

UNCW Seahawk Invitational 2024

Meet Information

Friday/Saturday, March 1st-2nd, 2024 | Track Address: 780 Hamilton Drive, Wilmington, NC 28405

Meet Description

The University of North Carolina Wilmington (UNCW) will be hosting a 2-day track and field meet on Friday/Saturday, March 1st-2nd, 2024 at the Harold Green Track and Field Complex. The all-weather facility was newly renovated and resurfaced in 2018 by Beynon, brand new pits furnished by Gill Athletics, and a Lance Deal Throws Cage.

Entries

All team entries will be completed online at www.directathletics.com. Unattached athletes will be allowed at the discretion of the games committee and should contact Jeff Klaves (klavesj@uncw.edu). The meet is open with unlimited entries. Field Event Entries will be subject to change depending on field sizes. If you're interested in participating, please reach out to Coach Donald Thomas.

- Open on Direct Athletics on Monday, January 29th, 2024
- Close on Direct Athletics on Tuesday, February 27th, 2024 at 11:59PM

Entry Information

\$400/gender (\$800 if entering men and women) OR \$40 per athlete up to the 10th. Payment will be based on entries made when they are closed on direct athletics

- Credit Card Payment will be via direct athletics
- Unattached athletes will pay the day of the meet via cash or check

Timing and Race Results

TimingINC.com | Event Timing Solutions | Owner – Jimmy Stephens

Practice Times

- Practice Times can be available upon request, please reach out to Derek Brown
Email – browndc@uncw.edu

Meet Information - Friday

900AM: Field Events Begin (Hammer Throw followed by Javelin Throw)

12PM: Running Events Begin (3k Steeplechase, 1500m Open, 5k, 10k)

Meet Information - Saturday

10AM: Field Events Begin (Shot Put, Discus, Long Jump, Pole Vault)

1100AM: Senior Day Celebration

1145AM: National Anthem

1200PM: Running Events Begin (4x100m Relay)

UNCW SEAHAWK Invitational Meet Directory

Jeffrey Klaves, Meet Director

Cell: (414)779-0632

Email: klavesj@uncw.edu

Jimmy Stephens, Timer

Email: jimmy@timinginc.com

Donald Thomas, Meet Entries on Direct Athletics

Cell: (910)200-2527

Email: thomasd@uncw.edu

Derek Brown, Associate Director of Facilities and Event Management

Office: (910)962-2311

Cell: (240)620-4304

Email: browndc@uncw.edu

Robert Foster, Assistant Athletic Trainer | Cross Country | Track & Field

Office: (910) 962-4726

Cell: (336)552-2653

Email: [TBD](#)

Meet Officials

Referee – Wayne Davis

Starters – Pat Adair, Vince Gunter

Finish Line Clerk/Coordinator – Robert Youtz

Event Judges – TBD

Additional SEAHAWK Invitational Information

Warm-up Procedure

The entire track will be open from 700AM – 1145AM on Saturday, athletes will be allowed block starts and run outs before the schedule start of each of their events. All other warmups will need to take place in the grass area surrounding the track.

Athlete Check-in

Check-in for Running Events is located at the white tent located near the finish line.

Check-in for Field Events is located at the event site

- Athletes must check in at least 30 minutes prior to the event.
- Athletes must report to the start line of their race 15 minutes prior to the schedule start time.
- We will seed the 200 Meters at 2:00 PM! Please have your athlete's check-in or be scratched! We re-seed to ensure we have full lanes for the event!

Dressing Room / Shower Facilities

There are no dressing room or shower facilities available to teams. Please plan accordingly.

Medical Facilities

There will be a white tent located outside the track on the front stretch near the finish line. The facility will be open for the duration of the meet. For questions, please reach out to Robert Foster, ATC, (336)552-2653.

Running Events

There will be no prelims. All sections will be contested as timed finals. Heats will be seeded according to submitted times on directathletics.com. These entries can be checked by meet management on TFRRS to verify. The fastest sections will be run first. Meet Management reserves the right to adjust heats as necessary. All running events must report to the start line of their race 15 minutes prior to the scheduled start time.

Field Events

There will be Prelims and Finals in the Horizontal Jumps and Throwing Events. Each athlete will get 3 attempts in the preliminary rounds, advancing the top 9 to finals. They will receive 3 additional attempts in the final.

Implement Weight-in

The weigh-in area will be in the Navy Shed near the throws cage. Implement weigh-in will start at 8AM on both Friday and Saturday.

Starting Heights

Starting heights for the vertical events (Pole Vault and High Jump) will be determined after the entries are finalized.

UNCW Seahawk Invitational 2024 (Tentative Schedule)

Friday, March 1st

Field Events

9AM	Hammer	Women followed by Men
1:30PM	Javelin	Women followed by Men

Running Events

12:00PM	3000m SC	Women
12:25PM	3000m SC	Men
12:45PM	1500m Open	Women
12:55PM	1500m Open	Men
1:05PM	5000m	Women
1:25PM	5000m	Men
1:45PM	10000m	Women
2:30PM	10000m	Men

Saturday, March 2nd

Field Events (Throws)

10AM	Shot Put	Women Followed by Men
10AM	Discus	Men Followed by Women

*Men's Shot Put will announce a start time at the conclusion of Men's Discus

*Women's Discus will announce a start time at the conclusion of Women's Shot Put

Field Events (Jumps)

10AM	Long Jump	Women Then Men
10AM	Pole Vault	Women (Pit Opens at 9AM)
12PM	Triple Jump	Women Then Men
1PM	Pole Vault	Men (Pit Opens at 12PM)
1PM	High Jump	Women Then Men

Running Events

11 AM	Senior Day Recognition	
12 PM	4x100 Relay	Women
12:10PM	4x100 Relay	Men
12:20 PM	1500 M	Women followed by Men
12:50 PM	100H/110H Finals	Women followed by Men
1:20 PM	400 M	Women followed by Men
1:45 PM	100 M Finals	Women followed by Men
2:05 PM	800 Meters	Women followed by Men
2:30 PM	400 H	Women followed by Men
3:00 PM	200 M	Women followed by Men
3:30 PM	Hall of Fame Recognition	
3:50 PM	4x400 Relay	Women followed by Men
4:30 PM	End of Meet	