



Virginia Grand Prix

FINAL Meet Schedule



Saturday, April 15, 2023

Running Events

2:30 PM	W 100m Hurdles
2:40 PM	M 110m Hurdles
2:55 PM	W 4x100m Relay
3:00 PM	M 4x100m Relay
3:10 PM	W 400m Hurdles
3:20 PM	M 400m Hurdles
3:35 PM	W 800m
3:45 PM	M 800m
4:00 PM	W 100m
4:10 PM	M 100m
4:20 PM	W 400m
4:30 PM	M 400m
4:45 PM	W 3000m Steeplechase
5:00 PM	M 3000m Steeplechase
5:15 PM	W 200m
5:25 PM	M 200m
5:35 PM	W 1500m
5:50 PM	M 1500m
6:05 PM	W 4x400m Relay
6:15 PM	M 4x400m Relay
6:25 PM	W 5000m
6:45 PM	M 5000m

Field Events

11:00 AM	W Hammer Throw
To Follow	M Hammer Throw
2:30 PM	W Discus Throw
To Follow	M Discus
3:00 PM	M High Jump
To Follow	W High Jump
3:45 PM	M Long Jump
4:00 PM	W Long Jump
4:45 PM	W Shot Put
To Follow	M Shot Put
5:00 PM	M Pole Vault
To Follow	W Pole Vault
5:00 PM	M Javelin
To Follow	W Javelin
5:00 PM	M Triple Jump
5:15 PM	W Triple Jump

* As of 4/11/23

VIRGINIA Grand Prix

April 15, 2023

Presented by Beynon Sports Surfaces

◆ Meet Information ◆

Important Information and Deadlines

Date	Time	Deadline
Sunday, March 26	7:00pm, EDT	Entries OPEN on Direct Athletics (www.directathletics.com)
Monday, April 10	7:00pm, EDT	Entry Deadline
Tuesday, April 11	7:00pm, EDT	Final Schedule Posted
Thursday, April 13	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 \$800 per team per gender. All payments must be made online by the close of the entry window on April 10, 2023 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,

2022 through April 1, 2023. 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. 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.

Entry Standards and Desired Field Sizes

Event	Women	Men	Desired Field Size
100m	12.10	10.80	32
200m	24.80	21.90	32
400m	56.80	49.10	32
800m	2:12.50	1:53	48
1500m	4:33	3:52	72
5000m	17:10	14:35	72
100mH / 110mH	14.65	15.10	32
400mH	1:03.10	54.95	32
3000m SC	10:45	9:11	48
Long Jump	5.80m	7.10m	32
Triple Jump	11.85m	14.30m	32
High Jump	1.66m	1.98m	32
Pole Vault	3.75m	4.75m	32
Shot Put	13.90m	16.00m	32
Discus Throw	45.00m	49.00m	32
Hammer Throw	50.00m	55.00m	32
Javelin Throw	40.50m	56.80m	32

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 11 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 the day of competition.

Spike Restrictions

Spikes no longer than $\frac{1}{4}$ " will be allowed. Use of $\frac{3}{4}$ " 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 13.

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.

Team Tents

Team tents are available for rental for the day of the meet. Please contact Lee French at lee@skylinetentcompany.com by April 9 for additional information. **No personal pop-up tents are allowed at UVA Track & Field events.**

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.