

2019 Blue & White Track & Field Opener

University of Kentucky ~ Nutter Field House ~ December 6



Things to Know and Do

December 2
Monday

Staff Travel Party Roster DUE

Scan & Email (dweber@uky.edu) or FAX (859-323-0025)

December 3
Tuesday

7:00pm ~ DEADLINE to finalize entries on Direct Athletics

SCRATCHES: Following the entry deadline, please email your scratches to Don Weber at dweber@uky.edu

December 5
Thursday

7:00 pm ~ Field House opens for competing teams
Team packets will be available in the Timing Deck on the back stretch

UK Event Management will be setting-up the field event venues on Thursday evening, so the track will be only venue available to athletes

December 6
Friday

9:30 am ~ Field House opens for competing teams
Team packets will be available at the Athlete Check-In Table on the infield.

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ENTRIES:

All entries must be made through Direct Athletics. Direct Athletics will be available for entry submission beginning October 1, through 7:00 pm on Tuesday, December 3

www.directathletics.com

The DA system will list the official top time/mark by default. However, you may opt out and enter an estimated time/mark with an entry note. We encourage official entry marks, but we will consider speculative entry data.

UNATTACHED ENTRIES:

Unattached athletes should contact Don Weber (dweber@uky.edu) for permission to enter. If approved, unattached athletes will be given a password and must go through Direct Athletics to enter. Unattached entry fees must be paid through Direct Athletics (\$30/athlete). Unattached athletes must enter with a verifiable 2019 performances. Unattached athletes with speculative marks will not be accepted.

FINAL ENTRIES:

DEADLINE: 7:00 pm eastern time on Tuesday, December 3, 2019

QUESTIONS:

Please email questions to Don Weber at dweber@uky.edu

TEAM ENTRY FEE:

Four hundred fifty dollars (**\$450.00**) per team. Men and women's teams from the same school will be considered separate teams. **Make entry fee checks payable to: UKAD** (University of Kentucky Athletic Department). **Entry fees for teams with less than 14 athletes will be \$30 per athlete.** Entry fees may be paid with credit card through Direct Athletics or at packet pick-up with cash or check.

- PRE- MEET WORKOUT:** The Nutter Field House will be available for pre-meet shake-out after 7:00 pm on Thursday, December 5. Team packets will be available in the timing deck on the backstretch. Event Management personnel will be setting-up competition venues on Thursday evening, so the running track will be the only competition venue available to athletes. The Field House will open at 9:30 am on Friday morning.
- CONDUCT OF MEET:** All running events, except the 60 meters and 60m hurdles, will be contested as “sections against time” finals. Sections in all other running events and the order of competition in the field events will be seeded according to entry marks. In the field events, the highest seeded flight will be contested last. Nine athletes will advance to the finals in 60m & 60m hurdles and field events. A tentative time schedule of events is enclosed. The schedule of events and event times may be revised depending on the number of final entries. Preferred lanes in the 200 and 400 meters are: 5-6-4-3-2-1.
- WARM-UP LOGISTICS:** Athletes should warm-up outdoors or inside the designated warm-up area on the track infield. The designated warm-up area will be enclosed with white sport fencing on the track infield. Hurdles and blocks will be available on the track backstretch for 60m and 60m hurdle warm-ups. Only athletes competing in the event currently being contested will be allowed on the home stretch. Teams are required to locate or “camp” inside the designated team area on the track infield.
- FACILITIES:** The Nutter Field House track is 291 meters Mondo Super X Track with six lanes on the oval and nine lanes on the sprint straightaway. **Shot put** and **weight circles** are plywood. The Mondo surfaced **Long/Triple Jump** runways are 170 feet in length with a take-off boards at 12 feet, 35 feet and 41 feet. The Mondo surfaced **Pole Vault Runways** are 152 feet in length
- STARTING BLOCKS:** UCS starting blocks will be provided. No other blocks may be used.
- ATHLETE DECLARATION & WITHDRAWAL:** Athletes in all **RUNNING EVENTS** must declare their *intentions to compete* with the Clerk of Course located on the track infield at least 20 minutes prior to their race. Once declared, competitors will receive hip numbers. Following declaration, competitors should report to the clerks of course at the starting line for their race. Finalists in the 60 meter and the 60m hurdles should report directly to the start line for the final round of competition. Hip numbers for 60m and 60m hurdles finalist will be distributed at the start line. **200m competitors and 4 x 400m relay teams must declare their intentions to compete during the time frame detailed in the coaches’ packet.** Relay cards will be distributed in the team packet and extra cards will be available from the Clerk of Course on the infield. Relay teams should submit cards at check-in.
- Athletes entered in the **High Jump** must declare their intention to compete with event officials at their competition venues 60-20 minutes prior to the scheduled start time. **Pole Vault** check-in is 75-50 minutes prior to start time. Athletes competing in the **Shot, Weight, Long, & Triple Jumps** must declare their intention to compete with event officials 60-20 minutes prior to the start of the event. Shots and weights will be inspected at the competition venue 60 – 20 minutes prior to the event start time. Field events will start on time! **WITHDRAWAL:** Athletes withdrawing from any event with hopes of competing in a subsequent event must see meet medical personnel prior to the start of their first event.
- ALLOWABLE SPIKES:** **One quarter inch, pyramid spikes are the only spikes allowed.** Needle or Christmas tree spikes are not permitted. Starting line clerks will prohibit athletes without the approved spikes from competing.

NUTTER FIELD HOUSE

the Nutter Field House is located on the south side of the UK campus next to Kroger Field Football Stadium. **Address: 1401 Sports Center Drive, Lexington, KY 40506. Pole Vault poles may be shipped to the Nutter Field House.** Please call 859 257 7124 to confirm delivery of your poles.

TIMING:

All Trax Timing will provide timing and results services. Additionally, a recognizable **SPLIT TIMER** carrying a **BLUE "SPLIT TIMER"** sign will move around the track providing exact split locations for athletes and coaches.

SPORTS MEDICINE:

The UK Sports Medicine Department will staff a training room at the north end of the Field House. Trainers from all participating schools will have access to this area and select modalities available at the site. Teams should plan to set up training/massage tables in the designated team camp area on the track infield. Questions regarding sports medicine issues should be directed to **Briana DiAntonio** at (859) 218-3741, (908) 461-2826 or emailed to **bri.diantonio@uky.edu**

HOSPITALITY:

A meal will be available for **coaches** on Friday in the backroom of the field house near the rear pole vault venue **between the hours of 3:00 pm – 6:00 pm.** Admission to the hospitality area will require a Hospitality Pass. Hospitality Passes will be distributed in your team packet. **You must email (dweber@uky.edu) or fax (859-323-0025) the attached Staff Travel Party Roster with the names of your coaching staff members and other team support personnel by Monday, December 2 to receive Hospitality Passes**

RESULTS:

Results will be posted on the track infield. At the conclusion of the meet, complete results will be distributed in the entrance lobby of the field house. Results will also be available on the UK web site: www.ukathletics.com.

DRESSING/SHOWER:

VERY LIMITED dressing and just two showers facilities are available in the Nutter Field House. You must supply your own towels.

FOOD & DRINK POLICY:

Although pre-competition snack foods (nutritional bars, fruit, etc.) are allowed in the field house, team "fast food" picnic meals are not. Please limit all drinks to containers with lids and ask your athletes to deposit all refuse in the trashcans. Your assistance in keeping the field house clean will be greatly appreciated.



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Staff Travel Party Roster

Scan & Email (dweber@uky.edu) **or FAX** (859-323-0025) **by Monday, December 2**

TEAM _____ **Men - Women - Combined**

Coaching Staff:

_____ Head Coach
_____ Asst. Coach
_____ Asst. Coach
_____ Asst. Coach
_____ Asst. Coach
_____ Asst. Coach
_____ Vol. Coach
_____ Vol. Coach

Athletic Trainers:

Team Managers:

Media Relations:

Head Coach's Signature _____

2019 Blue and White Open

Tentative Meet Schedule

*** Updated 11/25/19 ***

Friday, December 6th

Track Events

4:00 PM - 60 Meter – Women – Prelim
4:05 PM - 60 Meter – Men – Prelim
4:15 PM - 60 Hurdle – Women – Prelim
4:25 PM - 60 Hurdle – Men – Prelim
4:35 PM - Mile – Women
4:45 PM - Mile – Men
5:00 PM - 60 Meter – Women – Final
5:05 PM - 60 Meter – Men – Final
5:10 PM - 60 Hurdle – Women – Final
5:15 PM - 60 Hurdle – Men – Final
5:25 PM - 400 Meter – Women
5:35 PM - 400 Meter – Men
5:50 PM - 500 Meter – Women
6:00 PM - 500 Meter – Men
6:15 PM - 1000 Meter – Women
6:25 PM - 1000 Meter – Men
6:40 PM - 200 Meter – Women
6:50 PM - 200 Meter – Men
7:05 PM - 300 Meter – Women
7:15 PM - 300 Meter – Men
7:30 PM - 3,000 Meter – Women
7:45 PM - 3,000 Meter – Men
8:05 PM - 4x400 Meter – Women
8:15 PM - 4x400 Meter - Men

Field Events

1:30 PM - High Jump – Women
1:30 PM - High Jump – Men
2:00 PM - Weight Throw – Women
To follow - Weight Throw – Men
5:00 PM - Shot Put – Women
To follow - Shot Put – Men
2:00 PM - Long Jump – Women
To follow - Long Jump – Men
5:00 PM - Triple Jump – Women
To follow - Triple Jump – Men
3:00 PM - Pole Vault – Women
5:30 PM - Pole Vault – Men

Pentathlon (Women & Men)

11:00 PM - 60 Meter Hurdles – Women
11:10 PM - 60 Meter Hurdles – Men
- High Jump – Women
- High Jump – Men
- Shot Put – Women
- Shot Put – Men
- Long Jump – Women
- Long Jump – Men
3:15 PM - 800 Meter – Women
3:20 PM - 1000 Meter – Men

Directions to Nutter Field House

From Bluegrass Parkway

When the Parkway ends, exit right and the road turns into US-60 East (Versailles Road). Follow US-60 East approximately 10 miles into Lexington and turn right onto Mason Headley Road. Follow Mason Headley 1.5 miles until the lighted intersection at Harrodsburg Road (Broadway). Go straight through the intersection as Mason Headley becomes Waller Avenue. Continue traveling Waller for a mile until the lighted intersection at Nicholasville Road. Go straight through the intersection as Waller Avenue becomes Cooper Drive. Continue on Cooper through the first light at University Drive and turn right at the next light (Sports Center Dr.). Nutter Field House will be at the end of that road.

From the North and West

Follow I-64 East/I-75 South to exit 115 (marked Lexington/Airport). Merge onto Newtown Pike. Follow Newtown Pike towards downtown for approximately 3 miles. Turn left onto Main Street. Follow Main Street for 0.4 miles as it turns into Vine Street. Follow Vine for 0.3 miles and turn right at Upper Street. Continue on Upper St. for 0.7 miles as it turns into Limestone. Continue on Limestone for 0.8 miles until the lighted intersection at Cooper Drive. Turn left onto Cooper Drive passing through the light at University Drive and turn right at the next light (Sports Center Dr.). Nutter Field House will be at the end of that road.

From the East

Follow I-64 West to exit 113 (US-27/US-68 toward Lexington/Paris). Turn right onto Broadway (US-27 S/US-68 W). Follow Broadway towards downtown for approximately 3 miles. Turn left onto Vine Street. Follow Vine for 0.2 miles and turn right at Upper Street. Continue on Upper St. for 0.7 miles as it turns into Limestone. Continue on Limestone for 0.8 miles until the lighted intersection at Cooper Drive. Turn left onto Cooper Drive passing through the light at University Drive and turn right at the next light (Sports Center Dr.). Nutter Field House will be at the end of that road.

From the South

Follow I-75 North to exit 108 (Man O' War Blvd). Turn left off of the ramp onto Man O' War Blvd. Follow for 2.3 miles to the lighted intersection at Alumni Drive. Turn right onto Alumni. Follow Alumni 3.8 miles to the lighted intersection at Tates Creek Road. Continue through the light at Tates Creek and follow Alumni for 0.2 miles and take a right onto College Avenue. Go 0.3 miles around a curve and Nutter Field House will be on your left.