



## BLACK & GOLD CHALLENGE

MARCH 15-16, 2019

### FINAL SCHEDULE

#### *Friday March 15<sup>th</sup>*

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##### **Field Events:**

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

##### **Running Events:**

6:20pm Women's 1500m  
6:40pm Men's 1500m  
7:00pm Women's 2000m Steeplechase  
7:15pm Men's 2000m Steeplechase  
7:50pm Women's 5000m  
8:15pm Men's 5000m

#### *Saturday March 16<sup>th</sup>*

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##### **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:**

11:00am 4x100 Relay Women  
11:10am 4x100 Relay Men  
11:20am 4x800 Women  
11:35am 4x800 Men  
11:50am 100 Hurdles Women  
12:15pm 110 Hurdles Men  
12:30pm 400 Women  
12:40pm 400 Men  
12:55pm 100 Women  
1:10pm 100 Men  
1:25pm 800 Women  
1:40pm 800 Men  
2:00pm 400H Women  
2:15pm 400H Men  
2:30pm 200 Women  
2:50pm 200 Men  
3:10pm 3000 Women  
3:25pm 3000 Men  
3:45pm 4x400 Relay Women  
4:00pm 4x400 Relay Men

**Final 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.

**Weights and Measures:** Will open 2 hours before the event, inside the Indoor Football Facility.

**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 college athletes and any open/unattached athlete finishing in the top-9.

**Practice Time:**

**Track and Field Complex:** Thursday (3/14): 9am-Noon and 4pm-7pm

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

**Weight Room:** Thursday (3/14): 11am-1pm, in the **Wayne Dench Sports Center**

**Minimum Marks for Measurement:****Men's**

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Men's LJ- 6.30 (20' 8")

Men's TJ- 1 Board @ 13m (42' 8")

M- Shot Put- 14.00 (45' 11 ¼")

M- Discus- 45.00 (147' 8")

M- Hammer- 45.00 (147' 8")

M- Javelin- 45.00 (147' 8")

**Women's**

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Women's LJ- 5.30 (17' 4 ½")

Women's TJ- 1 Board @ 11m (36' 1¼")

W- Shot Put- 12.00 (39' 4 ½")

W- Discus- 40.00 (131' 3")

W- Hammer- 40.00 (131' 3")

W- Javelin- 35.00 (114' 10")

❖ **NOTE:** The opening heights and progressions will be determined after the close of entries.