

## **Wildcat Invitational meet info**

Sat, January 31 (UK Nutter Fieldhouse)

**Meet location:** inside UK's Nutter Fieldhouse, adjacent to Commonwealth (Football) Stadium

**Uniform:** white Assumption "big A" singlet with black spandex shorts

**Admission:** General Admission \$10.00, Youth (3-18) & Seniors (65+) \$2.00

**Shoes:** sprinters should wear racing spikes, but distance runners have the option of using training shoes or racing spikes. *Use pyramid spikes that are 1/4 inch or smaller.*

**Team area:** we camp out within the team area on the turf inside the track, and try to locate in the corner closest to the main door to the facility. If you don't see us when you arrive, text 2-3 people who are expected to be at the meet already, but understand that we may not be checking our phones regularly. As you enter, remember to always be careful when crossing the track (i.e. look both ways before crossing the track or you can get run over).

**Bathroom facilities:** bathrooms are located in the main lobby and outside, by the Football stadium.

**Warm up:** you can warm up inside the facility, but distance runners can also warm up outside. Always warm up in a group and if you go outside, do not stay outside longer than 5-10 minutes, because if we need to find you for some reason, it's difficult to do so if we don't know where you are.

**Check in:** when you arrive, make sure you understand the check-in process for your event. You must check in at least 20 min before your race. If you're in the 400, 800, mile, 2 mile, 4 x 400 or 4 x 800, then you will be given a hip number (no hip # in races less than 400m). You'll then go to the start of your race, where someone will check you in again and assign you to a heat. Field event girls will check in at their event. Shot puts must all be weighed in by 11:30 at the "competition venue".