

# Virginia Invitational

## **FINAL** Meet Schedule



*\*As of 4/1/21*

### **Friday, April 2, 2021**

#### **Running Events**

6:35 PM	W 5000m
6:55 PM	M 5000m

#### **Field Events**

5:00 PM	W Hammer Throw
5:00 PM	M Triple Jump
6:15 PM	M Hammer Throw
6:15 PM	W Triple Jump

### **Saturday, April 3, 2021**

#### **Running Events**

2:00 PM	W 4x100m Relay
2:10 PM	M 4x100m Relay
2:25 PM	W 100m Hurdles
2:40 PM	M 110m Hurdles
2:50 PM	W 100m
3:00 PM	M 100m
3:15 PM	W 400m
3:25 PM	M 400m
3:35 PM	W 800m
3:45 PM	M 800m
3:55 PM	W 400m Hurdles
4:00 PM	M 400m Hurdles
4:15 PM	W 200m
4:30 PM	M 200m
4:45 PM	W 3000m Steeplechase
5:00 PM	M 3000m Steeplechase
5:15 PM	W 1500m Run
5:20 PM	M 1500m Run
5:30 PM	W 4x400m Relay
5:35 PM	M 4x400m Relay

#### **Field Events**

1:00 PM	W Long Jump
1:00 PM	W Javelin Throw
To Follow	M Javelin Throw
1:00 PM	W Pole Vault
1:30 PM	W High Jump
To Follow	M High Jump
2:00 PM	W Shot Put
To Follow	M Shot Put
3:00 PM	M Long Jump
3:30 PM	W Discus Throw
To Follow	M Discus Throw
3:30 PM	M Pole Vault

# VIRGINIA Invitational

April 2-3, 2021

## ◆ Final Meet Notes ◆

### Contact Information

All meet related communication should be directed to [UVATRackmeets@gmail.com](mailto:UVATRackmeets@gmail.com).

### Coaches

- No coaches are allowed on the track or infield at any time. Coaches boxes will be established for specific field events.
- Specific wristbands will be issued for coaches with athletes in the Javelin and High Jump for access to the coaching box on the D-apron.

### Packet Pick-Up

Each team will be issued a team packet containing the final meet schedule, competitor bibs, pins, relay cards and wristbands to be worn at all times by all competitors and staff. Packet pick-up will be located at the competitor entrance at the following times:

- Friday, April 2 from 3:00pm to 5:30pm
- Saturday, April 3 from 11:00am to 2:00pm

### Team Camps / Tents / Restrooms

No personal team pop-up tents are permitted at UVA track events. Team tents are provided ONLY through Skyline Tent Rental and will be set up outside the track facility along the south side of the track parking lot. Team camps may be established in this area but will NOT be permitted inside the track facility. Portable restrooms designated per team will be provided in this area. Athletes and coaches are permitted to use the grass hill outside the backstretch for socially distanced spectating but should not enter the spectator stands on the home stretch.

## Parking / Bus Drop-Off

Parking is available and buses should plan to drop off in the large parking lot directly across Copeley Road from the track. No bus drop-offs or parking in the track parking lot.

## Results

- For live results and start lists, visit [www.flashresults.com](http://www.flashresults.com)

## Runway & Relay Track Marks

- Only white athletic tape may be used on the runways and for the relays to mark the track surface.

## Vertical Jump Opening Bars and Progressions

- M High Jump - 1.80m, 1.85, 1.90, 1.95, 2.00, 2.05, 2.10, 2.15, 2.18, 2.21...
- W High Jump - 1.56m, 1.61, 1.66, 1.71, 1.74, 1.77, 1.80, 1.83...
- M Pole Vault - 4.00m, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95, 5.05, 5.15, 5.25, 5.35...
- W Pole Vault - 3.21m, 3.36, 3.51, 3.66, 3.81, 3.96, 4.06, 4.16, 4.21...

## Implement Weigh-Ins

Coaches and athletes are strongly encouraged to weigh in their implements 2 hours prior to the event start time and to drop off (impound) implements for Saturday competitions on Friday evening if possible. Event specific weigh in times are listed below:

### *Friday, April 2nd*

W Hammer Throw	3:00-3:30pm
M Hammer Throw	3:00-4:30pm
W Javelin Throw	3:00-7:00pm
M Javelin Throw	3:00-7:00pm

### *Saturday, April 3rd*

W Shot Put	12:00-12:30pm
M Shot Put	12:00-1:30pm
W Discus Throw	12:00-2:00pm
M Discus Throw	12:00-3:00pm

## Spike Restrictions

Spikes no longer than ¼" will be allowed. Use of ⅜" spikes allowed for High Jump and Javelin.

## Inclement Weather Procedures

In the event of inclement weather, teams will be instructed to exit the facility and proceed to their team vehicles / buses or to seek shelter in the John Paul Jones arena parking structure.

## **Athlete Check-In**

- All competitors should check-in for their event(s) no later than 30 minutes prior to the event start time.
- Running events will check-in at the tent in the southeast corner of the track complex near the competitor entrance.
- Running event competitors should return to the check in tent 15 minutes prior to the event start time to receive heat / lane assignments and hip numbers.
- Field events competitors should check in at the event location
- Spikes and bib numbers will both be inspected at check-in
- For relays, all 4 members of the relay team must check-in with their relay card at least 30 minutes prior to the start of the event

## **Warm-Ups & Pre-Race**

- No warm-ups will be allowed on the track during competition (with the exception of the competitors in the 100m / 110m hurdle events).
- The 515m turf loop surrounding the track will be available for warm-ups as well as the area behind the east stands near athlete check-in. Hurdles will be available in this area.
- No headphones are allowed in the field of competition at any time.

## **Sports Medicine / COVID-19 Protocols**

All COVID protocols should have been communicated to your sports medicine staff. If you have any questions about protocol, please reach out to [UVATRackmeets@gmail.com](mailto:UVATRackmeets@gmail.com) or either member of our sports medicine staff listed below.

All coaches, staff, and non-competing athletes are required to wear a face covering at all times. All competing athletes are required to wear a face covering except during the portions of warm-up where it would be prohibitive and during actual competition. Physical distancing of six feet should be observed as much as possible. All officials are required to wear a face covering at all times.

The sports medicine tent will be located behind the blue shed adjacent to the fence of the track. Please contact the following with questions regarding medical care or training room issues.

Mark Hinton  
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(479) 249-5487

Kat Barnes  
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