



Meet Information

- Site:** Mountain Lion Fieldhouse
760 North Campus Hts.
Colorado Springs, CO 80918
- Parking:** Use Lot 580 down below the fieldhouse on the west side for free parking and drop-off.
- Admission:** \$5 (adults), FREE (Students w/ ID & Children)
- Results:** Live results will be available at www.rapidresultslive.com during the meet and will be announced throughout the day in the fieldhouse.
- Live Stream:** Video live stream will be available throughout the meet at <https://www.rmacnetwork.com/gomountainlions/>
- Entries:** Only accepted through www.directathletics.com. Entries close Wednesday, January 17th at noon (MST). For consistency, use converted times as listed on TFRRS.
- Entry Fee:** \$20 per athlete OR \$250 per team (men and women are considered separate teams). Make checks payable to UCCS Track & Field upon arrival.
- Open Athletes:** Open/unattached/redshirt athletes will be allowed in the meet. No high school aged athletes will be permitted. Field sizes will be limited, register on www.directathletics.com for consideration.
- Athletic Training:** Athletic trainers will be available during the meet to administer first-aid. The athletic training room is located in the southwest corner of the fieldhouse. Treatments available are primarily ice and bandaging. Please bring your own athletic tape and supplies.



- Facility: Flat 200m Beynon surface with four lanes on the oval and an eight lane straight on the infield. There are two warm-up lanes inside the oval. Tape only for marks on the runways. Chalk and cones will not be permitted.
- Men's and Women's Long Jump Board – 8'*
Men's Triple Jump Board – 38'
Women's Triple Jump Board – 32'
- Spikes: 1/8" or 1/4" pyramid spikes only. No needle or compression spikes will be allowed.
- Team Camps: Located in the weight room at the north corners of the fieldhouse.
- Implement Weigh-in: All implements will be weighed in at the throwing area prior to the start of their event. Athletes need to bring implements with them when they check-in with the head official.
- Check-in: For field events, check-in 45 minutes prior to event starting. For track events, check-in 30 minutes prior to event starting. An updated schedule and heat sheets will be emailed to teams prior to arrival with final notes.
- Clerking: Hip numbers will be located in the northwest corner of the fieldhouse. Please check-in to this location to get hip numbers 30 minutes prior to the start of the event.
- Bar Progressions: Men's High Jump (1.84, 1.89, 1.94, 1.99, 2.04, 2.07, 2.10, 2.13, 2.16)
Women's High Jump (1.50, 1.55, 1.60, 1.65, 1.70, 1.73, 1.76, 1.79, 1.82)
Men's Pole Vault (4.21, 4.36, 4.51, 4.66, 4.81, 4.91, 5.01, 5.11, 5.21, 5.31)
Women's Pole Vault (3.12, 3.27, 3.42, 3.57, 3.72, 3.82, 3.92, 4.02, 4.12)
- Questions: Keith Vance – Assistant Coach- kvance@uccs.edu 330.347.3186



Schedule of Events

*All times are approximate. Weight Throw & Open Shot-Put events will be on a rolling time schedule. All Field Events will be contested with 3 attempts followed by finals.

FIELD EVENTS

11:30 AM	Men's Weight Throw Women's Pole Vault Men's Long Jump
1:00 PM	Women's Weight Throw Men's High Jump Women's Long Jump
2:30 PM	Men's Triple Jump Men's Shot Put Women's High Jump Men's Pole Vault
4:00 PM	Women's Shot Put Women's Triple Jump

RUNNING EVENTS

12:25 PM	<i>National Anthem</i>
12:30 PM	Men's 5,000m Final
12:50 PM	Women's 60m Hurdle Prelim
1:00 PM	Men's 60m Hurdle Prelim
1:15 PM	Women's 60m Prelim
1:30 PM	Men's 60m Prelim
1:45 PM	Women's Mile Final
1:55 PM	Men's Mile Final
2:10 PM	Women's 400m Final
2:25 PM	Men's 400m Final
2:40 PM	Women's 60m Hurdle Final
2:45 PM	Men's 60m Hurdle Final
2:55 PM	Women's 60m Dash Final
3:00 PM	Men's 60m Dash Final
3:05 PM	Women's 800m Run Final
3:20 PM	Men's 800m Run Final
3:40 PM	Women's 200m Dash Final
3:50 PM	Men's 200m Dash Final
4:10 PM	Women's 3000m Final
4:25 PM	Men's 3,000m Final
4:50 PM	Women's 4x400m Relay Finals
4:55 PM	Men's 4x400m Relay Finals



THE COLORADO RUNNING COMPANY
UCCS INVITATIONAL
JANUARY 20TH, 2024



Map

