

# VIRGINIA



## High-Performance

### April 28, 2024

Presented by Beynon Sports Surfaces

### ◆ Meet Information ◆

#### Important Information and Deadlines

Date	Time	Deadline
Sunday, April 14	7:00pm, EDT	Entries OPEN on Direct Athletics ( <a href="http://www.directathletics.com">www.directathletics.com</a> )
Monday, April 22	7:00pm, EDT	<b>Entry Deadline</b>
Tuesday, April 23	7:00pm, EDT	Final Schedule Posted
Thursday, April 25	7:00pm, EDT	Start Lists Posted

#### 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).

#### 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 April 22, 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. Entry marks must be TFRRS marks from March 1, 2023 through April 22, 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](mailto:UVATRackmeets@gmail.com) or [carterolander@virginia.edu](mailto:carterolander@virginia.edu).

## Results

Results will be available at [www.flashresults.com](http://www.flashresults.com).

## Tentative Schedule

Enclosed, please find the tentative schedule of events. A final meet schedule will be posted by Tuesday, April 23 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 ¼" will be allowed. Use of ¾" 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 25.

## 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](mailto:wilson@skylinetentcompany.com) by April 22 for additional information. **No personal pop-up tents are allowed at UVA track and 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](mailto:UVATRackmeets@gmail.com) or [carterolander@virginia.edu](mailto: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](mailto:bri.bartaczewicz@virginia.edu)  
(434) 459-9877

Stacy Rider  
[scrider@virginia.edu](mailto:scrider@virginia.edu)  
(434) 282-4339

A trainer credential 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 High Performance

*TENTATIVE* Meet Schedule



**Sunday, April 28, 2024**

## *Running Events*

3:30 PM	W 100m Hurdles
3:40 PM	M 110m Hurdles
3:50 PM	W 4x100m Relay
3:55 PM	M 4x100m Relay
4:00 PM	W 400m
4:05 PM	M 400m
4:10 PM	W 100m
4:15 PM	M 100m
4:25 PM	M 3000m Steeplechase
4:40 PM	W 3000m Steeplechase
4:55 PM	W 800m
5:05 PM	M 800m
5:15 PM	W 200m
5:25 PM	M 200m
5:35 PM	W 400m Hurdles
5:40 PM	M 400m Hurdles
5:45 PM	Master's Mile
6:00 PM	W 1500m
6:05 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
3:00 PM	M Long Jump
3:30 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
5:00 PM	M Pole Vault
5:30 PM	W Pole Vault

\* As of 3/1/24