



HOKIE INVITATIONAL -- JANUARY 20-21, 2023

GENERAL MEET INFORMATION

ATHLETE REGISTRATION

- + Athlete registration will be submitted through Direct Athletics (www.directathletics.com)
- + Entries will open Monday, January 2, 2023 on Direct Athletics
- + **Entries will close Monday, January 16, 2023 at 11:59pm EST**
- + Email any UNATTACHED entry requests to dcianell@vt.edu by the entry deadline -- All approved unattached entries are at the discretion of the Head Coach
- + Each team is allowed 4 athletes per individual event and 2 relay teams per relay event
- + Meet management reserves the right to limit the field sizes for all horizontal jumps and throwing events to a maximum of 32 participants and / or a maximum of 2 flights per event.

ENTRY FEE

- + \$650 per team (women's and men's teams are separate -- a team is 14 or more athletes entered)
- + Teams with 13 or fewer athletes entered are charged the rate of \$40.00 per athlete
- + All payments will be made online only through Direct Athletics -- no payment will be received at the competition

CATERING / FOOD

Teams wishing to cater food to the event will need to keep it in their designated team areas along the backstretch of the oval. Virginia Tech will not supply any fuel to visiting teams. Catering can be delivered to Rector Fieldhouse at Lot 4 (see parking map).

COVID-19 PROTOCOLS

As of now, Virginia Tech is not requiring any COVID-19 testing prior to competition. All members of your team's travel party must be asymptomatic before traveling to Blacksburg (unless given clearance by your team doctors and have tested negative). If anyone in your travel party tests positive for COVID-19 during their time in Blacksburg or 72 hours of being at the meet, notify our meet medical contact ASAP.

EVENT CHECK-IN / STAGING

Athletes in all running events (oval and straightaway, individual and relay, preliminary and final), must check in with the Clerk of Course no later than 30 minutes prior to the listed start time of their event. The Clerk of Course is located behind the timer's / announcer's stage. Athletes will need to have their spikes checked prior to checking in to their event. Athletes in all field events must report directly to the event site to check in with the official no later than 30 minutes prior to the start of the first flight of the event. Athletes will receive hip numbers from the Clerk of Course. Heats will be escorted individually onto the competition track.

HURDLE WARM UP

All hurdle warm ups will take place on the infield straightaway. The back warmup area near the Clerk of Course is for accelerations only, no hurdle warm up. Hurdlers will have ample time prior to their event for warm up on the infield.

IMPLEMENT WEIGH-IN

Each institution will be required to bring their own implements. All throwing implements will be weighed and measured at the southeast corner of Rector Fieldhouse in the throws building. Any implements that do not meet the NCAA specifications will be impounded by the weigh-in official until the conclusion of that event. Those implements may be picked up at the weigh-in area from an official at the conclusion of that event.

MARKINGS

In the horizontal and vertical jumps, the ONLY manner in which athletes may mark the runway or track surface is with WHITE ATHLETIC TAPE. Any other material, marker or substance will be removed immediately and the athlete will be subject to disqualification.



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MEDICAL SERVICES

There is a designated training room on the home stretch side of Rector Fieldhouse for medical care. Athletic training coverage will be available both competition days. For medical tables in team camp areas that are set up on the Mondo surface, we ask that you use the provided floor protectors for the legs of the table. Please contact meet medical if you have any specific questions.

PACKET PICK UP

There will be no team packets. Copies of start lists, final schedule and notes will be available upon arrival to Rector Fieldhouse on a table in the front lobby.

PARKING

Team buses are able to unload in the parking lot located outside of Rector Fieldhouse (Lot 4). After drop off is complete, they must relocate to line up in Lot 2 against Lane Stadium. All buses must park in the Chicken Hill Lot (Lot 5) or in the Lane Stadium Lot (Lot 2). Passenger vehicles may park in Lot 4. Parking diagram is below.

PRACTICE RESERVATIONS

Rector Fieldhouse will be available through advance reservations only on a limited basis. We will offer practice times for all visiting teams Thursday evening from 7-9pm, Friday morning from 9:00-11:00am and Saturday morning from 9:00-11:00am with some restrictions. Friday and Saturday morning the sprint straightaway will be closed at 9:45am and the oval will be closed at 10:15am to allow preparation for the multi athletes. Teams wishing to practice must contact the meet director by the entry deadline.

RESULTS

Live results will be provided through FlashResults.com

SPIKE CHECK / RESTRICTIONS

ONLY "MF STOCK" 1/4" (6.4mm) pyramid or 1/4" OMNI-LIGHT pyramids are allowed to be used in our facility. **NO EXCEPTIONS.** Permanent NIKE spikes and NIKE stock spikes are not allowed for use in our facility. NEEDLE spikes of any length are not allowed in our facility. 3/8" MF STOCK PYRAMID Spikes are allowed in the High Jump event only and ONLY in the heel area of the shoe.

TEAM CAMPS

Team camp areas will be located along the back stretch of the oval. Team camps will be alphabetical and labeled. There will be team water coolers and sanitation along the team camp wall.

WARM UP AREAS

The back of Rector near the Clerk of Course will be used for sprint starts, etc. The outdoor track will be open for warm up. Hurdlers will be able to use the infield for hurdle warmups.

CONTACTS

Meet Directors: Dave Cianelli / 540.320.4789 / dcianell@vt.edu
Katie Kennedy / 912.271.8774 / katiek4@vt.edu
Meet Medical: Paul Rauch / 954.632.1456 / prauch@vt.edu
Meet Media: Eric Raumen / 734.672.5620 / eraumen@vt.edu

Hokie Invitational
January 20-21, 2023
FINAL SCHEDULE

Friday, January 20, 2023

<u>Start</u>		<u>Field Events</u>
4:00pm	Women	Pole Vault – SEEDED
5:00pm	Women	Long Jump
5:00pm	Men	Weight Throw
7:00pm	Men	Long Jump
7:00pm	Women	Weight Throw
7:00pm	Women	Pole Vault - UNSEEDED

Saturday, January 21, 2023

<u>Start</u>		<u>Field Events</u>
9:00am	Men	Pole Vault - UNSEEDED
12:00pm	Women	Triple Jump
12:00pm	Women	High Jump
12:00pm	Men	Heptathlon Pole Vault
1:00pm	Men	Shot Put
2:30pm	Men	High Jump
3:00pm	Women	Shot Put
3:00pm	Men	Triple Jump
3:00pm	Men	Pole Vault - SEEDED

<u>Start</u>		<u>Running Events</u>
4:15pm	Women	Pentathlon 800m
5:00pm	Women	Mile Run
5:20pm	Men	Mile Run
5:45pm	Women	60m Hurdles - Prelim
6:00pm	Men	60m Hurdles - Prelim
6:15pm	Women	60m Dash - Prelim
6:25pm	Men	60m Dash - Prelim
6:45pm	Women	1000m Run
7:00pm	Men	1000m Run
7:20pm	Men	60m Hurdles - Final
7:25pm	Women	60m Hurdles - Final
7:30pm	Women	60m Dash - Final
7:35pm	Men	60m Dash – Final
7:45pm	Women	600m Run
7:55pm	Men	600m Run
8:10pm	Women	3000m Run
8:25pm	Men	3000m Run
8:55pm	Women	300m Run
9:10pm	Men	300m Run

<u>Start</u>		<u>Running Events</u>
10:30am	Men	Heptathlon 60HH
2:00pm	Women	Distance Medley Relay
2:15pm	Men	Distance Medley Relay
2:30pm	Women	400m Run
2:45pm	Men	400m Run
3:05pm	Women	800m Run
3:15pm	Men	800m Run
3:25pm	Men	Heptathlon 1000m
3:35pm	Women	200m Run
3:55pm	Men	200m Run
4:15pm	Men	5000m Run
4:40pm	Women	4x400m Relay
5:00pm	Men	4x400m Relay

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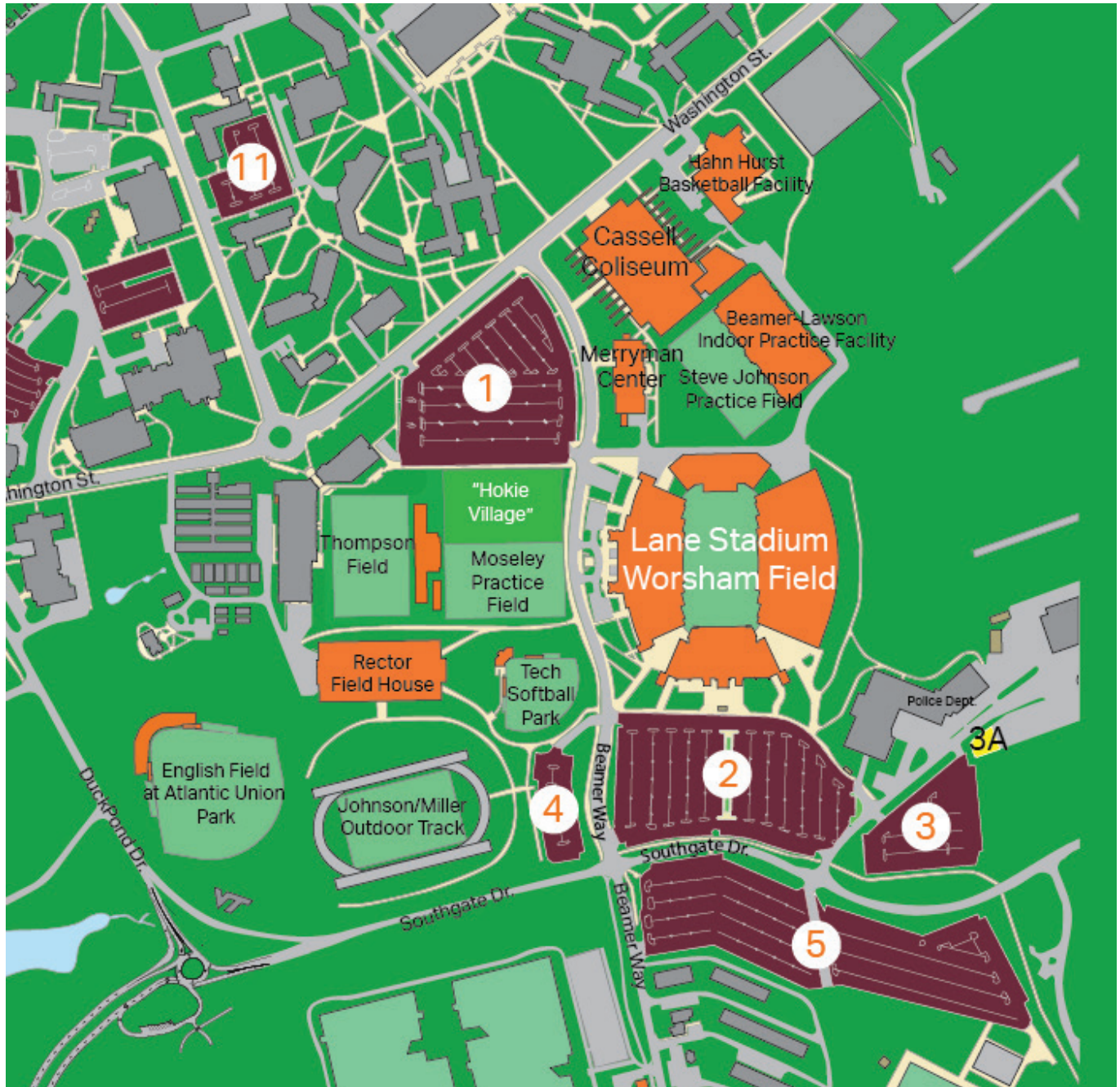
Friday, January 20, 2023

<u>Start</u>		<u>Combined Events</u>
10:30am	Men	Heptathlon 60m
11:15am	Men	Heptathlon Long Jump
12:45pm	Men	Heptathlon Shot Put
2:15pm	Men	Heptathlon High Jump (1 Pit)
11:00am	Women	Pentathlon 60HH
12:00pm	Women	Pentathlon High Jump (1 Pit)
2:15pm	Women	Pentathlon Shot Put
3:15pm	Women	Pentathlon Long Jump
4:15pm	Women	Pentathlon 800m

Saturday, January 21, 2023

<u>Start</u>		<u>Combined Events</u>
10:30am	Men	Heptathlon 60HH
12:00pm	Men	Heptathlon Pole Vault
3:25pm	Men	Heptathlon 1000m

PARKING DIAGRAM



Team buses are able to unload in the parking lot located outside of Rector Fieldhouse (Lot 4). After drop off is complete, they must relocate to line up in Lot 2 against Lane Stadium. All buses must park in the Chicken Hill Lot (Lot 5) or in the Lane Stadium Lot (Lot 2). Passenger vehicles may park in Lot 4.

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FINAL NOTES

1. Copies of the meet information, final time schedule and start lists will be available for pickup upon entry to Rector Fieldhouse. They will be at a front table in the lobby area.
2. All athletes MUST have their spikes checked and certified by the spike checkers at the clerk's table before being allowed to check in for their events.
3. ONLY 1/4" MF pyramid spikes are allowed. No needles, Christmas trees, or pins of any length. A 3/8" pyramid is allowed in the heel section of high jump shoes as determined by the spike checkers.
4. In the horizontal and vertical jumps, the only manner in which your athlete may mark the runway or track surface is with WHITE ATHLETIC TAPE. Any other material or substance will be removed immediately.
5. Athletes in all running events (oval and straightaway, individual and relay, preliminary and final), must check in with the Clerk of the Course no later than 30 minutes prior to the scheduled start time of the event. The Clerk of the Course is located in the northwest corner of Rector Fieldhouse, behind the timing and announcer's stage. Athletes in all field events should report directly to the event site to check in with the official no later than 30 minutes prior to the start of the first flight of the event.
6. All throwing implements will be weighed and measured in the southeast section of Rector Fieldhouse, in the throws area. In the throws, each team will be required to use only their implement (no sharing implements between teams). Any implements not meeting NCAA specifications will be impounded by the weigh-in official until the conclusion of that event. Those implements may be picked up at the weigh-in area from an official at the conclusion of that event.
7. All results will be available online at www.flashresults.com and www.hokiesports.com at the conclusion of each day.
8. The ONLY individuals allowed on the inside of the oval are officials, event volunteers and athletes who are warming up for, or competing in a field event or the 60m or 60m hurdles. Coaching boxes are available to coaches who have athletes competing in the long jump, triple jump, high jump and pole vault. Please respect these coaching areas.
9. In the horizontal jumps and throws, the top 9 athletes will advance to the finals, regardless of affiliation.

Vertical Jump Progressions:

Women's Pole Vault -- Seeded Section

3.63, 3.78 3.93, 4.08, 4.23, 4.33, then by 5s

Women's Pole Vault -- Unseeded Section

3.23, 3.43, 3.58, 3.73, then by 10s

Men's Pole Vault – Seeded Section

4.56, 4.71, 4.86, 5.01, 5.16, 5.31, then by 10s

Men's Pole Vault – Unseeded Section

4.21, 4.41, 4.56, 4.71, then by 10s

Women's High Jump

1.63m, 1.68m, 1.73m, 1.78m, 1.81m, 1.84m then +3cm

Men's High Jump

1.94, 1.99, 2.04, 2.09, 2.14, 2.18, 2.21 then +3cm