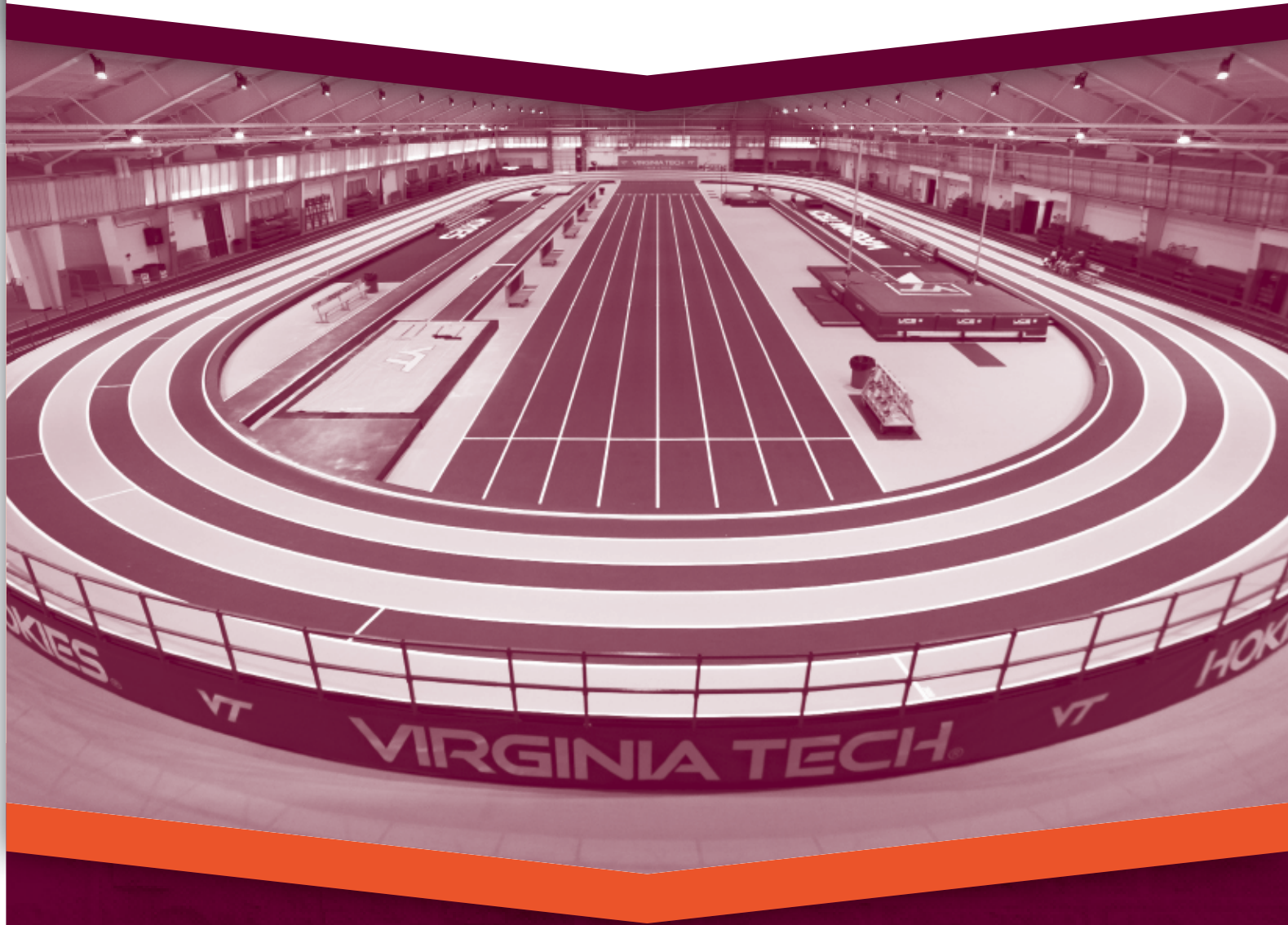


Virginia Tech Invitational
January 17-18, 2020



VIRGINIA TECH
TRACK & FIELD





Table of Contents

General Information

Athlete Registration / Unattached Entries.....	3
Event Check In / Staging.....	3
Implement Weigh In.....	3
Spike Check / Restrictions.....	3
Pratice Times.....	4
Minimum Marks / Progressions.....	4
Medical Services.....	4
Parking.....	4
Packet Pickup.....	4
Schedule of Events.....	5
Team Camps / Warm Up Areas.....	5
Locker Rooms.....	5
Spectator Seating.....	5
Results.....	5
Electronic Devices.....	5

Diagrams

Parking.....	6
Final Meet Schedule.....	7

Final Meet Notes.....	8-9
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Virginia Tech Contact Information

Event Management

	Office	Cell	Email
Katie Kennedy, Meet Manager	540.231.2501	540.200.7831	katiek4@vt.edu
Cara Walters, Meet Director	540.231.9963	540.998.5956	caraw@vt.edu

Coaching Staff

Dave Cianelli, Director/Head Coach	540.231.3094	540.320.4789	dcianell@vt.edu
Eric Johannigmeier, Head Distance Coach	540.231.5537	540.641.4689	ericj89@vt.edu
Andrew Dubs, Assistant / Throws	540.231.2154	319.930.7567	andrew.dubs@vt.edu
Bob Phillips, Pole Vault	--	540.818.2231	bob.phillips@vt.edu
Tim Vaught, Assistant / Sprints	540.231.9977	540.750.3458	tvaught@vt.edu
Paul Zalewski, Assistant / Jumps	540.231.6929	540.641.3546	zalewski@vt.edu
Jason Cusack, Assistant / Distance	--	860.908.2617	jcusack@vt.edu

Athletic Communication

Julian Drakeford	540.231.6726	540.270.2456	julian2@vt.edu
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Sports Medicine

Logan Speicher	540.231.1115	540.558.8020	lspeicher8@vt.edu
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Flash Results (Timing)

Ryan Jank	--	864.680.0933	rjank@flashresults.com
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ATHLETE REGISTRATION / UNATTACHED ENTRIES

Athlete registration for the meet will be submitted through Direct Athletics (www.directathletics.com) Each school is allowed 3 athletes per individual event and 2 relay teams per relay event. Entries will open Friday, January 3 and **entries will close Tuesday, January 14 at 11:59 p.m. (EST)** A limited number of unattached athletes will be allowed to enter the meet at the Head Coach's discretion. For all requests, please email Dave Cianelli by Friday, January 10 at 5:00 p.m. and you will be notified of the status of your request on Wednesday, January 15.

There is a \$500.00 entry fee per each men and women's team. Teams consist of 14 or more athletes **ENTERED** into the meet. Teams with 13 or fewer athletes entered are charged the rate of \$35.00 per athlete. Please **DO NOT** bring cash, make checks payable to **Treasurer, Virginia Tech**

If you are mailing your check, please send check to:
Virginia Tech Athletics
Attn: Cara Walters
Jamerson Athletic Center
Blacksburg, VA 24061

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 and announcer's stand.

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.

IMPLEMENT WEIGH IN

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.

SPIKE CHECK / RESTRICTIONS

Only 1/4" (6.4mm) pyramid or Omni-Light pyramids are allowed on our track surface. **NO EXCEPTIONS.** Permanent spikes are only allowed if they are 1/4" pyramids. Needle spikes are NOT allowed. Pyramid spikes that are no longer than 3/8" are allowed for the High Jump. Spike check for all field events will take place at the event site. Spike check will take place at a table next to the Clerk. Spike check will take place 90 minutes prior to first running event and will close 30 minutes prior to the last running event. Athletes will not be able to compete without the tag on their shoes, given at spike check to approved shoes. MF 1/4" pyramid spikes will be available for purchase at the spike check table. The cost for a bag of 100 spikes will be \$12.00.



PRACTICE TIMES

Rector Fieldhouse is open for practice on the following days and times (*times are subject to change*):

Thursday, January 16 from 7:00 p.m. to 9:30 p.m.

Friday, January 17 from 9:00 a.m. to 12 noon

Saturday, January 18 from 8:00 a.m. to 9:00 a.m. ***Track Oval Only***

MINIMUM MARKS / PROGRESSIONS / MARKINGS

There may be minimum marks for measurement in the horizontal jumps and throws. Minimum marks will be determined after entries have been received. This information will be posted at www.flashresults.com and will also be enclosed in your team packet. In events where a minimum mark is used, each athlete will receive a measurement for their first fair attempt. Subsequent attempts will be measured only if they equal or exceed the minimum mark.

Progressions in the vertical jumps will be determined after entries have been received. This information will be posted at www.flashresults.com and will also be included in your team packet.

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**.

MULTI EVENTS

The Pentathlon and Heptathlon competitions are not offered at the Virginia Tech Invitational.

MEDICAL SERVICES

There is a designated training room on the home stretch side of Rector Fieldhouse for medical care. Athletic training will be available both competition days as well as when the track is open during practice times. If there is any medical needs outside of these times, or if there are any questions, please contact Logan Speicher at 540.558.8020.

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. We ask all teams help us keep our new surface in good shape!

PARKING

Please see page 6 for all parking information.

PACKET PICKUP

Packets will be available for pickup upon entering Rector Fieldhouse at the front table in the lobby. If you have not submitted payment prior to the start of the meet, you may do so when you pick up your packet. *Please contact Cara Walters for any additional questions on packet pickup or payment.*



SCHEDULE OF EVENTS

A tentative meet schedule is included in this packet on page 7. The final time schedule will be available at www.flashresults.com and Direct Athletics after all entries are received. A final schedule of events will also be included in each team's packet.

TEAM CAMPS

Team camp areas will be located along the back stretch of the oval. Each team will have a sign on their team bay. Team camp sizes will be determined on the number of competing athletes. Team camps will be listed in alphabetical order.

LOCKER ROOMS

No locker rooms will be available.

SPECTATOR SEATING

Spectator seating is located in the bleachers around the outside of the oval as well as the bleachers in the Throws Building. Please **DO NOT SIT ON THE OVAL**. The timing and announcer stage is **NOT** for spectators.

RESULTS

Results will be posted on the northeast corner adjacent to the pole vault pit during the meet. Final results will also be available on www.flashresults.com and www.hokiesports.com

ELECTRONIC DEVICES POLICY

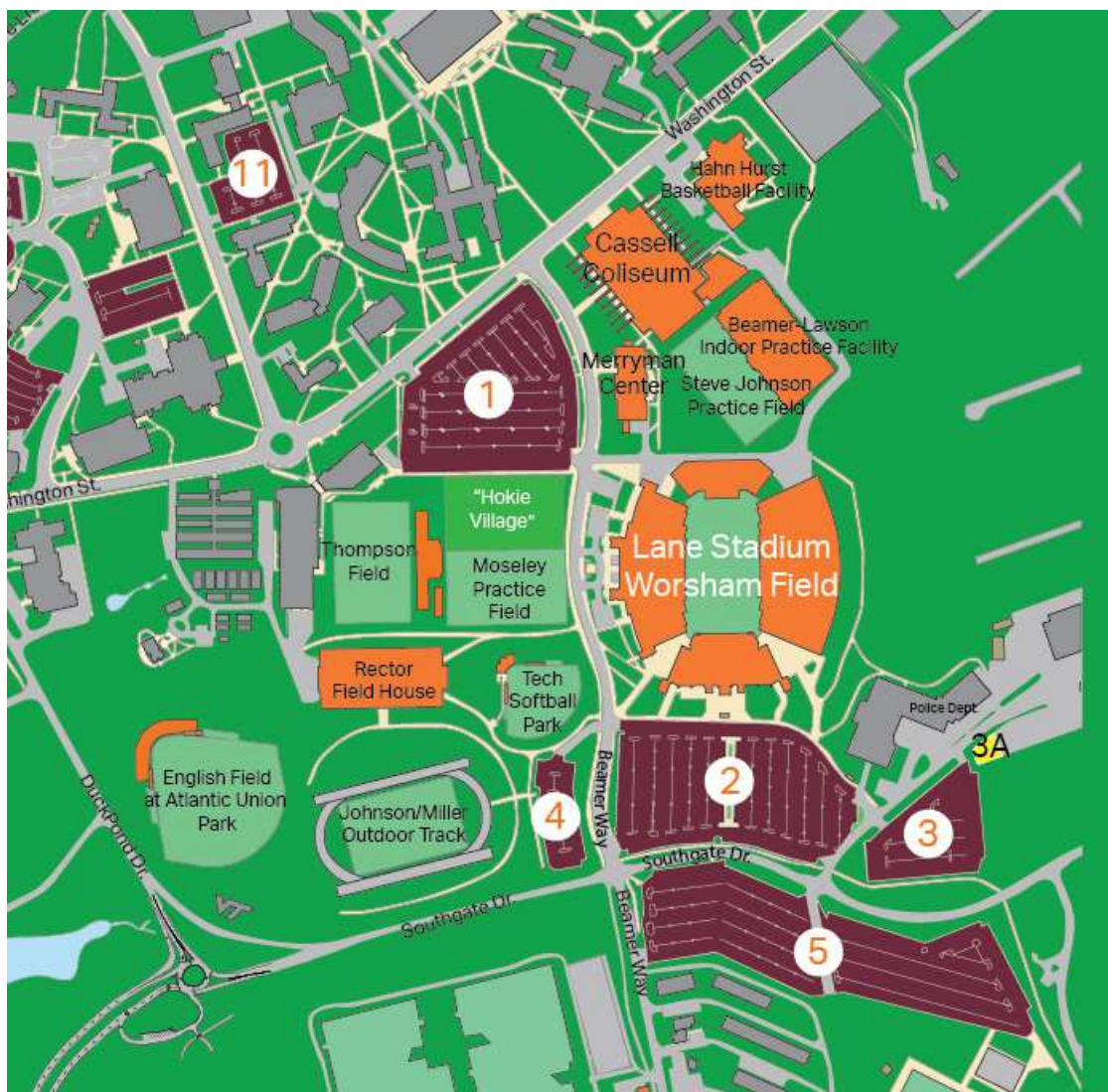
Coaches and athletes must be clear and adhere to NCAA rules concerning electronic devices.



VIRGINIA TECH TRACK & FIELD 2020 TEAM GUIDE

PARKING

Team buses and passenger vehicles are able to unload in the parking lot located outside of Rector Fieldhouse (Lot 4). After drop off is complete, they must relocate to the designated parking locations as space is limited within the drop-off area. All buses and passenger vehicles must park in the Chicken Hill Lot (Lot 5) or in the Lane Stadium Lot (Lot 2). *Please see the parking diagram for more parking information.*



**Virginia Tech Invitational
January 17-18, 2020
FINAL SCHEDULE**

Friday, January 17, 2020

Start		Field Event
5:00pm	Women	Pole Vault - UNSEEDED
5:00pm	Men	Weight Throw
6:00pm	Women	Triple Jump
6:00pm	Men	Triple Jump
7:00pm	Women	Weight Throw
7:30pm	Men	Pole Vault - UNSEEDED

Start		Running Events
5:00pm	Women	60m Hurdles - Prelim
5:15pm	Men	60m Hurdles - Prelim
5:25pm	Women	60m Dash - Prelim
5:35pm	Men	60m Dash - Prelim
5:50pm	Women	Mile Run
6:05pm	Men	Mile Run
6:30pm	Men	60m Hurdles - Final
6:35pm	Women	60m Hurdles - Final
6:40pm	Women	60m Dash - Final
6:45pm	Men	60m Dash - Final
6:50pm	Women	3000m Run
7:05pm	Men	3000m Run
7:30pm	Women	1000m Run
7:50pm	Men	1000m Run
8:10pm	Women	500m Run
8:20pm	Men	500m Run
8:35pm	Women	300m Run
8:50pm	Men	300m Run

Saturday, January 18, 2020

Start		Field Events
11:00am	Women	High Jump
11:00am	Women	Pole Vault - SEEDED
12:00noon	Men	Shot Put
12:00noon	Women	Long Jump
12:00noon	Men	Long Jump
1:30pm	Men	High Jump
1:30pm	Men	Pole Vault - SEEDED
1:30pm	Women	Shot Put

Start		Running Events
1:00pm	Women	400m Run
1:10pm	Men	400m Run
1:20pm	Women	Distance Medley Relay
1:35pm	Men	Distance Medley Relay
1:45pm	Women	800m Run
1:50pm	Men	800m Run
1:55pm	Women	200m Run
2:10pm	Men	200m Run
2:20pm	Women	5000m Run
2:40pm	Men	5000m Run
3:00pm	Women	4 x 400m Relay
3:20pm	Men	4 x 400m Relay

VIRGINIA TECH INVITATIONAL

JANUARY 17-28, 2020

FINAL NOTES

1. Team Packets will be available for pick up at the southeast entrance to Rector Fieldhouse. Please pay your entry fee at the time you pick up your packet. Packets will contain a Final Meet Schedule and Heat Sheets.
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 select high jump shoes as determined by the spike checkers.
4. There may be minimum marks for measurement in the horizontal jumps and throws. Those minimum marks are included in your team packet. Each athlete's first fair attempt will be measured. All subsequent attempts will have to equal or exceed the minimum mark.
5. 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.
6. 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 announcers 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 event.
7. All throwing implements will be weighed and measured at the west end of Rector Fieldhouse, in to the throws area. 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.
8. Event results will be posted as soon as possible after final results are official on the wall adjacent to the pole vault pit. Results will be available on-line at www.flashresults.com and www.hokiesports.com at the conclusion of each day.
9. This meet will be conducted under NCAA rules and regulations. Coaches and athletes, please be clear on Rule 4, Section 1, Article 20, page 61 of the 2019-2020 NCAA Track and Field rules book concerning Electronic Devices.
10. The ONLY individuals allowed on the inside of the oval are officials, event helpers 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.
11. In the horizontal jumps and throws, the top 9 athletes will advance to the finals, regardless of affiliation.

Vertical Jump Progressions:

Men's Seeded Section (everyone at 5m or higher)

Progression: 4.50m, 4.65m, 4.80m, 4.95m, 5.05m, continue at 10cm

Men's Unseeded Section

Progression: 4.00m, 4.15m, 4.30m, 4.45m, 4.60m, then by 10cm

Women's Seeded Section (everyone at 3.96 or higher)

Progression: 3.66m, 3.81m, 3.96m, 4.11m, 4.21m, 4.31m, 4.41m, 4.48m, 4.55m, 4.60m, then by 5cm

Women's Unseeded Section

Progression: 2.95m, 3.10m, 3.25m, 3.40m, 3.55m, 3.70m, 3.80m, then by 10cm

Men's High Jump:

Progression: 1.90m, 1.95m, 2.00m, 2.05m, 2.10m, 2.15m, then by 3cm

Women's High Jump:

Progression: 1.57m, 1.62m, 1.67m, 1.72m, then by 3cm

Minimum Marks:

Men's Long Jump	None	Women's Long Jump	None
Men's Triple Jump	None	Women's Triple Jump	None
Men's Shot Put	None	Women's Shot Put	None
Men's Weight Throw	None	Women's Weight Throw	None