



The University of Kentucky presents the
Kentucky High School Invitational

Saturday, February 22, 2014

E.J. Nutter Field House

HIGH SCHOOL ENTRY INFORMATION



DIRECT ALL COMMUNICATION TO

Email: kdgarr3@uky.edu

Website: www.ukathletics.com & www.uktrack.com

Entries: www.directathletics.com



Dear Coach,

On Saturday, February 22, the University of Kentucky will host the 2014 Kentucky High School Invitational at the E.J. Nutter Field House, our top of the line indoor facility and a regular host of the SEC indoor championships. Nutter Field House is an impressive \$8.5 million climate-controlled facility that features a field turf football surface of 108,000 square feet, surrounded by a six-lane, 291-meter Mondo track with a nine lane 120m sprint straight away. Nutter Field House provides an optimal environment for outstanding performances across all event areas.

It is our goal to provide a fair and challenging opportunity for all accepted competitors. The races will be fairly and consistently divided into highly competitive heats/flights. The meet begins Saturday morning and concludes on Saturday evening. Please look at the time schedule in order to ensure proper travel planning.

Please make sure to read all of the enclosed information carefully, and do NOT miss our entry deadlines on www.directathletics.com as late entries will not be accepted. In addition, speculative marks will be accepted/denied at the discretion of meet management. If you have any questions, please email our meet management at kdgarr3@uky.edu . We hope that you find our policies to be positive and in the best interest of the athletes. We appreciate your support and look forward to welcoming you and your athletes to E.J. Nutter Field House for an outstanding meet.

Sincerely,

Edrick Floreal

Edrick Floreal
Head Coach, University of Kentucky Track & Field

Kentucky High School Invitational Meet Information

DATES TO REMEMBER

Entries Open Wednesday, December 4, 2013, 9:00am est
Entries Close Tuesday, February 18, 2014, 11:59pm est
Entry List Posted Wednesday, February 19, 2014, 10:00am est

www.ukathletics.com and www.uktrack.com

SANCTIONING

The Kentucky High School Invitational is sanctioned by USATF and hosted by the University of Kentucky and the Kentucky Milers' Club. Most Kentucky High School Invite entries will be unattached and club teams. Athletes representing a high school should be aware of their state association rules before entering.

IMPORTANT INFORMATION REGARDING USATF SANCTIONING

USATF SANCTIONING

REQUIRES ALL ENTERED ATHLETES and their PARENT or LEGAL GUARDIAN sign the LIABILITY WAIVER (print page 6) included with this meet information.

**Signed Waivers MUST BE IN OUR POSSESSION by the entry deadline
Tuesday, February 18.**

If meet management does not have your signed waiver on Tuesday, February 18 you will not be entered into the competition

FAX signed waivers by to Kristy Garrett at 859 323 0025

EMAIL scanned signed waivers by to Kristy Garrett at kdgarr3@uky.edu

**MAIL signed waivers to Kristy Garrett
Joe Craft Center
338 Lexington Avenue
Lexington, KY 40506**

Call Kristy Garrett (859 5276) to confirm receipt of waiver

DO NOT MAIL WAIVERS in a manner that requires a signature for delivery

MAIL EARLY

HOW TO ENTER

All entries must be submitted through www.directathletics.com by the entry deadline. If you do not have an account, please set up your teams account and roster as soon as possible.

Entry deadline will be at 11:59 PM EST on the Tuesday February 18, 2014.

Meet management will determine exact field size based on the quality and quantity of entries.

ENTRY FEES and PAYMENT PROCEDURE

Individual Entries: \$10 per event / \$25 per relay

Entry fee must be paid through Direct Athletics www.directathletics.com at time of entry submission. There will be no refunds for scratches or no-show athletes.

Admission for spectators is \$8.

PACKET PICKUP

All entry fees must be paid in full before your packet will be created.

Packets will be available beginning at 8:30am on Saturday. Field House opens at 8:30 am

PRACTICE SCHEDULE

Nutter Field House will be available to athletes for practice on Friday, February 21, 2014 from 6:00PM to 8:00PM

IMPLEMENT (Shot & Weight) CERTIFICATION

Please advise your athletes that weights and measures will close 30 minutes prior to the event's posted start time. Weigh-ins will be at the competition site

IMPORTANT SAFETY RULES

Headphones and cell phones are ONLY permitted in the team camp area.

SPIKE LENGTH

Pyramid spikes and Christmas Tree NO longer than ¼" (9mm) can be worn on the track for ALL events, excluding high jump where 3/8" spikes are allowed.

We will check the spike length of all contestants prior to competition. Athletes whose spikes are too long will not be permitted to compete with those spikes. No NEEDLE spikes are allowed

AWARDS

In all events, an award will be presented to the First through Third place finishers.
In the case of multiple sections, final results will be based on the best performances across all sections.

WARM-UP LOGISTICS

60 meter and 60 meter hurdle warm-ups are permitted on the backstretch and in the warm up area.
Only athletes competing in the event currently being contested will be allowed on the home stretch.
In Commonwealth Stadium there is an outdoor rubberized loop surrounding the football field that will be available for distance runner warm-ups. DO NOT GO ON FOOTBALL FIELD.

FOOD AND DRINK POLICY

Although pre-competition snack food (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 refuse in the proper receptacles. Your assistance in keeping the field house clean will be greatly appreciated.



ASSUMPTION OF RISK, WAIVER AND GENERAL RELEASE OF ALL CLAIMS
Track and Field Participant Waiver Form

READ CAREFULLY BEFORE SIGNING AT THE BOTTOM

I, the undersigned, desire to participate in the Kentucky Invitational Track & Field Meet sanctioned by USA Track & Field, Inc. (hereinafter "USTAF") to be held at the University of Kentucky on February 22, 2014.

As required by USTAF, as a condition of my participation, and in consideration of participating in this Event, I, for myself, my heirs, successors or assigns, hereby **assume any and all risks** attendant to participation in the Event, including claims in any way resulting from or associated with the activities included in the Event. I understand that I am responsible for my own safety, health and welfare during the Event. The Event is totally voluntary and I have no obligation to participate, but I wish to do so for my own benefit. I agree I will consider my own abilities, health and welfare and agree that I will refrain from participating in any activity for which I do not feel competent, comfortable or safe.

I understand that the activities included in the Event are inherently hazardous, both to participants, coaches, referees, and spectators, and include or may include numerous physical hazards. The known and common risks for these activities includes risks that are very severe, such as but not limited to: physical exhaustion and collapse; heat exhaustion; triggering previously unknown conditions such as heart or circulatory problems; injuries from mis-thrown and/or falling objects; equipment failures; slip and falls; sprains, strains, breaks, cuts and other similar injuries to any part of the body; and other injuries that might result from strenuous physical activities particularly involving thrown equipment; as well as claims resulting from ingress, egress and other use of the facilities. Although rare, injuries could be life threatening.

I, for myself, my heirs, successors or assigns, hereby **waive** any and all claims that may result from participation in this Event and use of the University of Kentucky facilities, and hereby **release and hold harmless** the University of Kentucky, USTAF, their Boards of Trustees, agents, servants, officials, volunteers, and employees from any and all claims, demands, causes of action or damages which may accrue on account of bodily or personal injury, property damage, or death arising from the use of the Facility or this Event.

I understand that this is a GENERAL ASSUMPTION OF RISK, WAIVER, AND GENERAL RELEASE OF ANY AND ALL CLAIMS OR CAUSES OF ACTION that I may have or might accrue as a result of the use of the Facility or participation in this Event.

The invalidity of any portion of this Agreement shall not affect the enforceability of the remaining portions.

READ CAREFULLY, THIS IS A PERMANENT RELEASE OF ALL CLAIMS OF ANY TYPE OR NATURE IN ANY WAY ASSOCIATED WITH USE OF THE FACILITY OR PARTICIPATION IN THE EVENT.

Signature

Date

Over 18? – Yes or No

Print Name

Status (Participant, Referee, Volunteer, etc.)

ALL PARTICIPANTS MUST PROVIDE **SIGNATURE OF PARENT OR LEGAL GUARDIAN**

Signature

Date

Print Name

Relationship to Participant (Must be parent or legal guardian)

2014 Kentucky High School Invitational
Entry Guidelines

Listed below are the general "CUT-OFF" performances that were calculated by averaging the last 4 years of lowest / slowest accepted entries into the Kentucky High School Invitational. Use this list as a guide for entering your athletes and remember that entry fees are non-refundable so you should only enter athletes that you feel are VERY LIKELY to be accepted. Again, these are not entry standards that guarantee participation.

Only enter with outdoor times in the 60m Dash and 60m Hurdle Events.

Event:	Men	Women	
60m Dash	11.20	12.75	(100m)
60m Hurdles	15.75	16.50	(100mHH/110mHH)
200m	22.60	25.90	
400m	51.20	1:00.50	
800m	2:01.00	2:27.50	
1 Mile	4:29.00	5:35.00	
2 Mile	9:52.00	12:22.00	
4x400m Relay	3:26.00	4:14.50	
4x800m Relay	8:14.00	10:20.00	
Pole Vault	12'00	8'00"	
High Jump	5'8"	4'6"	
Long Jump	20'4"	16'4"	
Triple Jump	42'00"	35'4"	
Shot Put	44'00"	30'00"	
Weight Throw	To be determined by field size and quality only		

KENTUCKY INVITATIONAL TRACK & FIELD MEET

February 22, 2014

Field Events

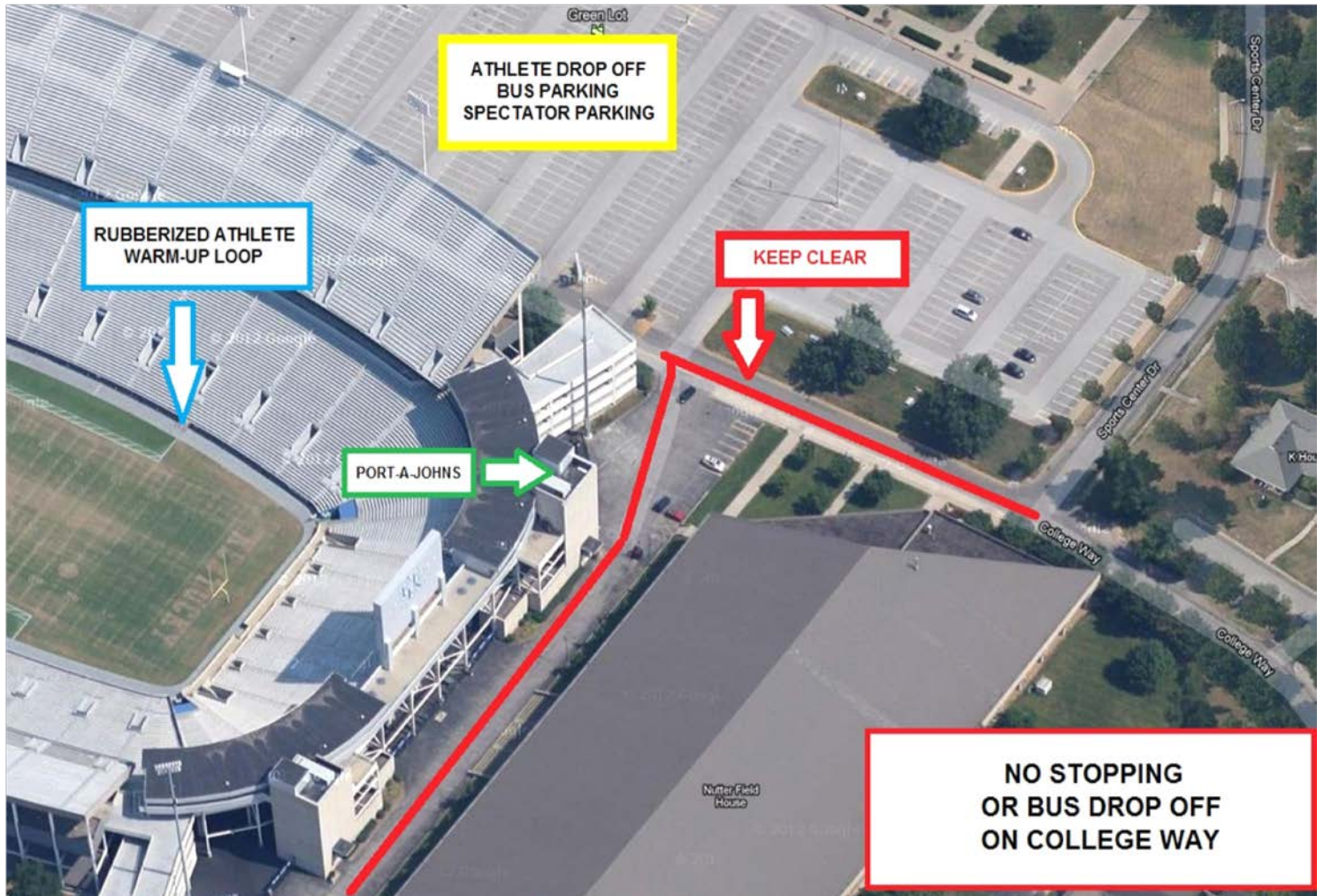
Field House opens at 8:30 am eastern time

10:00 am	Weight Throw	Girls (Boys follow 30 mins after girls)	16 Athletes
10:00 am	Long Jump	Girls (Boys follow 40 mins after girls)	16 Athletes
10:30 am	High Jump	Girls	16 Athletes
10:30 am	High Jump	Boys	16 Athletes
Noon	Pole Vault	Girls (Boys follow 60 mins after girls)	16 Athletes
follows Boys WT (45 minutes later)	Shot Put	Girls (Boys follow 30 mins after girls)	16 Athletes
follows Boys LJ (45 minutes later)	Triple Jump	Girls / Boys follow in 30 mins after girls)	16 Athletes

Running Events

12:30 pm	60m hurdles	(T)	Men	36 Athletes/ 4 heats
	60m hurdles	(T)	Women	36 Athletes/ 4 heats
	60 meters	(T)	Men	45 Athletes/ 5 heats
	60 meters	(T)	Women	45 Athletes/ 5 heats
1:30 pm	Mile		Women	30 Athletes/ 2 sections
1:45 pm	Mile		Men	30 Athletes/ 2 sections
2:05 pm	60m hurdles	(F)	Women	9 Athletes/ 1 section
2:10 pm	60m hurdles	(F)	Men	9 Athletes/ 1 section
2:15 pm	60 meters	(F)	Women	9 Athletes/ 1 section
2:18 pm	60 meters	(F)	Men	9 Athletes/ 1 section
2:23 pm	400 meters		Women	36 Athletes / 6 sections
2:40 pm	400 meters		Men	36 Athletes / 6 sections
3:00 pm	800 meters		Women	30 Athletes/ 3 sections
3:12 pm	800 meters		Men	30 Athletes/ 3 sections
3:25 pm	200 meters		Women	36 Athletes/ 6 sections
3:37 pm	200 meters		Men	36 Athletes/ 6 sections
3:56 pm	Two Mile		Women	25 Athletes / 1 section
4:14 pm	Two Mile		Men	25 Athletes / 1 section
4:32 pm	4 x 400m relay		Women	18 Teams / 3 sections
4:50 pm	4 x 400m relay		Men	18 Teams / 3 sections
5:07 pm	4 x 800m relay		Women	15 Teams/ 1 section
5:22 pm	4 x 800m relay		Men	15 Teams/ 1 section

Bus Drop Off, Bus Parking and Spectator Parking



E.J. NUTTER FIELD HOUSE
1401 Sports Center Drive
Lexington, KY 4

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 (Sportscenter 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 (Sportscenter Dr.). Nutter Field House will be at the end of that road.

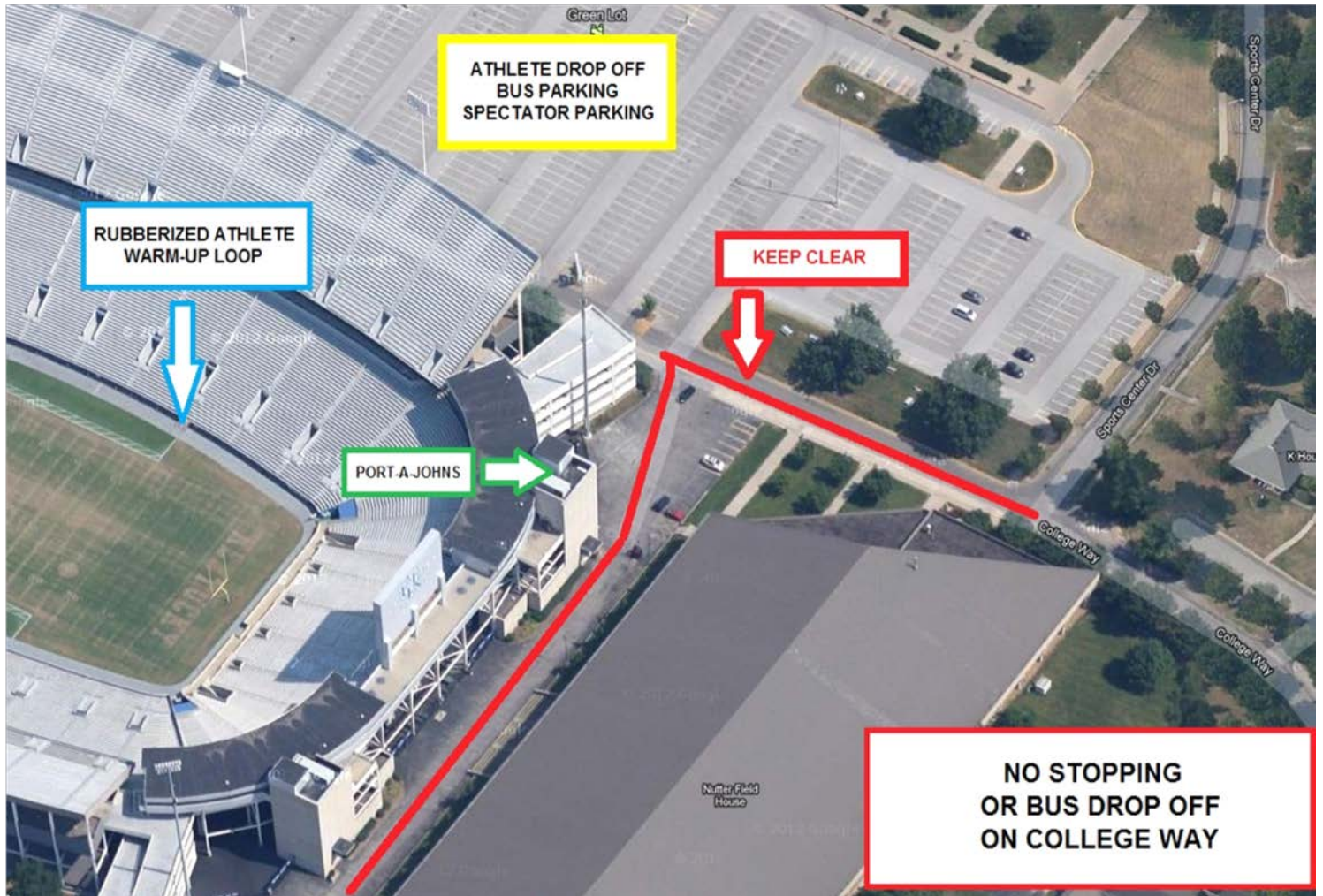
From the East

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 (Sportscenter 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.

Bus Drop Off, Bus Parking and Spectator Parking



E.J. NUTTER FIELD HOUSE
1401 Sports Center Drive
Lexington, KY 40506