

PANORAMA FARMS



XC 23 Invitational

Oct. 15, 2022

♦ Meet Information ♦

Important Information and Deadlines

Date	Time	Deadline
Monday, Sept. 19	7:00pm, EDT	Entries OPEN on Direct Athletics (www.directathletics.com)
Monday, Oct. 10	7:00pm, EDT	Entry Deadline
Saturday, Oct. 15	10:00am, EDT	Men's 8K Race
Saturday, Oct. 15	11:00am, EDT	Women's 5K Race

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 October 10, 2022 at 7:00pm ET.

Entries will be submitted on Direct Athletics. Teams are allowed to race up to 16 competitors per gender. Unattached athletes are able to enter the meet for a fee of \$5 for UVA students or \$20 for non-UVA students. These unattached registration spots are limited to 50 and will be

allocated on a first come, first serve basis. To inquire about unattached entry opportunities, please reach out to UVAtrackmeets@gmail.com by October 10, 2022 at 7:00pm ET.

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

The men's 8K race will start at 10:00am EDT, followed by the women's 5K at 11:00am EDT. These times may be pushed later depending on the expected weather conditions.

Packet Pick Up

Packet pick up will be available Friday afternoon and Saturday morning at the meet.

Facilities

Team tents are available for rental for the day of the meet. Please contact Charlie Murray at charlie@skylinetentcompany.com for additional information.

There will not be access to locker rooms or showers. Course maps are included in the information packet below.

Spectators

Spectators will be allowed entry to Panorama Farms. More information will be released at a later date.

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

All teams must travel with their own athletic trainer. The team physician will be on call or present during the competition.

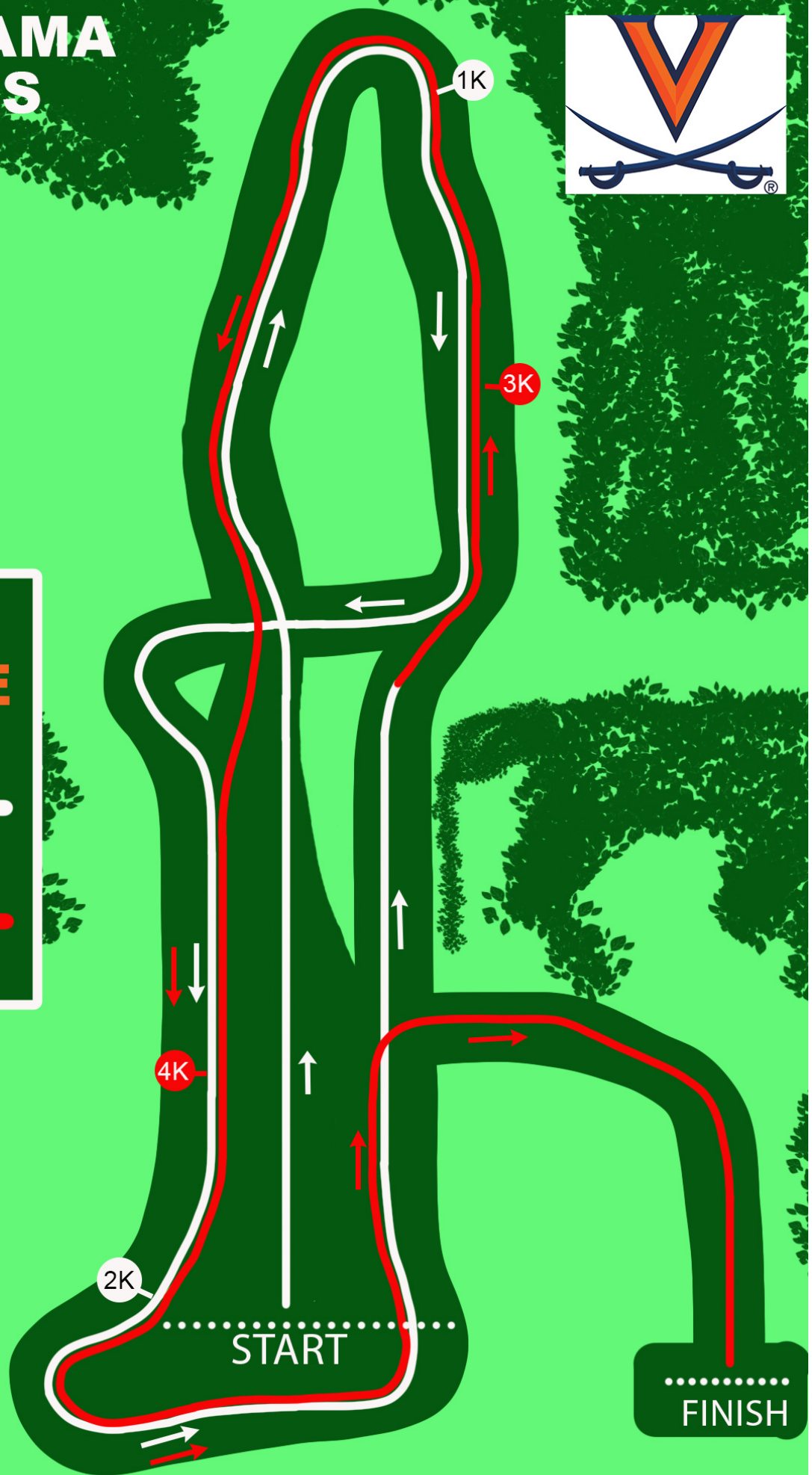
PANORAMA FARMS



**5K
COURSE**

LAP 1 —

LAP 2 —



PANORAMA FARMS



**8K
COURSE**

LAP 1 —

LAP 2 —

LAP 3 ...

