

# VIRGINIA Grand Prix

May 1, 2022

## ◆ Meet Information ◆

### Important Information and Deadlines

Date	Time	Deadline
Sunday, April 17	7:00pm, EDT	Entries OPEN on Direct Athletics ( <a href="http://www.directathletics.com">www.directathletics.com</a> )
Sunday, April 24	7:00pm, EDT	<b>Entry Deadline</b>
Tuesday, April 26	7:00pm, EDT	Final Schedule Posted
Thursday, April 28	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 24, 2022 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. Teams are limited to three entries per event unless otherwise approved by meet management. 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 TFRRS marks from March 1,

2021 through April 24, 2022. 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).

A limited number of open / post-collegiate athletes may be considered for acceptance into the meet. Interest should be sent to [UVATRackmeets@gmail.com](mailto:UVATRackmeets@gmail.com) or [carterolander@virginia.edu](mailto: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.

<b>COLLEGE ENTRY STANDARDS</b>			<b>OPEN ENTRY STANDARDS</b>		
<b>Event</b>	<b>Women</b>	<b>Men</b>	<b>Event</b>	<b>Women</b>	<b>Men</b>
100m	12.10	10.80	100m	12.10	10.80
200m	24.80	21.90	200m	24.80	21.90
400m	56.80	49.10	400m	56.80	49.10
800m	2:12.5	1:53.0	800m	2:12.5	1:53.0
1500m	4:33.0	3:52.0	1500m	4:33.0	3:52.0
5000m	17:10	14:35	5000m	17:10	14:35
100mH / 110mH	14.65	15.10	100mH / 110mH	14.65	15.10
400mH	1:03.10	54.95	400mH	1:03.10	54.95
3000m SC	10:45	9:11	3000m SC	10:45	9:11
Long Jump	5.80m	7.10m	Long Jump	5.80m	7.10m
Triple Jump	11.85m	14.30m	Triple Jump	11.85m	14.30m
High Jump	1.66m	1.98m	High Jump	1.66m	1.98m
Pole Vault	3.75m	4.75m	Pole Vault	3.75m	4.75m
Shot Put	13.90m	16.00m	Shot Put	13.90m	16.00m
Discus Throw	45.00m	49.00m	Discus Throw	45.00m	49.00m
Hammer Throw	50.00m	55.00m	Hammer Throw	50.00m	55.00m
Javelin Throw	40.50m	56.80m	Javelin Throw	40.50m	56.80m

If you have a compelling reason for someone that does not meet these standards, please email [UVATRackmeets@gmail.com](mailto:UVATRackmeets@gmail.com) or [carterolander@virginia.edu](mailto:carterolander@virginia.edu) with an explanation.

## **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](http://www.flashresults.com).

## **Tentative Schedule**

Enclosed, please find the tentative schedule of events. A final meet schedule will be posted by Tuesday, April 26 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  $\frac{1}{4}$ " 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, April 28.

## 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.

## 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.

Mark Hinton  
[mahinton@virginia.edu](mailto:mahinton@virginia.edu)  
(479) 249-5487

Kat Barnes  
[kcb3vw@virginia.edu](mailto:kcb3vw@virginia.edu)  
(434) 906-0519

A trainer credential will be included in the team packet. ***All teams must travel with their own athletic trainer.*** 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



**Sunday, May 1, 2022**

***Running Events***

4:30 PM	W 100m Hurdles
4:40 PM	M 110m Hurdles
4:50 PM	W 4x100m Relay
5:00 PM	M 4x100m Relay
5:10 PM	W 3000m Steeplechase
5:30 PM	M 3000m Steeplechase
5:45 PM	W 400m Hurdles
5:55 PM	M 400m Hurdles
6:05 PM	W 100m
6:10 PM	M 100m
6:20 PM	W 400m
6:25 PM	M 400m
6:35 PM	W 5000m
7:00 PM	M 5000m
7:20 PM	W 200m
7:30 PM	M 200m
7:40 PM	W 800m
7:50 PM	M 800m
8:05 PM	W 1500m
8:20 PM	M Mile

***Field Events***

12:30 PM	W Hammer Throw
2:30 PM	M Hammer Throw
3:00 PM	W Long Jump
3:30 PM	W Pole Vault
4:00 PM	M Triple Jump
4:15 PM	M High Jump
4:30 PM	M Discus Throw
5:00 PM	W Triple Jump
5:45 PM	M Long Jump
6:10 PM	W High Jump
6:15 PM	W Discus Throw
6:25 PM	M Pole Vault
6:30 PM	M Shot Put
7:30 PM	W Shot Put

\* As of 12/16/21