

KENTUCKY INVITATIONAL HIGH SCHOOL TRACK & FIELD MEET

Saturday - February 16, 2019

Nutter Field House 1401 Sports Center Drive University of Kentucky

SANCTIONING: The Kentucky High School Invitational is sanctioned by USA Track & Field (USATF) and hosted by the Kentucky Milers' Club, a USATF club. **USATF SANCTION # 19-41-001**

IMPORTANT INFORMATION REGARDING USATF SANCTIONING:

USATF Sanctioning requires ALL competing athletes and their parent or legal guardian sign the USATF Liability Waiver. **See page 4 of this meet information.** Athletes, parents or coaches should print the Liability Waiver page and bring signed waivers to **ATHLETE CHECK-IN ON FEBRUARY 16.** Any participant that does not submit a signed waiver will not be issued an athletes' credential, will not be allowed to compete and entry fees will not be refunded. Athletes 18 years old do not need a parent's signature on the waiver.

ENTRIES: Entry consideration into the **Kentucky Invitational** is open to any high school athlete (9th-12th grade) regardless of state of residence. Depending on your state's high school athletic association's 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 a quality competition with selective entries based on verifiable individual performances in competition. Entry performances will be accepted from the 2019 indoor and the 2018 indoor and outdoor seasons. Relay marks should be 2019 indoor performances, or the sum of the personal best times of the four competing athletes. **All athletes meeting the entry standard are automatically accepted. Entries not meeting the entry standard may be submitted, and will be accepted on a space available basis from the descending order list of entries. To assist with entry decisions, all entry list with entry performances will be available to review on the ASPi entry site.** We will hold very closely to the entry limitations listed on the Schedule of Events and Entry Standards page. Originally, we refunded entry fees of athletes not accepted into the meet, but too many people ignored the entry standards and the maximum competitor numbers and refunding all those fees created an administrative nightmare. Therefore, we **will not refund** entry fees for athletes not accepted into the meet. Final entry lists will be emailed to all registered athletes and coaches on Wednesday, February 13

HOW TO ENTER: All entry performances with date and location of performance and entry fees must be submitted and **DECLARED** through **ASPi Meetz** by 6:00 pm eastern time on Tuesday, February 12.

<http://www.aspimeetz.com/28363>

Entry declaration deadline will be at 6:00 pm eastern time on Tuesday February 12

IMPORTANT: To ensure the validity of entry performances, **YOU MUST** enter your athletes with accurate, verifiable performances. 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 12. 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**

ENTRY DECLARATION: Please do not click the DECLARE ENTRIES button on the ASPi entry site until you **KNOW all of your entries are accurate and available to compete.** Early declarations are often unreliable and require you to pay entry fees for athletes that later might be unable to participate due to injury or illness. Accurate declarations also allow our final entry lists to be as accurate and complete as possible

NCAA ENTRY REGULATIONS: Please read *NCAA Regulations* regarding entries and entry procedures for the Kentucky High School T&F Invitational (page 5)

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 **6:30 pm – 8:00 pm on Friday, February 15. 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. The 60m and 60m hurdles will include a *consolation final* for the 10th through 18th fastest times from the preliminary round. Consolation final participants will not be eligible for awards. 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 Kroger Field 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. **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 20 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 should report directly to the start line. Hip numbers for the 60m and 60m hurdles Finals will be distributed at the start line. 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 (75 mins. / 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. Results will be posted on the meet website at www.uktrack.com and kytrackxc.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 Kroger Field Football 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.

COACHES' LUNCH: A complimentary lunch is available for coaches based on their number of participating athletes. 4-6 athletes – 1 pass 7-15 athletes – 2 passes 16-30 athletes – 3 passes. Lunch is served in the rear of the field house near the pole vault venue.

ADMISSION: General Admission (\$8.00**), Youth (3-18) & seniors (65+) **\$5.00****

QUESTIONS: Email Don Weber at dweber@uky.edu. Important additional meet information will be distributed through the ASPi email service so please provide your email address when registering your athletes.

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

KENTUCKY INVITATIONAL

ENTRIES, ENTRY FEES, DECLARATION & USATF WAIVERS

QUICK REVIEW

Dec. 3 – Feb 12	READ Kentucky Invitational Meet Information & NCAA Entry Policy
Dec. 3 – Feb 12	Review entry standards and maximum competitors for each event
Jan 2 – Feb 12	Register athlete(s) and teams at http://www.aspimeetz.com/28363
Jan 2 – Feb 12	Submit entries at http://www.aspimeetz.com/28363
Dec. 4 – Feb 12	Print and secure athletes & parents signatures on USATF Waiver
Feb 1 – Feb 12	Review entry list on ASPI entry site to make decisions on submitting entries not meeting the entry standard
February 10 - 12	Update, DECLARE and pay entry fees on your ASPI entry / declaration page
February 13	Final entries emailed to all register athletes and teams
February 16	Submit USATF Waiver at athlete check-in

New for 2019

1. **Entry Standards with guaranteed acceptance**
2. **Access to entry list on the ASPI Meetz site to help determine the possibilities of acceptance for athletes not meeting the entry standard.**
3. **Consolation Final in the 60m and 60m hurdles for 10-18 fastest qualifiers from preliminary rounds. The nine (9) fastest qualifiers will run in the official final**
4. **Complimentary Coaches' Lunch (based on the number of participating athletes)**



**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 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

2019 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 policies.

Since the NCAA considers every high school athlete a college prospect regardless of class or ability, NCAA rules applies to every entrant along with their coach/parent. 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 their previous performances in legitimate competitions. Additionally, the coach or parent must follow the established entry procedures. Accepting fraudulent entry performances, training performances, 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

2019 Kentucky High School Invitational

~ GUARANTEED ENTRY STANDARDS ~

Listed below are the ENTRY STANDARDS for the 2018 Kentucky Invitational. If the athlete has a verifiable mark, attained in legitimate competition meeting the entry standard, he or she will be automatically accepted into Kentucky High School Invitational. Athletes entered with legitimate marks not meeting the entry standards, will be accepted from a descending order list on a space available basis. Entry fees are not refundable. Entry list with submitted performances are available to review on the ASPI Meetz entry site.

<u>EVENTS:</u>	<u>BOYS</u>		<u>GIRLS</u>
60m Dash	7.40	(54 athletes)	7.90
60m Hurdles	9.00	(45 athletes)	9.70
200m	22.30	(48 athletes)	25.00
400m	50.50	(48 athletes)	58.00
800m	2:00.00	(45 athletes)	2:24.00
1 Mile	4:35.00	(45 athletes)	5:34.00
2 Mile	9:52.00	(30 athletes)	12:11.00
4x400m Relay	3:26.00	(18 teams)	4:00.00
4x800m Relay	8:10.00	(15 teams)	10:10.00
Distance Medley Relay	11:25.00	(15 teams)	13:20.00
Pole Vault	13'06"	(20 athletes)	11'00"
High Jump	6'03"	(16 athletes)	5'03"
Long Jump	21'05"	(20 athletes)	17'06"
Triple Jump	41'00"	(20 athletes)	36'00"
Shot Put	46'06"	(20 athletes)	37'00"
Weight Throw	53'00"	(16 athletes)	42'00"

KENTUCKY HS INVITATIONAL TRACK & FIELD MEET

February 16, 2019

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>starting height – TBD</i>	16 Athletes
High Jump	10:30 am	Boys <i>starting height – TBD</i>	16 Athletes
Pole Vault	12:00 n	Girls (Boys follow 60 mins after girls)	20 Athletes <i>starting heights:</i>
<i>G (TBD) B (TBD)</i>			
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
		60 meters (T)	Women	54 Athletes/ 6
				heats
				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	18 Athletes/ 2 sections	
2:30 pm	60m hurdles (F)	Men	18 Athletes/ 2 sections	
2:35 pm	60 meters (F)	Women	18 Athletes/ 2 sections	
2:38 pm	60 meters (F)	Men	18 Athletes/ 2 sections	
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.

