

# 2026 PNC LENNY LYLES OPEN MEET INFO

Updated January 29, 2026

## Registration

### Entry Submission

- Entries will be submitted on Direct Athletics.
- Entries will **open** on Thursday January 1<sup>st</sup> at 12:30PM EST
- Entries will **close** on Monday January 26<sup>th</sup> at 12:30 PM EST
- Any requests for late entries will be charged \$100 per request
  - We will use a separate “meet” on Direct Athletics for late entries. Payment must be made at time of submission.
- **Absolutely no** late entries will be accepted after Wednesday January 28<sup>th</sup> at 6:00 PM EST.

### Entry Fee:

- Team Entry fee is \$600 per team, per gender, **plus additional surcharge for extra entries.**
  - Teams are allowed unlimited entries per event. The first 2 entries are included in the team entry fee of \$600.
  - Any additional entries in running events will have a \$40 surcharge applied.
  - Any additional entries in field events will have a \$50 surcharge applied.
    - Example: If you enter exactly 2 athletes in each event, your total will be \$600.
    - Example: If you enter exactly 2 athletes in each event, but you enter 4 athletes in long jump, your total will be \$700.
- Combined Events entry is \$250 per athlete.
- For teams that do not hit the \$600 cap, entries will be \$40 per running event, and \$50 per field event.
- Entry Fees **do not** guarantee a final spot in the competition field. We will do our best to accommodate as many entries as possible while maintaining an efficient time schedule. There will be **no refunds** for entry fees.

### Entry Marks:

- You will have the option to select a top mark or “no time/no mark” on Direct Athletics.
- When applicable, please include a note with athletes that do not have a mark so we can place them in the appropriate section
  - Example: Freshman athlete with no TFRRS mark, but a verified high school mark.

### Unattached/Individual Athletes:

- Unattached Athletes must submit their individual entries on Direct Athletics.
- The entry fee for individual athletes is \$40 per running event and \$50 per field event.

## Pacing / Heat Requests

### Requests:

- The goal of this meet is for every team and athlete to leave feeling like they were set up for success.
- After your team has submitted entries, please fill out this form with all requests.
  - <https://forms.gle/opG4zWgDBNFj7Jn16>
- We will do our best to accommodate reasonable requests and set up heats/events as competitively as possible.
- Please include as much detail as possible. We will also pass this information along to our announcers so we can get as much crowd involvement as possible (ex. School record attempts in a race).
- If you have questions, please email [Lennylylestrackmeet@gmail.com](mailto:Lennylylestrackmeet@gmail.com)

## Wavelights:

- We are excited to introduce the use of Wavelight Technologies pacing lights for this years meet.
  - <https://www.wavelight-technologies.com/training/#how-does-it-work>
- We will use the pacing lights for the following events:
  - 800
  - Mile
  - 3000
  - 5000
  - DMR (if requested)
  - Pentathlon 800
  - Heptathlon 1000
- Pacing request should be included on the request form linked above.
- Paces will be sent out the day of the meet and communicated to athletes at the starting line before the race begins.
- If you have any questions about pacing lights, please email [Lennylyestrackmeet@gmail.com](mailto:Lennylyestrackmeet@gmail.com)

## Scratches:

- After entries close, please send all scratches to [Lennylyestrackmeet@gmail.com](mailto:Lennylyestrackmeet@gmail.com)

## Heat Sheets:

- After entries close, a descending order performance list will be posted on <https://live.dcracetiming.com/>
- Official Heat Sheets will be published later in the week.
- Heat sheets will not be final until the day of the meet.

# Pre-Meet

## Pre-meet Workout:

- The Norton Track Facility will be available for pre-meet activity on Thursday January 29<sup>th</sup> from 1:00 – 5:00 pm. We will not be able to accommodate any times outside of that window.
- Detailed Pre-Meet practice instructions will be sent out the morning of Thursday January 29<sup>th</sup>.

## Packet Pick-Up:

- Packet pickup will be available at the pre-meet practice on Thursday from 1:00 - 5:00pm.
- Packets will include wristbands for athletes and staff.
- On Friday and Saturday, we will have a packet pickup station directly inside of the team entrance doors.
- Pickup on Thursday is highly encouraged.

## Pole Vault Pole Storage:

- Pole Vault poles CAN NOT be shipped to the Norton Track Facility.
- Poles may be stored at the pole vault venue overnight on Thursday and Friday at your own risk.
- If you need assistance transporting poles from the airport to the track, please reach out to Wyatt Rhoads at 515-450-3478 and he will transport them for \$100.
- We will have signs set up designating where poles should be stored each day (competing that day/competing the next day)
- We ask that after you are done competing that you remove your poles from the facility.

# Meet Day Logistics

## Warm-Up Logistics:

- Athletes should warm-up on the Norton outdoor track (weather permitting) or on the 60-meter indoor warm-up straightaway next to the competition track.
- No warm-ups will be allowed on the competition track other than the 60m and 60m hurdles directly before their events

- The 60-meter indoor warm-up straightaway will have assigned lanes for hurdles, sprints, and block starts throughout the meet. Detailed instructions and signs will be posted.
- Detailed Instructions will be sent out Thursday January 29<sup>th</sup> after pre-meet practice.

## Event/Schedule Logistics:

- All running events, except the 60m and 60m hurdles, will be conducted as “sections against time” finals.
- Sections in the other running events and the order of competition in the field events will be seeded based on entry marks, NCAA guidelines, and with an efficient time schedule in mind.
- In the field events, the top seeded flight will be contested last.
- A tentative time schedule of events is attached. A final time schedule will be sent out on Thursday January 29<sup>th</sup> at 11:30 AM.
- The Norton’s facility Gill Starting Blocks will be provided. No other blocks may be used.
- We will provide extra starting blocks for warm-ups. Please do not move them out of their designated area (or take them home with you)

## 200m & 400m:

- We will utilize 3 Sections in the 200m and the 400m
  - “A” Section
    - 200 – Top 15 Entries (5 heats)
    - 400 – Top 15 Entries (5 heats)
  - “B” Section
    - 200 – 16<sup>th</sup> – 47<sup>th</sup> Entries (8 heats)
    - 400 – 16<sup>th</sup> – 39<sup>th</sup> Entries (6 heats)
  - “C” Section
    - 200 – 48<sup>th</sup> – Last entry
    - 400 – 40<sup>th</sup> – Last entry
- Please review the attached schedule to locate each section, noting that the “A” section of the 400 is on Saturday.

## 800m, Mile, & 3000m:

- We will structure these events so that the fastest section for both genders run back-to-back.
- Women will run heats slow to fast.
- Men will run heats fast to slow.

## Athlete Declaration:

- Athletes in all running events must declare their intentions to compete at the Check-in table just outside the warm-up straightaway at least 20 minutes prior to their race.
- Upon declaration, competitors will receive hip numbers. Following declaration, competitors should return to the clerking area 10 minutes prior to the start of their event.
- To minimize empty lanes, 200m competitors, 400m competitors and 4x400 relay teams must declare their intentions to compete **at least 1 hour before the scheduled start time** of their respective event.
- Relay teams will declare order at check-in.
- Field events will check in immediately before the start of the **warm-up of their flight**. They do not need to check in before the beginning of the event.

## 4x400 Seeding:

- Team’s must seed an estimated seed time for all 4x400 teams before 10:00pm Friday night. Any team that does not submit a seed time will be seeded as “no time”.
- We do this in an attempt to put competitive heats together.
- Let’s be real, Your “A” and “B” team are not both going to run the same time. Help us out and help yourselves out.

## Implement Weigh In:

- Friday
  - First Weigh In: Open at 8:30. Closed at 9:30.
  - Second Weigh In: Open at conclusion of Men’s weight throw. Closed 15 minutes prior to the start of women’s weight throw.
- Saturday

- First Weigh In: Open at 8:00. Closed at 9:00.
- Second Weigh in: Open at conclusion of Men's Shot Put. Closed 15 minutes prior to the start of Women's shot put.
- Please plan on using the first weigh in time if possible.

### **Timing and Results:**

- DC Timing will provide timing and live results for the meet. Live results can be found at <https://live.dcracetiming.com/>

### **Combined Events**

- Any questions about the combined events should be directed to Wyatt Rhoads – [515-450-3478](tel:515-450-3478) (text is best for fast response)
- Combined event athletes and coaches will have access to move around the facility as needed during competition

## **Facility Logistics**

### **Allowable Spikes:**

- ¼ inch pyramid spikes are the only spikes allowed. The only exception is high jumpers may use 3/8 inch spikes.
- Officials will prohibit athletes without the approved spikes from competing.

### **Access in Facility:**

- Coaches, and team staff will be issued wristbands which will allow access to the following areas of the facility:
  - Main homestretch bleachers and backstretch bleachers.
  - Team camp & warm-up track. Throwing events venue & check-in area.
  - Coaching boxes.
  - Coaches will wear yellow wristbands.
- Each team with a combined event athlete will be given one combined event coaching pass that will allow you to follow your athletes around and move back and forth between pentathlon and heptathlon events more easily.

### **Athlete Access:**

- Athlete access is the same as coaches and team staff.
- Athletes are only allowed on the track or in the infield when they are actively competing in an on-going event.
- Athletes will receive red wristbands in team packets. Athletes will be removed from the track/coaching boxes if they are not actively competing.

### **Team Camp:**

- Team Camps will be assigned on the backstretch bleachers and mezzanine based on number of entries per team.
- Food and drinks are allowed in the team camps. Water only in the other areas of the facility.
- No spikes in the team camp area.

### **No Outside Food or Beverages:**

- This year the Norton Indoor Track Facility has implemented a “no outside food or beverage policy”
- Athletes may bring individual water and snacks into the facility in their bags.
- Large food items and team food/water will be turned away at the entrance (facility policy).
- Arrangements can be made with Norton's catering service to provide on-site food services to participating teams. No food or beverages can be brought into the facility without prior written approval of the general manager (502) 916-8251
- No spikes in the team camp area.

### **Locker Rooms:**

- There are no locker room or shower facilities available.

## **Spectator Access:**

- There will not be a pass list for visiting teams.
- Spectators will pay an entry fee at the door and receive a stamp for each day of competition.
- Spectators are not allowed in any team areas.
- The entry fee for spectators is \$10 for adults, \$7 for anyone under the age of 14, and free for children under the age of 3.

## **Facility Entrance:**

- The main spectator entrance to the Norton Sports & Learning Center is located on the southwest corner of the building.
- Team entry will also be through the main entrance on the southwest corner of the building. There will be signs to direct you.
- Pole Vault Poles will be allowed to be brought into the facility through a door on the Southeast corner on Friday before 10:00am, and Saturday before 1:00pm.
- There is a map includes with directions on bus drop off and team entrance.

## **Sports Medicine:**

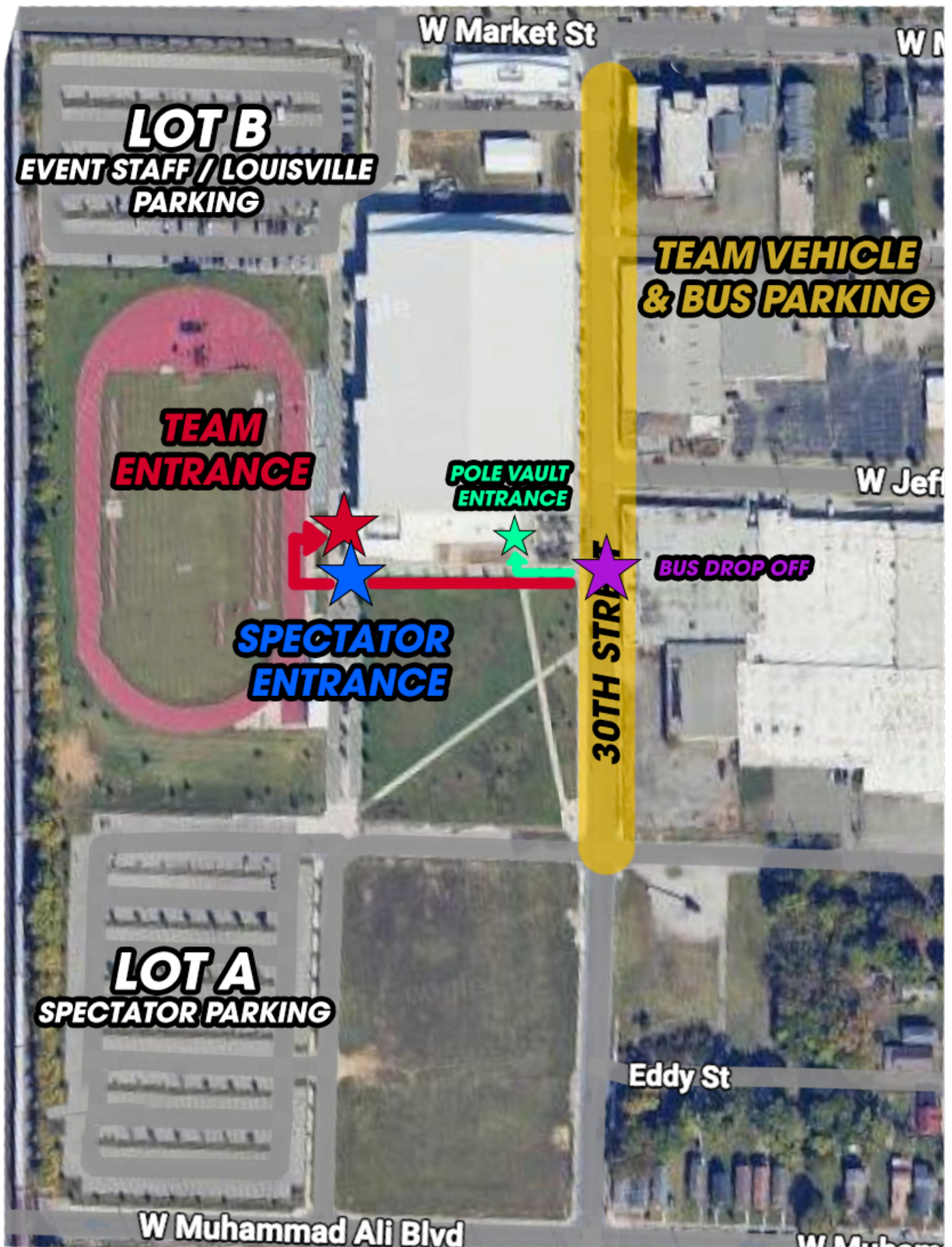
- All sports medicine needs should be handled by each team's sports medicine staff.
- Emergency medical personnel will be on site, but there is not a central training room.
- Sports medicine staff will be able to set up in their team camp area.

## **Parking (Map included below)**

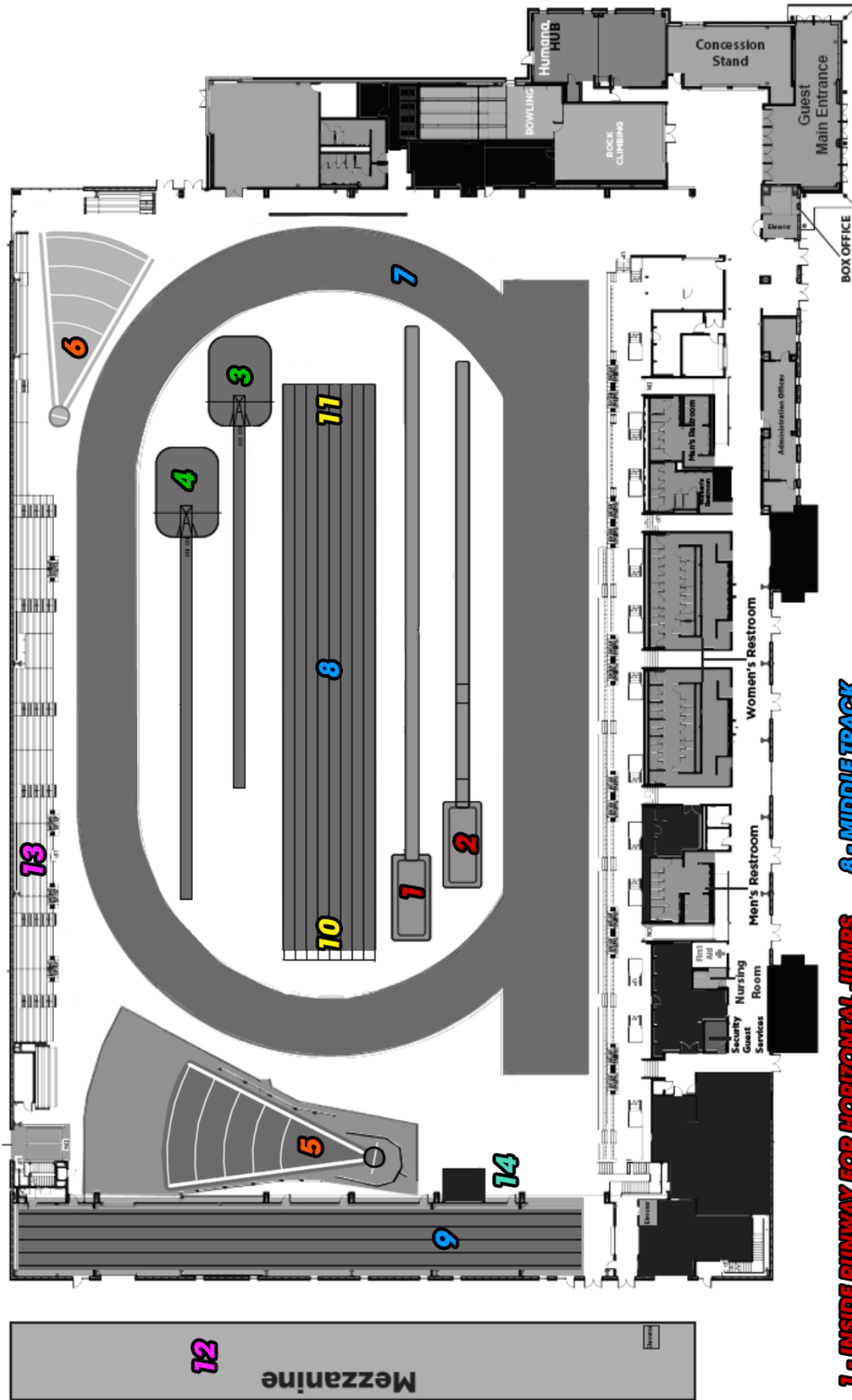
- Team bus parking is on 30<sup>th</sup> street (east side of the building)
- Spectator parking is in lot A.
- Team vehicles and buses should park on 30<sup>th</sup> street.
- Meet officials, and UofL personnel should park in Lot B (with a parking pass)
- Detailed parking instructions will be sent out on Thursday before the meet.



# Parking Map



# Facility Map



- 1 - INSIDE RUNWAY FOR HORIZONTAL JUMPS
- 2 - OUTSIDE RUNWAY FOR HORIZONTAL JUMPS
- 3 - INSIDE RUNWAY FOR POLE VAULT
- 4 - OUTSIDE RUNWAY FOR POLE VAULT
- 5 - THROWS CAGE
- 6 - SE RING FOR COMBINED EVENTS SHOT PUT
- 7 - OVAL
- 8 - MIDDLE TRACK
- 9 - WARM-UP TRACK
- 10 - NORTH TRACK HIGH JUMP PIT
- 11 - SOUTH TRACK HIGH JUMP PIT
- 12 - MEZZANINE TEAM CAMPS
- 13 - BACK STRETCH TEAM CAMPS
- 14 - SPIKE CHECK / RUNNING CHECK-IN

# 2026 PNC Lenny Lyles Invitational

Tentative Meet Schedule (As of January 29, 2026 at 12:28 PM)

## Friday January 30, 2026

Track Events				Horizontal Jumps				Vertical Jump				Throwing Events				
Start Time	Location	Event	Division	Heads	Start Time	Location	Event	Flight	Start Time	Location	Event	Flight	Start Time	Location	Event	Flight
10:00 AM	Outside Lanes	Pentathlon 60 Hurdles	B	6 heads	9:50 AM	Inside Runway	Women's Long Jump	Flight 1	10:45 AM	North Track	(B <sup>1</sup> ) Pentathlon High Jump	Flight 1	9:45 AM	Throw Cage	Men's Weight Throw	Flight 1
10:15 AM		Raise Track				Inside Runway	Women's Long Jump	Flight 2	10:45 AM	South Track	(B <sup>2</sup> ) Pentathlon High Jump	Flight 2		Throw Cage	Men's Weight Throw	Flight 2
10:20 AM	Oval	Women's DMR	Open	1 heat		Inside Runway	Women's Long Jump	Flight 3	1:10 PM	North Track	(A <sup>1</sup> ) Pentathlon High Jump	Flight 1		Throw Cage	Men's Weight Throw	Flight 3
10:35 AM	Oval	Men's DMR	Open	1 heat		Inside Runway	Women's Long Jump	Flight 4	2:55 PM	South Track	Heptathlon High Jump	Flight 1		Throw Cage	Men's Weight Throw	Flight 3
10:50 AM	Oval	Women's "C" 400	C	10 heads		Inside Runway	Women's Long Jump	Flight 5	2:55 PM	North Track	Heptathlon High Jump	Flight 2				Finals
11:15 AM	Oval	Men's "C" 400	C	11 heads		Inside Runway	Women's Long Jump	Finals	4:25 PM	North Track	Women's High Jump	Flight 1	2:00 PM	Throw Cage	Women's Weight Throw	Flight 1
11:45 AM	Oval	Lower Track				Inside Runway	Women's Long Jump	1 Flight	4:25 PM	South Track	Women's High Jump	Flight 2		Throw Cage	Women's Weight Throw	Flight 3
12:00 PM	Middle Track	Heptathlon 60	Open	3 heads		Inside Runway	(A <sup>1</sup> ) Pentathlon Long Jump									Finals
12:20 PM	Middle Track	Pentathlon 60 Hurdles	A	3 heads												
12:30 PM	Oval	Raise Track			10:20 AM	Outside Runway	Men's Long Jump	Flight 1	10:00 AM	Inside Runway	Men's Pole Vault	B				
12:40 PM	Oval	Women's "B" 400	B	6 heads		Outside Runway	Men's Long Jump	Flight 2	2:00 PM	Outside Runway	Men's Pole Vault	A				
12:55 PM	Oval	Men's "B" 400	B	6 heads		Outside Runway	Men's Long Jump	1 Flight					12:30 PM	SE Corner Ring	(B <sup>1</sup> ) Pentathlon Shot Put	1 Flight
1:10 PM	Oval	Women's 800	Open	8 heads (slow to fast)		Outside Runway	(B <sup>1</sup> ) Pentathlon Long Jump	1 Flight					1:45 PM	SE Corner Ring	Heptathlon Shot Put	1 Flight
1:38 PM	Oval	Women's "A" 800	A	1 heat		Outside Runway	Men's Long Jump	Flight 3					2:55 PM	SE Corner Ring	(A <sup>1</sup> ) Pentathlon Shot Put	1 Flight
1:42 PM	Oval	Men's "A" 800	A	1 heat		Outside Runway	Men's Long Jump	Flight 4								
1:45 PM	Oval	Men's 800	Open	8 heads (fast to slow)		Outside Runway	Men's Long Jump	Finals								
2:15 PM	Oval	Women's "B" 200	B	8 heads		Outside Runway	Men's Long Jump									
2:45 PM	Oval	(B <sup>1</sup> ) Pentathlon 800	B	1 heat												
2:50 PM	Oval	Women's "A" 200	A	5 heads												
3:00 PM	Oval	Men's "A" 200	A	5 heads												
3:10 PM	Oval	Men's "B" 200	B	8 heads												
3:25 PM	Oval	Women's 3000	Open	3 heads (slow to fast)												
4:00 PM	Oval	Men's 3000	Open	5 heads (fast to slow)												
5:00 PM	Oval	Pentathlon 800	A	1 heat												
5:05 PM	Oval	Women's "C" 200	C	17 heads												
5:50 PM	Oval	Men's "C" 200	C	15 heads												

## Saturday January 31, 2026

Track Events				Horizontal Jumps				Vertical Jumps				Throwing Events				
Start Time	Location	Event	Division	Heads	Start Time	Location	Event	Flight	Start Time	Location	Event	Flight	Start Time	Location	Event	Flight
10:00 AM	Middle Track	Heptathlon 60 Hurdles	Open	5 heads	10:30 AM	Outside Runway	Women's Triple Jump	Flight 1	12:20 PM	North Track	Men's High Jump	Flight 1	9:00 AM	Throw Cage	Men's Shot Put	Flight 1
10:10 AM	Middle Track	Men's 60 Hurdles	Open Semi	8 heads	Outside Runway	Women's Triple Jump	Flight 2	Flight 2	12:20 PM	South Track	Men's High Jump	Flight 2		Throw Cage	Men's Shot Put	Flight 2
10:35 AM	Middle Track	Women's 60 Hurdles	Open Semi	8 heads	Outside Runway	Women's Triple Jump	Flight 3	Flight 3						Throw Cage	Men's Shot Put	Flight 3
10:55 AM	Middle Track	Men's 60	Open Semi	12 heads	Outside Runway	Women's Triple Jump	Flight 4	Flight 4						Throw Cage	Men's Shot Put	Flight 3
11:20 AM	Middle Track	Women's 60	Open Semi	12 heads	Outside Runway	Women's Triple Jump	Final	Final	11:00 AM	Inside Runway	Heptathlon Pole Vault	Flight 2		Throw Cage	Men's Shot Put	Finals
11:45 AM	Raise Track	Raise Track			Outside Runway	Women's Triple Jump			11:00 AM	Outside Runway	Heptathlon Pole Vault	Flight 1	1:00 PM	Throw Cage	Women's Shot Put	Flight 1
11:55 AM	Oval	Women's Mile	Open	10 heads (slow to fast)										Throw Cage	Women's Shot Put	Flight 2
1:00 PM	Oval	Men's Mile	Open	11 heads (fast to slow)										Throw Cage	Women's Shot Put	Flight 2
2:00 PM	Oval	Women's "A" 400	A	5 heads										Throw Cage	Women's Shot Put	Flight 3
2:10 PM	Oval	Men's "A" 400	A	5 heads										Throw Cage	Women's Shot Put	Flight 3
2:20 PM	Lower Track	Lower Track												Throw Cage	Women's Shot Put	Finals
2:30 PM	Middle Track	Women's 60 Hurdle Finals	Open Finals	1 heat												
2:35 PM	Middle Track	Men's 60 Hurdle Finals	Open Finals	1 heat												
2:40 PM	Middle Track	Women's 60 Finals	Open Finals	1 heat												
2:45 PM	Middle Track	Men's 60 Finals	Open Finals	1 heat												
2:50 PM	Raise Track	Raise Track														
2:55 PM	Oval	Women's 5000	Open	Head 1 (fastest)												
3:15 PM	Oval	Men's 5000	Open	Head 1 (fastest)												
3:35 PM	Oval	Heptathlon 1000	Open	2 heads												
3:40 PM	Oval	Women's 4 x 400	Open	9 heads												
4:20 PM	Oval	Men's 4 x 400	Open	10 heads												
5:00 PM	Oval	Women's 5000	Open	Head 2 (slowest)												
5:25 PM	Oval	Men's 5000	Open	Head 2 (slowest)												

Pentathlon ("B" Division) - Friday January 30, 2026				Heptathlon ("Open") - Saturday January 31, 2026			
10:00 AM	Outside Lane	Pentathlon 60 Hurdles	5 heads	12:00 PM	Middle Track	Heptathlon 60	2 heads
10:45 AM	Middle Track	Pentathlon High Jump	2 pits	12:40 PM	Outside Runway	Heptathlon Long Jump	1 flight
12:30 PM	SE Corner Ring	Pentathlon Shot Put	1 flight	1:45 PM	SE Corner Ring	Heptathlon Shot Put	1 flight
1:45 PM	Outside Runway	Pentathlon Long Jump	1 flight	2:55 PM	Middle Track	Heptathlon High Jump	2 pits
2:45 PM	Oval	Pentathlon 800	1 heat				

### Additional Information

Final Schedule will be published and sent out Thursday at 11:30 AM.

Please send scratches to lennylylesrackmeet@gmail.com