



# Virginia High Performance

*FINAL* Meet Schedule



**Sunday, April 30, 2023**

## ***Running Events***

3:00 PM	Run C'Ville 100m Dash
3:30 PM	W 100m Hurdles
3:40 PM	M 110m Hurdles
3:50 PM	Master's Mile
4:00 PM	W 4x100m Relay
4:05 PM	M 4x100m Relay
4:10 PM	W 400m
4:15 PM	M 400m
4:20 PM	W 100m
4:25 PM	M 100m
4:35 PM	M 3000m Steeplechase
4:50 PM	W 3000m Steeplechase
5:05 PM	W 800m
5:15 PM	M 800m
5:25 PM	W 200m
5:35 PM	M 200m
5:45 PM	W 400m Hurdles
5:50 PM	M 400m Hurdles
5:55 PM	W 1500m
6:00 PM	Senior Recogniton
6:30 PM	M Mile

## ***Field Events***

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

\* As of 4/28/23



**VIRGINIA**  **High  
Performance**  
**April 30, 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/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, and relay cards. Packet pick-up will be located at the team entrance at the following times:

- Sunday, April 30 from 10:00am to 3:00pm

## Practice Times

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

- **Saturday**
  - Oval – 10:00am-4:00pm
  - LJ/TJ/HJ/PV - 10:00am-4:00pm
  - Hammer - 12:00-2:00pm
  - Disc - 2:00-4:00pm
  - SP - 12:00-4:00pm

## 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 inside Lannigan Field behind the stands. Restrooms for teams will be located next to team tents. 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 10:00 AM	M Hammer Throw	Before 10:30 AM
W Javelin	Before 4:30 PM	M Javelin	Before 4:00 PM

W Shot Put	Before 3:45 PM	M Shot Put	Before 4:00 PM
W Discus Throw	Before 1:30 PM	M Discus Throw	Before 2:00 PM

### **Spike Restrictions**

Spikes no longer than ¼" will be allowed. Use of ⅜" 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.
- The top 8 will advance to finals in all field events.

### **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

