

VIRGINIA Grand Prix

April 12-13, 2024

Presented by Beynon Sports Surfaces

♦ Meet Information ♦

Important Information and Deadlines

| Date | Time | Deadline |
|--------------------|-------------|---|
| Sunday, March 24 | 7:00pm, EDT | Entries OPEN on Direct Athletics (www.directathletics.com) |
| Monday, April 8 | 7:00pm, EDT | Entry Deadline |
| Tuesday, April 9 | 7:00pm, EDT | Final Schedule Posted |
| Thursday, April 11 | 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 8, 2024 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. 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 TFRS marks from March 1, 2023 through April 8, 2024. 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 |
| Heptathlon / Decathlon | Hep: 5100 Pent: 3800 | Dec: 7000 Hep: 5000 | 12 |

Combined Events

Combined event field sizes will be limited to a maximum of 12 competitors. Final combined event acceptances will be posted by Tuesday, April 9 by 7:00pm.

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 9 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 and marked with a Virginia flag.

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 1/4" will be allowed. Use of 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 11.

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 Wilson Brown at wilson@skylinetentcompany.com by April 5 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.

Bri Bartaczewicz
bri.bartaczewicz@virginia.edu
(434) 459-9877

Stacy Rider
scrider@virginia.edu
(434) 282-4339

A trainer wristband will be included in the team packet. 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.



Virginia Grand Prix

TENTATIVE Meet Schedule



Friday, April 12, 2024

Running Events

| | |
|---------|----------------------|
| 5:00 PM | W 100m Hurdles |
| 5:15 PM | M 110m Hurdles |
| 5:30 PM | W 3000m Steeplechase |
| 5:45 PM | M 3000m Steeplechase |
| 6:00 PM | W 4x100m Relay |
| 6:10 PM | M 4x100m Relay |
| 6:20 PM | W 1500m |
| 6:40 PM | M 1500m |
| 7:00 PM | W 5000m |
| 7:20 PM | M 5000m |

Field Events

| | |
|-----------|----------------|
| 11:00 AM | W Hammer Throw |
| To Follow | M Hammer Throw |
| 2:00 PM | M Javelin |
| To Follow | W Javelin |
| 4:00 PM | M Triple Jump |
| 4:00 PM | W Triple Jump |
| 5:30 PM | M Pole Vault |
| 6:30 PM | W Pole Vault |

Heptathlon

| | |
|----------|--------------|
| 12:30 PM | 100m Hurdles |
| | High Jump |
| | Shot Put |
| | 200m |

Decathlon

| | |
|----------|-----------|
| 12:00 PM | 100m |
| | Long Jump |
| | Shot Put |
| | High Jump |
| | 400m |

Saturday, April 13, 2024

Running Events

| | |
|---------|----------------|
| 3:00 PM | W 400m Hurdles |
| 3:10 PM | M 400m Hurdles |
| 3:25 PM | W 800m |
| 3:35 PM | M 800m |
| 3:50 PM | W 100m |
| 4:00 PM | M 100m |
| 4:10 PM | W 400m |
| 4:20 PM | M 400m |
| 5:05 PM | W 200m |
| 5:15 PM | M 200m |
| 5:30 PM | W 4x400m Relay |
| 5:45 PM | M 4x400m Relay |

Field Events

| | |
|-----------|----------------|
| 3:00 PM | W Discus Throw |
| To Follow | M Discus Throw |
| 3:00 PM | M Long Jump |
| 3:00 PM | W Long Jump |
| 4:00 PM | M High Jump |
| 4:00 PM | W High Jump |
| 4:45 PM | W Shot Put |
| 5:00 PM | M Shot Put |

Heptathlon

| | |
|----------|-----------|
| 11:00 AM | Long Jump |
| | Javelin |
| | 800m |

Decathlon

| | |
|----------|--------------|
| 10:00 AM | 110m Hurdles |
| | Discus Throw |
| | Pole Vault |
| | Javelin |
| | 1500m |

* As of 3/1/24