



# Virginia Quadrangular

FINAL Meet Schedule



## Virginia Club Track & Field Meet Schedule

Saturday, April 1, 2023

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**Running Events**

2:15 PM	W 3000m Steeplechase
2:45 PM	W 4x100m Relay
2:55 PM	M 4x100m Relay
3:05 PM	M 3000m Steeplechase
3:20 PM	W 100m Hurdles
3:30 PM	M 110m Hurdles
3:45 PM	W 400m
3:55 PM	M 400m
4:05 PM	W 100m
4:15 PM	M 100m
4:25 PM	W 800m
4:30 PM	M 800m
4:40 PM	W 400m Hurdles
4:45 PM	M 400m Hurdles
4:55 PM	W 200m
5:05 PM	M 200m
5:15 PM	W 5000m
5:35 PM	M 5000m
5:55 PM	W 4x400m Relay
6:00 PM	M 4x400m Relay
6:10 PM	W 1500m
6:15 PM	M 1500m

**Field Events**

12:00 PM	W Javelin
1:00 PM	W Hammer Throw
To Follow	M Hammer Throw
2:00 PM	W High Jump
To Follow	M High Jump
3:45 PM	W Discus Throw
To Follow	M Discus Throw
4:00 PM	W Pole Vault
To Follow	M Pole Vault
4:00 PM	M Long Jump
4:00 PM	W Long Jump
5:30 PM	W Shot Put
5:30 PM	M Triple Jump
5:35 PM	W Triple Jump
5:45 PM	M Shot Put
6:00 PM	M Javelin

Highlight denotes club section

\* As of 3/28/23

**Running Events**

10:30 AM	M 4x800m Relay
10:45 AM	W 4x800m Relay
11:00 AM	Mixed 4x400m Relay
11:10 AM	M 4x100m Relay
11:20 AM	M 3000m Steeplechase
11:40 AM	W 400m
11:45 AM	M 400m
11:55 AM	W 100m
12:00 PM	M 100m
12:10 PM	W 800m
12:15 PM	M 800m
12:25 PM	W 200m
12:30 PM	M 200m
12:35 PM	W 5000m
1:00 PM	M 5000m
1:25 PM	W 4x400m Relay
1:30 PM	M 4x400m Relay
1:35 PM	W 1500m
1:45 PM	M 1500m

**Field Events**

10:00 AM	M High Jump
12:00 PM	M/W Long Jump
1:00 PM	M Triple Jump

**VIRGINIA**



**Quadrangular**

**April 1, 2023**

◆ **Final Meet Notes** ◆

**Contact Information**

All meet related communication should be directed to [UVATRackmeets@gmail.com](mailto:UVATRackmeets@gmail.com) or Carter Olander at [carterolander@virginia.edu](mailto:carterolander@virginia.edu).

**Warm-Ups & Pre-Race**

- No warm-ups will be allowed on the track during competition (with the exception of the competitors in the 100H and 110H).
- Athletes will be escorted onto the track for any last minute warm-ups and final preparations.
- The 515m turf loop surrounding the track will be available for warm-ups.
- Headphones and electronics will NOT be allowed on the track per NCAA rule.

**Coaches**

- Coaches will be allowed access onto the track.

**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 by athletes and staff at all times. Packet pick-up will be located at the team entrance at the following times:

- Friday, March 31 from 4:00pm to 6:00pm
- Saturday, April 1 from 8:00am to 2:00pm

## Practice Times

The track will be made available for practice during the following times:

- **Friday**
  - 4:00 PM - 6:00 PM

## Team Camps / Tents / Restrooms

**NO personal team pop up tents are permitted at UVA track events.** Team tents are ONLY provided through Skyline Tent Company. Team tents will be located directly behind the stands. Restrooms for teams will be located next to the implement inspection shed. Restrooms for spectators will be located behind the stands.

## Parking / Bus Drop-Off

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. Buses may stage in the JPJ East parking lot.

## Results

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

## Runway & Relay Track Marks

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

## Implement Weigh-Ins

Coaches and athletes are strongly encouraged to weigh in their implements 2 hours prior to the event start time. Implements must be weighed in by the following times:

W Hammer Throw	Before 12:00 PM	M Hammer Throw	Before 12:30 PM
W Javelin	Before 11:00 AM	M Javelin	Before 5:00 PM
W Shot Put	Before 4:30 PM	M Shot Put	Before 4:45 PM
W Discus Throw	Before 2:45 PM	M Discus Throw	Before 3:15 PM

## **Spike Restrictions**

Spikes no longer than  $\frac{1}{4}$ " will be allowed. Use of  $\frac{3}{8}$ " spikes allowed for High Jump and Javelin. All spikes must be checked at the check-in tent.

## **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 clerking tent which is marked with a UVA flag.
- Running event competitors should return to the staging tent 15 minutes prior to the event start time to receive heat / lane assignments and hip numbers.
- Field event competitors should check-in at the event location.
- Competitors should display their bibs and spikes 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.

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

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.

The sports medicine tent will be located adjacent to the shed perpendicular to the 100m start line. Please contact the following with questions regarding medical care or training room issues.

Mark Hinton  
[mahinton@virginia.edu](mailto:mahinton@virginia.edu)  
(479) 249-5487

Kat Barnes  
[kcb3vw@virginia.edu](mailto:kcb3vw@virginia.edu)  
(434) 906-0519