



BLACK & GOLD INVITE

MARCH 18-19, 2022

FINAL SCHEDULE

Friday March 18th

Field Events:

11:00am Women's Pole Vault
11:00am Women's Discus; Men to Follow
1:00pm Women's Long Jump
1:30pm Men's Pole Vault
3:30pm Women's Javelin
4:00pm Women's High Jump
4:00pm Men's Long Jump
5:00pm Women's Shot Put; Men to Follow
6:00pm Men's High Jump

Running Events:

5:30pm Women's 400m Hurdles
5:45pm Men's 400m Hurdles
6:00pm Women's 200m
6:40pm Men's 200m
7:10pm Women's 1500m
7:40pm Men's 1500m
8:10pm Women's 2000m Steeplechase
8:20pm Men's 2000m Steeplechase
8:30pm Women's 5000m
9:10pm Men's 5000m

Saturday March 19th

Field Events:

10:00am Women's Hammer; Men to Follow
10:00am Men's Javelin
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
12:35pm Men's 800m
12:50pm Women's 100m Hurdles
1:10pm Men's 110m Hurdles
1:25pm Women's 400m
1:45pm Men's 400m
2:10pm Women's 100m
2:30pm Men's 100m
2:50pm Women's 3000m
3:05pm Men's 3000m
3:15pm Women's 4x400m Relay
3:35pm Men's 4x400m Relay



Important Information

Practice Time: Thursday, March 17th, 9:00am-11:30am OR 4:00pm-7:00pm

Facility: UCF Track and Field/Soccer Complex

Parking: See attached map, Buses/Teams can park in either the Softball lot or E8

Team Drop-Off: See attached map, the "star" on the map marks the team drop-off locations for buses. Its easiest for buses to come from Gemini Blvd, turn left on East Plaza Dr, and then Right on Victory Way. They will stop shortly after that right turn to drop-off. The Bus can then continue down Victory Way to either of the parking lots we are using for teams.

Warm-up Area:

Friday: morning the track will be open for warm-ups, after 12:30pm we will utilize the indoor football facility for warm-ups.

Saturday: Due to Spring Football the indoor facility will not be available, we will allow warm-ups on the track, the grass field just outside of the team camp area will also be available to warm-up on.

Bathrooms: There will be 7 port-a-potty's near the northeast corner of the track. There are also bathrooms available behind the stands on the homestretch of the track.

Team Camp: Team camp will be located at the North end of the facility and in the Yellow highlighted area on the attached map.

Weights and Measures: If possible, please check your discus in during the practice window on Thursday. We will only store discus that are checked in on Thursday for the Friday competition. We do not have the space to store everyone's implements for the entire weekend. All other implements will need to be checked in on the day of their competition.

Thursday: 4pm-7pm (Discus only)

Friday: 8:30am-4pm

Saturday: 7:30am-10am