### TRACK AND FIELD MEET

**Registration:**
Team Entry: Teams must register for Track Meet via IMLeagues. All teams signing up on IMLeagues must also attend mandatory captain’s meeting to participate.

Individual (Unattached) Participants: Sign up at Registration on Thursday, November 1st from 5:45pm-6:30pm at the Percy Beard Track on campus. All participants must present a valid UF Gator 1 ID Card to be eligible to participate.

**Team Rosters:**
All teams must have completed rosters on IMLeagues by 5pm the day of the event. Only those participants on the roster will be allowed to compete on a team. Please follow instructions provided to place participants on a roster. Each team may have an unlimited size roster.

**Individuals:**
Individuals interested in participating in a track or field event without a team must arrive between 5:45pm-6:15pm the day of the meet to register for an event. A valid UF Gator 1 Card is required to participate.

**Mandatory Captain’s Meeting:**
There will be a mandatory captain’s meeting for this event. Please check the RecSports website for the time and location.

**Event Site:**
James G. Pressly Stadium at Percy Beard Track (University of Florida Track & Field Complex)

**Format:**
All participants must register from 5:45pm-6:30pm the day of the event at the Percy Beard Track. Timed events will be run in the order listed above.

Teams may enter a maximum of 2 individuals per event. Only one team is allowed per relay.

Team participants are allowed to participate in two events (running and/or field) and one relay team.

Individuals participants are allowed to participate in three events (running and/or field).

**Order of Running Events:**
- 3000M
- 4X200M
- 100M
- 400M
- 1500M
- 4X100M
- 800M
- 200M

**Field Events:**
All field events will be open pit from 7:00pm-8:30pm. Field events are as follows:
- Long Jump
- High Jump (Begins at 4'; increments of 2”)
- Triple Jump
- Shot Put (Men’s – 12lbs, Women’s 8 lbs.)

**Equipment:**
Athletic shoes must be worn by all participants. Track cleats are NOT allowed. Participants are encouraged to bring their own exchange zone markers as they will not be provided. Taping of the track is prohibited. Relay batons will be available. Shirts must be worn at all times.

**Awards:**
Intramural Sports Championship T-shirts will be given to the male and female individual winners in each event. There is a maximum of 12 T-shirts to be awarded to the winning team. Individuals may only receive a maximum of one t-shirt during the event.
**REGISTRATION PROCESS:**

1. **Register your IMLeagues Account**
   a. Go to [https://www.recsports.ufl.edu](https://www.recsports.ufl.edu).
   b. Under the Intramural Sports tab, click on **REGISTRATION PROCESS**.
   c. Click the link for **ONLINE REGISTRATION**.
   d. Sign on using your gatorlink username and password.
   e. At the bottom of the page, click on the **Intramural Sports IMLeagues graphic**.
   f. Complete the required information and click **Submit**.
   g. Click the **University of Florida** link at the top of the page.

2. **Signing Up A Team For An Intramural Sport**
   a. Log in to your IMLeagues account using your gatorlink username and password.
   b. Click the **Create Team** button at the top right of your Use Homepage OR click on the **University of Florida** link and go to the school’s homepage on IMLeagues.
   c. Select **Track and Field Meet**.
   d. You will be creating a team on the waitlist. Once approved, you will be cleared to participate in the event.
   e. Click **Create Team**.
   f. Enter all necessary information and click Submit.
   g. Add individuals to your roster by sending invitations or having individuals “Join” your team.

3. **Joining An Intramural Sports Team**
   a. Create a Team (for team captains only)
      i. Invite members to the team
         - If team member has **already registered** on IMLeagues, search for his/her name and invite him/her, all invited members must accept the invitation to be added to your team
         - If team member is **not registered** on IMLeagues, scroll down to the “Invite by Email Address” box and input his/her email address.
   b. Join a Team
      i. Click the orange **Join Team** icon button at the top of your homepage.
      ii. Select **Track and Field Meet**.
      iii. A list of teams participating will load; select the team you wish you join by clicking the orange **Join Team** icon.
      iv. Agree to the waiver and fill in all necessary information.
      v. A message will be sent to the captain of the team you asked to join, once the captain has given approval you will be added to the roster.

You may organize your team early on the Waitlist (training, quiz and adding team members). However, **once registration opens you MUST move your team from the Waitlist to desired Division**; otherwise your team will remain on the waitlist and not be scheduled for play.

**Note: IMLeagues offers a live support button on the top right corner of all pages, should you encounter any difficulties**