

2023 Charlotte 49er Classic & Combined Events

Irwin Belk Track & Field Center

TENTATIVE SCHEDULE

49er Classic Combined Events

Thursday, March 16

11:00 a.m. Heptathlon
11:45 a.m. Decathlon

Friday, March 17

9:00 a.m. Decathlon
10:00 a.m. Heptathlon

49er Classic

Friday, March 17

Field Events

11:00 a.m.	Hammer	Women
Noon	Long Jump (2 pits)	Men
1:30 p.m.	Pole Vault (B section)	Women
1:30 p.m.	High Jump (B section)	Men
1:45 p.m.	Javelin	Men
3:00 p.m.	Hammer	Men
3:30 p.m.	Long Jump (2 pits)	Women
3:30 p.m.	High Jump (A section)	Men
4:30 p.m.	Pole Vault (A section)	Women
5:30 p.m.	Discus (2 rings possible)	Women

Running Events

Noon	100m Hurdle (72)	Women
12:35 p.m.	110m Hurdle (72)	Men
1:00 p.m.	100m Dash (96)	Women
1:30 p.m.	100m Dash (96)	Men
2:10 p.m.	400m Dash (96)	Women
2:45 p.m.	400m Dash (96)	Men
3:25 p.m.	400m Hurdle (48)	Women
3:55 p.m.	400m Hurdle (48)	Men
4:30 p.m.	3000m Steeplechase (32)	Women
4:45 p.m.	3000m Steeplechase (32)	Men
5:10 p.m.	1500m Run (160)	Women
5:45 p.m.	1500m Run (160)	Men
6:25 p.m.	5000m Run Final Heat 2,3	Women
7:10 p.m.	5000m Run Final Heat 2,3	Men
8:00 p.m.	5000m Run H1 (100 total 5K)	Women
8:20 p.m.	5000m Run H1 (100 total 5K)	Men
8:40 p.m.	10000m Run (30)	Women
9:25 p.m.	10000m Run (30)	Men

Saturday, March 18

Field Events

10:00 a.m.	Shot Put (2 rings)	Men
10:00 a.m.	Javelin	Women
11:00 a.m.	Triple Jump	Women
11:00 a.m.	Pole Vault (B section)	Men
Noon	High Jump (B section)	Women
1:00 p.m.	Shot Put (2 rings)	Women
2:00 p.m.	Discus (2 rings possible)	Men
2:30 p.m.	Pole Vault (A section)	Men
2:30 p.m.	Triple Jump	Men
2:30 p.m.	High Jump (A section)	Women

Running Events

Noon	4x100m (48)	Women
12:20 p.m.	4x100m (48)	Men
12:45 p.m.	800m Run (132)	Women
1:20 p.m.	800m Run (132)	Men
2:00 p.m.	200m Dash (144)	Women
2:35 p.m.	200m Dash (144)	Men
3:10 p.m.	3000m Run (64)	Women
3:35 p.m.	3000m Run (64)	Men
4:00 p.m.	4x800m (16)	Women
4:15 p.m.	4x800m (16)	Men
4:30 p.m.	4x400m (64)	Women
5:00 p.m.	4x400m (64)	Men

Weigh In

By 1 hour prior to start of each respective throwing event at the equipment room at the north end of the mid-level stands (Note: Weigh hammers before exiting stadium for cage to warm up).

2023 Charlotte 49er Classic & Combined Events

Thursday-Saturday, March 16-18
Irwin Belk Track & Field Center

Meet Information

Entries

Entries are due by midnight **Friday, March 10th**. Collegiate teams, clubs and unattached welcome to enter. Teams/Clubs limited to 4 entries per event for track events, 2 per combined event, 3 per other field events. Events sizes will be limited: combined event fields limited to top 16 entries, other field events limited to top 48 entries (48 total for vertical jump sections). Running event size limits listed on meet schedule and comparable to previous years' meets. Entry will be available online at www.directathletics.com opening midnight, Tuesday, March 1st. Accepted entry performance lists will be posted prior to the meet at www.Flashresults.com; combined events by midnight Tuesday, March 14th all other events midnight Wednesday, March 15th. Direct Athletics will be set up to pull entrants' best TFRRS performance for entry. If athlete does not have a TFRRS performance only then enter a speculative performance and note with a meet result that can be vetted online via MileSplit/Athletic.net for freshmen, TFRRS for transfers. ***If no note supporting speculative entry is provided then entry will not be researched/vetted and will be considered no time/distance/height therefore may not make the event cut off.*** Unattached entrants use speculative box to report performance that is verifiable online via TFRRS, Milesplit or posted meet result. If entering B, C etc. relays email Coach Olesen those times and/or if you would like your A team seeded slower than your TFRRS time.

Entry Fees

All entry fees must be paid online; Collegiate/Club entry fee of \$50 per athlete or \$750 per team per gender (team=14 or more). Fee is entry fee not a competition fee; fees are based on the number of entries not the number that actually compete. Unattached entry fee of \$50 for unlimited events must be paid online in the entry process. There is no fee for UNC Charlotte students, email Coach Olesen for entry which is still subject to event limitations. ***Fees will not be reduced or refunded as a result of scratches or entries that are not accepted due to event size limits.*** Amount owed is set once entries close on March 10th.

Schedule

The event schedule is to be considered tentative until entries are received after which a final version will be posted on Flashresults.com please check the site frequently in the days leading up to the meet for updates. Running event check in is at the tent in the grass outside turn 1 near the end of the straightaway, check in at least 30' prior to the start of the event. Field events check in at the event site as soon as officials are available.

Results

Running event results will be displayed on the scoreboard immediately after each race, all results will be posted on the brick wall at the top of the bleachers and will be available live at www.flashresults.com.

Location & Parking

The Irwin Belk Track & Field facility is located on the Charlotte main campus. The best campus access point will be via Institute Circle from Tryon Blvd. (Hwy 29) which runs along the north side of campus. Primary Bus/Van parking will be in surface lot 27; lots 23 & 25 will be available space permitting. It may be best for buses to return to hotel during the meet; vans (normal roof line) can also fit on the **bottom** level of the West Parking Deck across from the facility main entrance. Cars may park in these lots or more conveniently in the West Parking Deck next to the track. Team drop off is in lot 14; parking services personnel will direct bus/van drivers to park once passengers have disembarked. ***Do not*** load/unload in front of the main pedestrian entrance on Cameron Blvd.

Facilities

Eight 48" lanes with Beynon embedded granule surface and BSS 2000 foundation installed fall 2016 with two bi-direction horizontal jump runways, two shot and discus rings, and bi-directional vaulting boxes available. The hammer area is located immediately adjacent to the track stadium to the southwest; exit

Director Bob Olesen (jumps)
Coach Joe Lynn (distance)
Coach AJ Kaschak (sprints)
Coach Candace Fuller (throws)
Coach Joshua Campbell (hurdles)

704-687-0426

rjolesen@uncc.edu
jlynn9@uncc.edu
akaschak@uncc.edu
candace.fuller@uncc.edu
jcamp121@uncc.edu

the facility to the north and proceed west across the greenway and creek then south. *There is no longer a bridge spanning the creek near the back (west) gate of the facility.*

Equipment Spike length will be ¼” maximum for pole vault, horizontal jumps and running events; up to 3/8” permitted for javelin and high jump. UCS starting blocks will be provided. Implement weigh in will be done in association with/prior to the check-in of each throwing event at the equipment room at the north end of the mid-level stands (Note: Weigh hammers before exiting stadium for cage to warm up).

General All running events are single round finals with sections against time. Horizontal jumps and throws will feature 3 preliminary rounds with the top 9 plus ties advancing to a 3 round final. This is an open meet, unattached competitors may displace collegiates from finals. Starting heights in the vertical jumps will be set based on entries. If field event field sizes are very large additional alternate venues (second pits/rings) may be used in horizontal jumps, discus and shot put; with earlier flight(s) at alternate site and later flights and final on primary site. If this is the case be aware that the first two flights will begin at scheduled start time. Minimums, flight locations and opening heights will be publicized with the final schedule.

Sports Med. Athletic trainers will be available, please bring any supplies necessary. Visiting certified athletic trainers will have access to ice, stim, and sound if necessary. See enclosed letter for more details.

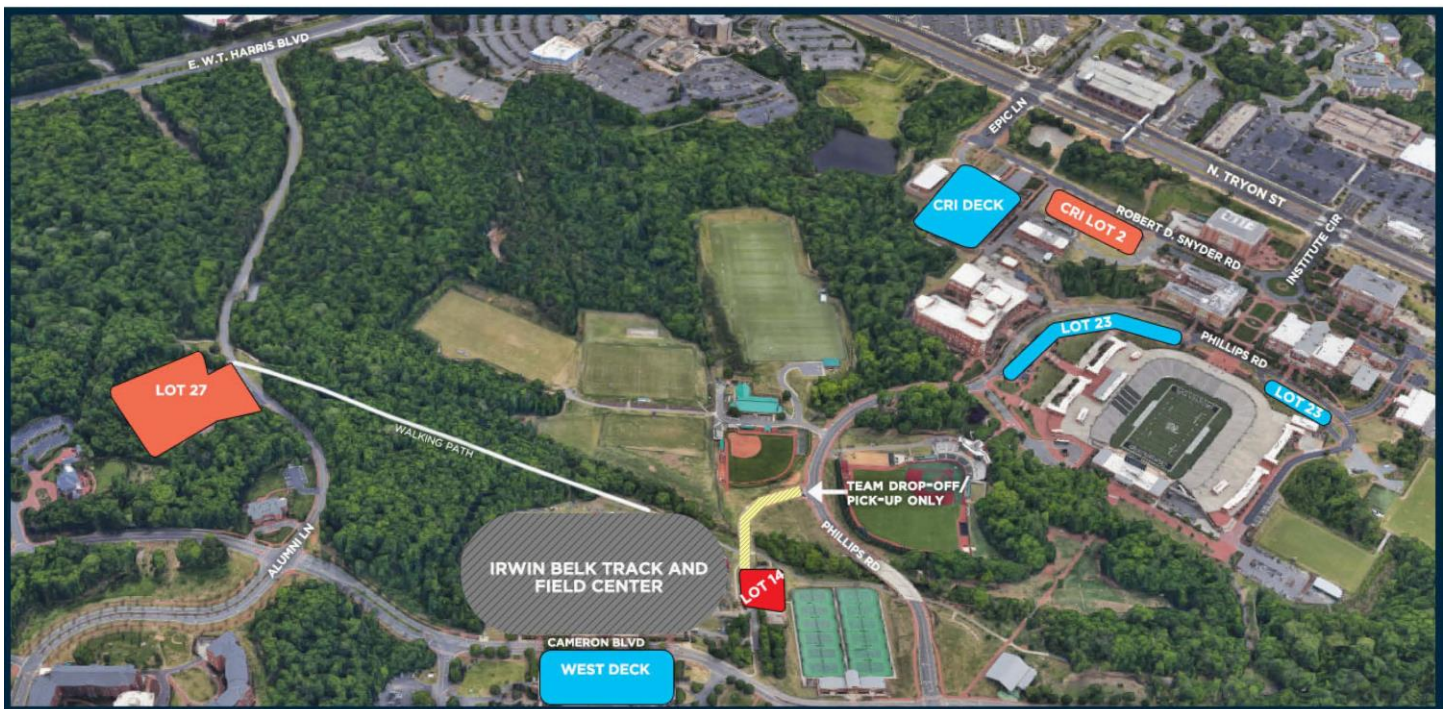
Warm-up Clerk area and fields outside the softball and baseball outfield fences adjacent to the track as well as the greenway that runs alongside the creek behind the track are to be used for general warm up. Tennis courts to the north of the track are off limits for warm up.

Media Sports information contact is Bryant Avery bavery10@uncc.edu.

Director Bob Olesen (jumps)
Coach Joe Lynn (distance)
Coach AJ Kaschak (sprints)
Coach Candace Fuller (throws)
Coach Joshua Campbell (hurdles)

704-687-0426

rjolesen@uncc.edu
jlynn9@uncc.edu
akaschak@uncc.edu
candace.fuller@uncc.edu
jcamp121@uncc.edu



Director Bob Olesen (jumps)
 Coach Joe Lynn (distance)
 Coach AJ Kaschak (sprints)
 Coach Candace Fuller (throws)
 Coach Joshua Campbell (hurdles)

704-687-0426

rjolesen@uncc.edu
 jlynn9@uncc.edu
 akaschak@uncc.edu
 candace.fuller@uncc.edu
 jcamp121@uncc.edu



Dear Visiting Team Athletic Trainer,

I want to personally welcome you to UNC Charlotte and Irwin Belk Track and Field Stadium! In an effort to help your time at Charlotte go as smoothly as possible, I have listed the items that will be available during your visit below, along with important phone numbers and addresses in case of emergency. If your team is not traveling with an Athletic Trainer, please let me know within 48 hours of your arrival so that I can make the necessary preparations. Please reach out to me directly if you have any questions or requests prior to, or upon, your arrival. Welcome to Charlotte!

Sport Medicine Support:

We will have a medical tent set-up near the check in on the grass on the north end of the track near the finish line. This is also the location of the ambulance that will be onsite during the pole vault events. Our medical tent will be stock with immediate first aid supplies such as bandages and wound care, vacuum splints, AED, crutches, oxygen, injury ice, ice bags, flexi-wrap, water and Powerade. There will be a certified athletic trainer in this tent at all times. A certified athletic trainer will also be present at the pole vault pit and at the finish line when these events are live.

Important Numbers:

- **Gloria Krestan** (Track & Field/ Cross Country Athletic Trainer) cell: 803-415-4262 , office: 704-687-0431
- **Michael Haber** (Track & Field/ Cross Country Athletic Trainer) cell: 786-853-2746 , office: 704-687-0431
- **Tony Cordova** (Director of Sports Medicine) cell: 915-494-4553, office: 704-687-1829
- **John Marshall** (Associate Head Athletic Trainer) cell: 704-419-9928, office: 704-687-1056

I have also attached the EAP's for our complex to this document. If there are any questions please let me know and welcome to Charlotte!

Good Luck!

Gloria Krestan

Gloria Krestan MS, LAT, ATC

EMERGENCY ACTION PLAN

Irwin Belk Track | Address: 8873 Championship Ln., Charlotte, NC 28223 | 35.306205, -80.737576

Emergency Response Procedure:

- Check the scene to gather information that will be provided to the dispatcher
- Call campus police at **704-687-2200**; they will dispatch EMS
 - Campus police should meet EMS at *Institute Circle*
- Provide the following information:
 - Location of emergency: **Irwin Belk Track: 8873 Championship Ln., Charlotte, NC 28223, Coordinates: 35.306205, -80.737576**
 - **Follow Phillips Rd. to Championship Lane and turn R, Track is on R side past parking lot (Lot 14)**
 - Who you are
 - The number you are calling from
 - What happened
 - Number of ill or injured individuals
 - What help, if any, has been given and by whom
- Care for the ill or injured student-athlete; provide first aid and use the AED/provide CPR if warranted
- **Do not hang up** until the dispatcher hangs up so you can provide any changes in the student-athletes condition
- A coach or Sports Medicine student will meet campus police/EMS at the *driveway to the track*
- The student-athlete will be transported to
 - **Atrium Health University City Emergency Room: 8800 N. Tryon St., Charlotte, NC 28262, 704-863-6000**
 - **Level 1 Trauma will be sent to Atrium Health Mercy: 2001 Vail Ave, Charlotte, NC 28207, 704-304-5000**



Emergency Equipment:

Emergency equipment is located in the athletic training room during practice times, or in the medical tent near the finish line during competition. Emergency equipment includes SAM splints, crutches, AED, oxygen and spine board.

Additional AEDs are located in the ambulance and on the golf cart with ATC during competition. Across the street, the Halton-Wagner Tennis Complex also has an AED down the hall to the L inside the main entrance by the courts. There is another AED in the hallway on the R side at the Wells Fargo Fieldhouse (SB).

