



Thursday, April 21, 2022

Field Events	
5:00 PM	M Hammer Throw
To Follow	W Hammer Throw

Virginia Challenge presented by Beynon Sports Surfaces

FINAL Meet Schedule



Friday, April 22, 2022

Running Events	
9:00 AM	M 10,000m
2:25 PM	W 100m Prelim
2:45 PM	M 100m Prelim
3:05 PM	W 400m
3:25 PM	M 400m
4:10 PM	W 3000m Steeplechase Section 1
4:25 PM	M 3000m Steeplechase Section 1
4:40 PM	W 100m Final
4:45 PM	M 100m Final
4:55 PM	W 1500m Section 1
5:00 PM	W 1500m Section 2
5:05 PM	W 1500m Section 3
5:10 PM	W 1500m Section 4
5:20 PM	W 5000m Section 1
5:40 PM	W 5000m Section 2
6:05 PM	M 5000m Section 1
6:25 PM	M 1500m Section 1
6:30 PM	M 1500m Section 2
6:35 PM	M 1500m Section 3
6:40 PM	M 1500m Section 4
6:50 PM	W 3000m Steeplechase Invitational
7:05 PM	W 3000m Steeplechase Invitational
7:25 PM	W 1500m Invitational
7:30 PM	W 1500m Invitational
7:40 PM	M 1500m Invitational
7:45 PM	M 1500m Invitational
7:55 PM	M 3000m Steeplechase Invitational
8:10 PM	M 3000m Steeplechase Invitational
8:25 PM	M 5000m Invitational
8:45 PM	M 5000m Invitational
9:05 PM	W 5000m Invitational
9:25 PM	M 10,000m Invitational
10:00 PM	W 10,000m Invitational

Field Events	
9:00 AM	W Javelin Throw
11:45 AM	M Javelin Throw
2:15 PM	W Discus Throw Invitational
2:30 PM	W Long Jump
3:45 PM	W Discus Throw
4:00 PM	W Pole Vault
4:00 PM	M Pole Vault
5:00 PM	M Long Jump
5:30 PM	M Discus Throw Invitational
7:00 PM	M Discus Throw
7:30 PM	M Pole Vault Invitational
7:30 PM	W Pole Vault Invitational

Heptathlon	
12:00 PM	100m Hurdles
12:50 PM	High Jump
2:50 PM	Shot Put
4:00 PM	200m

Saturday, April 23, 2022

Running Events	
12:30 PM	W 100m Hurdles
12:50 PM	M 110m Hurdles
1:15 PM	W 4x100m Relay
1:25 PM	M 4x100m Relay
1:35 PM	W 400m Hurdles
1:55 PM	M 400m Hurdles
2:15 PM	W 200m
2:35 PM	M 200m
3:00 PM	W 800m
3:20 PM	M 800m
3:40 PM	Senior Recognition
4:10 PM	W 4x400m Relay
4:20 PM	M 4x400m Relay
4:35 PM	W 800m Invitational
4:55 PM	M 800m Invitational

Heptathlon

12:00 PM	Long Jump
1:30 PM	Javelin Throw
2:55 PM	800m

Field Events	
12:00 PM	W High Jump Invitational
12:05 PM	M High Jump Invitational
1:10 PM	M Shot Put
1:15 PM	W Shot Put
2:25 PM	W High Jump
2:30 PM	M High Jump
2:30 PM	M Triple Jump
2:35 PM	W Triple Jump

*As of 4/19/22

VIRGINIA Challenge

April 22-23, 2022

Presented by Beynon Sports Surfaces

♦ Meet Information ♦

Important Information and Deadlines

Date	Time	Deadline
Sunday, April 10	7:00pm, EDT	Entries OPEN on Direct Athletics (www.directathletics.com)
Sunday, April 17	7:00pm, EDT	Entry Deadline
Tuesday, April 19	7:00pm, EDT	Final Schedule Posted
Thursday, April 21	7:00pm, EDT	Start Lists Posted

Contact Information

All meet related communication should be directed to UVATRackmeets@gmail.com or Carter Olander at carterolander@virginia.edu.

Entries & Fees

The entry fee is \$600 per team per gender. All payments must be made online by the close of the entry window on April 17, 2022 at 7:00pm ET. Individual entries are \$60 per athlete. Please note these are entry fees rather than participation fees and do not guarantee acceptance into the meet.

All entries are at the discretion of the meet management staff. Teams are limited to three entries per event unless otherwise approved by meet management. It is suggested that all entries will have met the standards shown below. Entries not meeting the standards will be considered for acceptance in cases where field sizes allow. Entry marks must be TFRRS marks from March 1,

2021 through April 17, 2022. Any athlete without a mark will be entered as a No Mark (NM) and coaches should email verifiable similar performances relevant to the entry to UVAtrackmeets@gmail.com or carterolander@virginia.edu.

A limited number of open / post-collegiate athletes may be considered for acceptance into the meet. Interest should be sent to UVAtrackmeets@gmail.com or carterolander@virginia.edu along with a verifiable mark and date achieved. The suggested standards for open individuals entering the meet are below. Priority will be given to collegiate entries, particularly in the combined events.

COLLEGE ENTRY STANDARDS			OPEN ENTRY STANDARDS		
Event	Women	Men	Event	Women	Men
100m	12.10	10.80	100m	12.10	10.80
200m	24.80	21.90	200m	24.80	21.90
400m	56.80	49.10	400m	56.80	49.10
800m	2:12.5	1:53.0	800m	2:12.5	1:53.0
1500m	4:33.0	3:52.0	1500m	4:33.0	3:52.0
5000m	17:10	14:35	5000m	17:10	14:35
10,000m	36:00	30:30	10,000m	36:00	30:30
100mH / 110mH	14.65	15.10	100mH / 110mH	14.65	15.10
400mH	1:03.10	54.95	400mH	1:03.10	54.95
3000m SC	10:45	9:11	3000m SC	10:45	9:11
Long Jump	5.80m	7.10m	Long Jump	5.80m	7.10m
Triple Jump	11.85m	14.30m	Triple Jump	11.85m	14.30m
High Jump	1.66m	1.98m	High Jump	1.66m	1.98m
Pole Vault	3.75m	4.75m	Pole Vault	3.75m	4.75m
Shot Put	13.90m	16.00m	Shot Put	13.90m	16.00m
Discus Throw	45.00m	49.00m	Discus Throw	45.00m	49.00m
Hammer Throw	50.00m	55.00m	Hammer Throw	50.00m	55.00m
Javelin Throw	40.50m	56.80m	Javelin Throw	40.50m	56.80m
Heptathlon / Decathlon	Hep: 5100 Pent: 3800	Dec: 7000 Hep: 5000	Heptathlon / Decathlon	Hep: 5100 Pent: 3800	Dec: 7000 Hep: 5000

If you have a compelling reason for someone that does not meet these standards, please email UVATrackmeets@gmail.com or carterolander@virginia.edu with an explanation.

Combined Events

Combined event field sizes will be limited to a maximum of 16 competitors, but may be capped at 12-14 based on quality of entries. Final combined event acceptances will be posted by Tuesday, April 19 by 7:00pm.

COVID-19 Protocols

The competition will be conducted under the minimum COVID-19 medical standards as set forth by the Atlantic Coast Conference.

All coaches, staff, and non-competing athletes are required to wear a face covering at all times if unvaccinated. All competing athletes are required to wear a face covering if unvaccinated 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.

Results

Results will be available at www.flashresults.com.

Tentative Schedule

Enclosed, please find the tentative schedule of events. A final meet schedule will be posted by Tuesday, April 19 at 7:00pm ET. All event times are subject to change depending on field sizes and conditions.

Declarations & Check-In

All athletes must check-in at least 45 minutes prior to the start of the event. If an athlete does not check-in, they will be scratched from that event. The clerking tent will be located in the Southeast corner of the track near the competitor entrance.

Packet Pick Up

Packet pick up will be available at the track at least 90 minutes prior to the start of the first event on each day of competition.

Spike Restrictions

Spikes no longer than ¼" will be allowed. Use of ¾" spikes permitted for High Jump and Javelin.

Implement Weights & Measures

Implements must be certified and will be weighed at the track. The schedule for implement weigh-in times will be released by Thursday, April 21.

Facility Access

There will not be access to locker rooms or showers. Space is limited, so athletes should only be inside the track facility in conjunction with their event. Wristbands will be included in the team packets and must be worn at all times.

Spectators

Spectators will be allowed entry into the facility. More information will be released at a later date.

Practice Schedule

The track and field facility may be available for limited practice on the day prior to the event. Times must be scheduled with the meet staff. Please email UVAtrackmeets@gmail.com or carterolander@virginia.edu if interested.

Sports Medicine

Please contact the following with questions regarding medical care or training room issues.

Mark Hinton
mahinton@virginia.edu
(479) 249-5487

Kat Barnes
kcb3vw@virginia.edu
(434) 906-0519

A trainer credential will be included in the team packet. ***All teams must travel with their own athletic trainer.*** The team physician will be on call or present during the competition.

Final Meet Notes

All meet information is subject to change. Final meet procedures and last minute notes will be emailed to participating teams and individuals the week of the competition.