



KNIGHTS INVITE

MARCH 24-25, 2022

FINAL SCHEDULE

Friday, March 24th

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
5:00pm 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
7:55pm Men's 1500m
8:25pm Women's 3000m Steeplechase
8:40pm Men's 3000m Steeplechase
8:55pm Women's 5000m
9:20pm Men's 5000m

Saturday, March 25th

Field Events:

10:00am Women's Hammer; Men to Follow
11:00am Women's High Jump; Men to Follow
12:00pm Women's Triple Jump; Men to Follow

Running Events:

11:15am Senior Recognition Ceremony
12:00pm Women's 4x100m Relay
12:10pm Men's 4x100m Relay
12:20pm Women's 800m
12:40pm Men's 800m
1:00pm Women's 100m Hurdles
1:15pm Men's 110m Hurdles
1:30pm Women's 400m
1:50pm Men's 400m
2:20pm Women's 100m
2:40pm Men's 100m
3:05pm Women's 3000m
3:15pm Men's 3000m
3:30pm Women's 4x400m Relay
3:40pm 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: We have limited access to the indoor football facility this weekend, we will allow the track to be available for warm-up during most of the meet unless either the 4x100, 400m or 400 hurdles are taking place.

Hours The Indoor Football Facility is available:

Friday: 11:30am-End of Meet

Saturday: 12:00pm-End of Meet

Team Camp: Team Camp will be located in the grass area NORTH of the track; NO Team Camps will be allowed in the Indoor Football facility this week.

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 24th:

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- 2:00-3:30pm

Men- 2:00-5:00pm

Saturday, March 25th:

Hammer:

Women: 7:30am-8:30am

Men: 7:30am-9:30am

Packet Pick-up: We will not have Team Packets to pick-up. Heat sheets and schedule will be posted on our website and available on Halfmiletiming.com. Relay cards will be available at Athlete Check-in.

Practice Time:

Thursday (3/16): 10am-12:30pm OR 4pm-6pm

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