please see attached maps)

Warm-up Area/Team Camp: Team Camp will be in the Football Indoor Facility along with warm-ups. Each team will have a designated team camp spot around the perimeter of the facility. Please keep team camps along the wall in your designated space to allow for ample space for athletes warming up.

Athlete Check-in: All track events will check-in inside the indoor football facility in the Northwest corner. Field event athletes will check-in at their event site.

Weights and Measures: Will be located at the Northwest corner inside the Indoor Football Facility. Please make sure your implements are checked in with in this window to guarantee we have them certified and at the competition site prior to the start of warm-ups.

Friday, March 17th:

Discus:

Women- 9:00-9:30am

Men- 9:00-11:30am

Javelin:

Women- 11:30am-12:15pm

Men- 11:30am-1:00pm

Shot Put:

Women- 1:30-2:30pm

Men- 1:30-3:30pm

Hammer: (We will impound, and store Hammer implements overnight)

Both Women and Men: 1:30pm-5:00pm

Packet Pick-up: Will be located at the North End of the facility near the Team Entrance.

Practice Time: Below are the practice times available for visiting teams. For planning purposes, please complete and return the Practice Time Request form.

Track and Field:

Monday (3/13)-Wednesday (3/15): 2-5pm

Thursday (3/16): 2pm-6pm

Friday (3/17): 10am-1pm

Weight Room:

Monday (3//13)-Thursday (3/16): 4-6pm (must be scheduled in advance)