

Pepsi
Cumberlands Invitational and Distance Carnival
Meet Information
April 8-9 2022

ENTRIES – Entries must be done on Direct Athletics. All events (Except the Decathlon and Heptathlon-max 18) can be unlimited entries but please only enter those who will compete. Pending Field event sizes we may implement minimum marks.

ENTRY DEADLINE All entries must be entered online at directathletics.com. The deadline for entries is **Tuesday at midnight on April 5th, 2022.**

ENTRY FEE - \$35 Per athlete. 10 or more athletes pay the team price; \$350 per gender. Men's and women's teams combined \$700. We are working on an online payment option. Once done that will be the preferred method.

TIMING - Fully automated timing will be provided by afriendtiming.com

TRACK-We have an 8 lane all-weather rubberized track surface. We also have new pole vault and javelin facilities that utilize the new all-weather surface.

SPIKES-Athletes may wear flats or ¼ inch pyramid spikes.

DISTANCE CARNIVAL-Friday will be a distance carnival under the lights with the 1500, 3K steeplechase, 4 X 800, 5k and 10k being contested. We will also be contesting an 800m and DMR on Saturday.

EXHIBITION RACE TBA

STARTING HEIGHTS- High Jump	Women: 1.34	Men: 1.75
Pole Vault	Women: 2.05	Men: 3.20

SEED TIME-It is extremely important that you as coaches provide us with accurate seed times. The races in this meet are heats against time or finals so it is of paramount importance that, you provide accurate times so we seed races that are fair and competitive.

FOOD-Arby's, Hardee's, KFC, McDonald's, Subway, El Dorado Mexican Restaurant and Pizza Hut are within 400 meters of the track.

MEET PACKETS-Meet packets may be picked up at the officials tent before the start of both competition days.

QUESTIONS-Any question concerning the meet may be directed to the Meet Director Randy Greer at 606-539-4139 or randall.greer@ucumberland.edu

Friday April 8th

Multi's

12:00pm Decathlon/Heptathlon Day 1 Start

Friday Field Events

3:00pm Men's Hammer followed by women's

3:00 pm Women's Javelin followed by the men's

4:00 pm Women's Long Jump followed by Men's

Friday Running Events

6:00pm Women's 4 X 800 Relay

6:15pm Men's 4 X 800 Relay

6:30 pm Women's 3k Steeple

7:00 pm Men's 3k Steeple

7:20 pm Women's 1500m

7:40 pm Men's 1500m

8:00pm Women's 5k

8:25pm Men's 5k

8:45pm WOMEN'S 10K

9:30pm MEN'S 10K

Saturday April, 9th

Multi's

9:00 AM Decathlon/Heptathlon Day 2 Start

Field Events

10:00 AM Women then Men Pole Vault

10:00 AM Men Shot Put then Women

11:00 AM Women Triple Jump then Men

11:00 AM Women High Jump then Men

12:00 PM Men Discus then Women

Running Events

9:00 AM Decathlon/Heptathlon Day 2 Start

9:30 AM **COMBINED (pending entries)** 5k Race Walk

11:00AM Women's 4x100

11:05 AM Men's 4x100

11:40 PM Women's 100H

11:55 PM Men's 110H

12:00 PM Senior Recognition

12:30 PM Women's 400m

12:40 PM Men's 400m

1:00 PM Women's 100m

1:20 PM Men's 100m

1:40 PM Women's 800m

2:00 PM Men's 800m

2:25 PM Women's 400m H

2:45 PM Men's 400m H

2:55 PM Women's 200m

3:15 PM Men's 200m

3:30 PM Women's DMR

3:50 PM Men's DMR

4:05 PM Women's 4x400

4:15 PM Men's 4x400