



Opener

March 23, 2024

Presented by Beynon Sports Surfaces

♦ Meet Information ♦

Important Information and Deadlines

Date	Time	Deadline
Sunday, March 3	7:00pm, EDT	Entries OPEN on Direct Athletics (www.directathletics.com)
Monday, March 18	7:00pm, EDT	Entry Deadline
Tuesday, March 19	7:00pm, EDT	Final Schedule Posted
Thursday, March 21	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.

Accepted Teams

Norfolk State, St. Francis, VCU, Virginia

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 March 18, 2024 at 7:00pm ET. Individual entries are \$40 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 March 18, 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.

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, March 19 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 will be marked by 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 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, March 21..

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

No personal pop-up tents are allowed at UVA Track & Field events. Team tents are available for rental for the day of the meet. Please contact Wilson Brown at wilson@skylinetentcompany.com by March 18 for additional information.

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 Opener

TENTATIVE Meet Schedule



Saturday, March 23, 2024

Running Events

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

Field Events

11:30 AM	W Javelin
12:30 PM	W Hammer Throw
To Follow	M Hammer Throw
1:30 PM	M High Jump
To Follow	W High Jump
3:15 PM	W Discus Throw
To Follow	M Discus Throw
3:30 PM	M Long Jump
3:30 PM	W Long Jump
4:30 PM	W Pole Vault
5:00 PM	M Pole Vault
5:00 PM	W Shot Put
5:00 PM	M Triple Jump
5:05 PM	W Triple Jump
5:15 PM	M Shot Put
6:00 PM	M Javelin

* As of 3/1/24