

KENTUCKY INVITATIONAL HIGH SCHOOL TRACK & FIELD MEET

Saturday - February 20, 2016

Nutter Field House 1401 Sports Center Drive University of Kentucky

SANCTIONING: The University of Kentucky High School Invitational is sanctioned by USA Track & Field (USATF) and hosted by the Kentucky Milers' Club, a USATF club.

IMPORTANT INFORMATION REGARDING USATF SANCTIONING:

USATF Sanctioning requires ALL entered athletes and their parent or legal guardian sign the USATF Liability Waiver. (**SANCTION # 16-41-002**) See page 3 of this meet information. Print the Liability Waiver page and send signed waivers before the entry deadline ~ 8:00 pm on Tuesday, February 16. If meet management does not have your signed waiver by 8:00 pm on Tuesday, February 16 you will not be entered into the competition and entry fees will not be reimbursed.

EMAIL scanned or photographed signed waivers to: ukhsinv2016@gmail.com

SUBJECT LINE: "Athlete or Team Name" – Waiver UK Inv

MAIL waivers to Don Weber, 2628 Hedgepath Trail, Louisville, KY 40245

ENTRIES: Entry consideration into the **Kentucky Invitational** is open to any high school age athlete regardless of state of residence. Depending on each state's high school athletic association's eligibility rules, athletes may compete as members of their high school team, a track club or as unattached competitors. **Individual membership in USATF is not required.** The Kentucky Invitational is intended to be a quality competition with selective entries based on previous, verifiable individual performances. The entry limitations in each event are intended to ensure a quality competition in a timely, efficient format. Since the Kentucky Invitational is a selective entry competition rather than an open or all-comers meet, submitting an entry with an entry fee does not guarantee acceptance into the meet. **Prior to entering, please check the entry guideline page (performance average of the last accepted entries in 2015,'14 & '13) to determine the likelihood of being accepted into the competition.** Originally we refunded entry fees of athletes not accepted into the meet, but too many people ignored the entry guidelines and refunding all those fees created an administrative nightmare. Therefore, we **will not refund** entry fees for athletes not accepted into the meet. **To assist everyone with entry decisions and to keep the competition high in quality, we will hold VERY CLOSELY to the entry limitations listed on the attached Schedule of Events. See accepted entry list at www.uktrack.com on Wednesday, Feb 17**

HOW TO ENTER: All entries with entry performance date and location and entry fees must be submitted and DECLARED through **ASPi Meetz** by 8:00 pm eastern time on February 16.

<http://www.aspimeetz.com/22253>

Entry deadline will be at 8:00 pm eastern time on Tuesday February 16, 2016.

IMPORTANT: For the 60m and 60m hurdles events, please use the athlete's best 100 meter or 100m/110m hurdle times. If you wish to convert a verifiable indoor time, email Don Weber (dweber@uky.edu) for the 100m or 100/110m hurdle conversion. To ensure the validity of entry performances, **YOU MUST** enter your athletes with accurate performances. Parents and coaches will be asked to indicate the location and date the entry performance was achieved. Additionally, the **Kentucky Invitational "Challenge Rule"** will be available. If a coach or parent has reason to believe an athlete has been entered with an inaccurate performance, the coach or parent may challenge that performance by contacting Don Weber at dweber@uky.edu. If the performance in question cannot be verified, the athlete will be re-seeded or rejected. If accepted athletes scratch, other athletes will move up the list to fill all events with the appropriate number of competitors. **Enter field event marks in feet and inches.**

ENTRY FEES: Entry fees **SHOULD** be paid on line through **ASPi Meetz**, our on-line entry service. Entry fees are **fifteen dollars (\$15) per event** in individual events, plus **forty dollars (\$40) for a relay team**. If you cannot pay your entry fee through **ASPi Meetz**, you **ABSOLUTELY MUST** have your entry fee check in our possession by noon on Tuesday, February 16. If we do not have your entry fee on Tuesday, by NCAA rule, we will not be able to accept your entries into the competition. **Mail entry fees to: Don Weber, 2628 Hedgepath Trail, Louisville, KY 40245. DO NOT** mail entry fees in a manner that requires a signature for delivery. Checks should be payable to: **UKAD** (Univ of Kentucky Athletic Department) ... **PAY ENTRY FEE ONLINE** ... **Do Not Risk Late Mail Delivery**

NCAA ENTRY REGULATIONS: Please read **NCAA Regulations** regarding entries and entry procedures for the Kentucky High School T&F Invitational (page 4)

AWARDS: Kentucky Invitational Medals will be awarded to the top three (3) finishers in each event.

PRE-MEET WORKOUTS: The Nutter Field House will be available for pre-meet workouts between 6:00 pm – 8:00 pm on Friday, February 19. **Start list and updated meet information** will be available on Friday, during the workout period and on the meet website: www.uktrack.com. **The field house will close at 8:00 pm!**

CONDUCT OF COMPETITION: Due to insurance regulations, a **coach, parent or designated school representative must accompany athletes to the meet.** All running events, except the 60 meters and 60m hurdles, will be contested as *sections against time* finals. Sections, heats, lanes, and field events flights of competition will be seeded according to entry times / distances and other available performance information. In events other than the 60m and 60m hurdles, the first section or flight will be the top seeded section or flight. All long/triple jumpers and shot put/weight contestants will receive four (4) final attempts. A tentative time schedule is enclosed. The “no false start” rule will be in effect.

NUTTER FIELD HOUSE LOCATION: Nutter Field House is located on the south side of the UK campus between Alumni and Cooper Drives, next to Commonwealth Football Stadium. **Address: 1401 Sports Center Drive, 40506**

WARM-UP LOGISTICS: Athletes must warm-up outdoors or in the designed area on the track infield. Athletes will be required to “camp” or locate on the track infield as well. **Warming-up on the track is not allowed!**

ATHLETE CHECK-IN: Athletes in all **RUNNING EVENTS** must check-in with the **Clerk of Course** located on the track infield at least 15 minutes prior to their race. The clerk will distribute hip numbers. After receiving hip numbers, athletes should report to the clerks of course at the starting line for their race. Finalists in the 60 meters and 60m hurdles will need to complete the entire check-in procedure a second time, prior to the finals, for new hip numbers. Athletes in all **FIELD EVENTS** will be allowed to begin specific warm-ups at the site of the competition 45 minutes prior to the start of the competition (1 hour / pole vault). Field Event Athletes must formally check in with the head official at the competition venue at least twenty minutes prior to the start of the first flight. **All field events will start on time!**

ATHLETIC TRAINERS: The UK Sports Medicine Staff will provide athletic training services to all athletes.

RESULTS: Results will be posted on the infield at the 50 yard line and on the wall near the entrance of the field house. Complete, printed meet results will be available shortly following the last event in the field house entrance lobby. Results will be posted on the meet website at www.uktrack.com.

DRESSING ROOMS: No formal dressing rooms are available in the field house, so please have your athletes come to the facility dressed to compete.

RESTROOMS: Field House restrooms located in the entrance lobby are very limited. Additional port-a-johns will be conveniently located in the Commonwealth Stadium elevator lobby near the entrance to the field house.

FOOD & DRINK POLICY: Although pre-competition snack foods (nutritional bars, fruit, etc) are allowed in the field house, team “fast food” picnic meals nor any other food will be allowed inside the track oval. 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. Food restrictions apply to spectators as well. Concessions will be available, but not allowed inside the track oval.

ADMISSION: General Admission (\$10), Youth (3-18) & seniors (65+) \$2.00

QUESTIONS: Email Don Weber at dweber@uky.edu. **IMPORTANT ADDITIONAL MEET INFO will be distributed thru the ASPi system so please provide your email address when registering your athletes.**

The Field House will open Saturday morning at 8:30 am



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**
Specific Event Waiver Form for MINORS (Under Age 18)

Event Name: _____ Event Date(s): _____
Event Location: _____ Sanction #: _____

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing the minor identified below to participate in the USATF sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of Minor, and the Minor's parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am the parent or legal guardian of the Minor; (ii) the Minor is in good health and in proper physical condition to participate in the Event; and (iii) the Minor is not under the influence of alcohol or any illicit or prescription drugs which would in any way impair the Minor's ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether the Minor is sufficiently fit and healthy enough to participate in the Event, that I am responsible for the Minor's safety and well being at all times and under all circumstances while at the Event site.
2. I understand and acknowledge the risks and dangers associated with the Minor's participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and will represent an extreme test of the Minor's physical and mental limits. I understand that the Minor's participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizer; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by the Minor's own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and on behalf of the Minor, I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which may be incurred as a result of the Minor's participation in any Event.
3. I understand that the Minor is required to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for the conduct and actions of the Minor while he or she is participating in the Event, and the condition and adequacy of the Minor's equipment.
4. On behalf of the Minor, I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to the Minor's participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, the Minor, or anyone on the Minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and authorized to enter into this Agreement on behalf of the Minor, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the Minor, the Minor's parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

MINOR #1: Print Name: _____ Age: _____ Date of Birth: ____/____/____ Male Female
MINOR #2: Print Name: _____ Age: _____ Date of Birth: ____/____/____ Male Female
MINOR #3: Print Name: _____ Age: _____ Date of Birth: ____/____/____ Male Female

X _____ /____/_____
Signature of Parent/Legal Guardian for Minor(s) Date Signed

Revised 10/14/2010

2016 Kentucky HS T&F Invitational

NCAA's Entry Regulations

The Kentucky HS Invitational Track Meet is a selective entry competition. We limit entries based on predetermined field sizes and legitimate performances previously achieved in official competition.

Selective entry or limited entry high school competitions hosted by NCAA institutions must follow NCAA rules. The NCAA mandates the selection of entries for limited entry events be determined solely by the established numerical entry limits and a descending order of legitimate past performances by athletes entered under the established entry procedures (i.e.) on-time entries, on-time entry fee payment and the other established entry arrangements.

Since the NCAA considers every high school athlete regardless of year and ability a college prospect, every entrant along with their coach/parent are governed by NCAA recruiting rules. To avoid NCAA infractions of possible favoritism toward an athlete, coach or parent, as meet managers we cannot accept entries that do not adhere to the established entry policies. In essence, we determine the number of entries in each event (see schedule of events) and the athletes self-select themselves with the quality of their previous performances in legitimate competitions. Additionally, the coach or parent must follow the established entry procedures. Accepting fraudulent entry performances, training performances, a coaches' projected performance, or allowing any other special consideration of established entry policy would be in violation of NCAA rules.

Please do not ask us to compromise the established entry process, we cannot make exceptions.

If we have scratches in any event, we will attempt to fill the fields by going to our descending order list of properly entered alternates.

Don Weber
Meet Director

2016 Kentucky High School Invitational Entry Guidelines

Listed below are the average accepted performances from the past three years of the Kentucky Invitational. Use this list as a guide for entering your athletes. Remember, entry fees are non-refundable so you should only enter athletes you feel are VERY LIKELY to be accepted or athletes you are willing to risk your entry fee. These are not entry standards that guarantee participation, just an accurate insight into the performances that have been accepted in the previous three years. Entries and participation vary from year to year, but if you enter with a performance less than those listed below you likely not be accepted into the meet and your entry fee will not be refunded.

60 meter and 60m hurdle events require 100 and 100/110m hurdle performance for entry.

<u>EVENTS:</u>	<u>BOYS</u>	<u>GIRLS</u>	
60m Dash	11.20	12.75	(100m)
60m Hurdles	15.75	16.50	(100mH/110mH)
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	
Distance Medley Relay	11:40.00	13:20.00	(2015 – 1 st year)
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	Relatively new event, so standards have not been established		

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February 20, 2016

Field Events

Weight Throw	10:00 am	Girls (Boys follow 30 mins after girls)	16 Athletes
Long Jump	10:00 am	Girls (Boys follow 40 mins after girls)	20 Athletes
High Jump	10:30 am	Girls <i>minimum starting height – 4'09"</i>	16 Athletes
High Jump	10:30 am	Boys <i>minimum starting height – 5'08"</i>	16 Athletes
Pole Vault	12:00 n	Girls (Boys follow 60 mins after girls) <i>starting heights: G (8'06") B (11'06")</i>	20 Athletes
Shot Put	follows Boys WT (45 minutes later)	Girls (Boys follow 30 mins after girls) <i>4 final throw final</i>	20 Athletes
Triple Jump	follows Boys LJ (45 minutes later)	Girls / Boys follow in 30 mins after girls) <i>4 final jump final</i>	16 Athletes

Running Events

12:30 pm	60m hurdles (T)	Men	45 Athletes/ 5 heats
	60m hurdles (T)	Women	45 Athletes/ 5 heats
	60 meters (T)	Men	54 Athletes/ 6 heats
	60 meters (T)	Women	54 Athletes/ 6 heats
1:30 pm	Distance Medley	Women	15 Teams / 1 section
1:45 pm	Distance Medley	Men	15 Teams / 1 section
2:00 pm	Mile	Women	45 Athletes/ 3 sections
2:20 pm	Mile	Men	45 Athletes/ 3 sections
2:25 pm	60m hurdles (F)	Women	9 Athletes/ 1 section
2:30 pm	60m hurdles (F)	Men	9 Athletes/ 1 section
2:35 pm	60 meters (F)	Women	9 Athletes/ 1 section
2:38 pm	60 meters (F)	Men	9 Athletes/ 1 section
2:40 pm	400 meters	Women	48 Athletes / 8 sections
3:00 pm	400 meters	Men	48 Athletes / 8 sections
3:20 pm	800 meters	Women	45 Athletes/ 4 sections
3:35 pm	800 meters	Men	45 Athletes/ 4 sections
3:50 pm	200 meters	Women	48 Athletes / 8 sections
4:05 pm	200 meters	Men	48 Athletes / 8 sections
4:20 pm	Two Mile	Women	30 Athletes / 1 section
4:35 pm	Two Mile	Men	30 Athletes / 1 section
4:50 pm	4 x 400m relay	Women	18 Teams / 3 sections
5:10 pm	4 x 400m relay	Men	18 Teams / 3 sections
5:30 pm	4 x 800m relay	Women	15 Teams/ 1 section
5:45 pm	4 x 800m relay	Men	15 Teams/ 1 section

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 (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 (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.

