



VIRGINIA TRACK & FIELD

Virginia Grand Prix

MEET DATE: Friday - Saturday, April 26-27, 2019

LOCATION: Lannigan Field, Charlottesville, VA

DIRECTIONS: <http://www.virginiasports.com/sports/c-xctrack/spec-rel/lannigan-field-track.html>

SCHEDULE: <http://www.flashresults.com/>

NON-COLLEGIATE ATHLETES: This is a **DIVISION I COLLEGIATE MEET** and thus college athletes will receive preference over non-collegiate entrants. Post-Collegiate entries will be considered only where field sizes allow. Non-NCAA Division I institutions as well as High school athletes will **NOT** be permitted to participate in any University of Virginia competitions.

HOTELS: Reserve hotels as early as possible for this year, we have a baseball series the same weekend <http://www.visitcharlottesville.org/visitors/lodging/>

ENTRY PROCEDURE: All entries must be submitted via www.directathletics.com. Only TFRRS marks or other **verifiable** performances will be accepted.

ENTRY FEE: \$450 per team per gender or \$45.00 per athlete
Payment online only – no payment will be received at competition

ENTRY DEADLINE: Tuesday, April 23rd at 7:00 pm.

UNIFORM POLICY: Confirmation of team uniforms must be turned in to the Clerk's Table at least 90 minutes prior to the start of the competition (Complies with NCAA rule 4.3.1.a)

PERFORMANCE LIST: Posted Thursday, April 25th

HEAT SHEETS: Posted prior to competition on Friday, April 26th
<http://www.flashresults.com/>

SPIKES: Use of 1/4" pyramid spikes will be enforced. Use of 3/8" spikes allowed for High Jump and Javelin. Spikes will be checked on the spot
NO NEEDLE SPIKES OR CHRISTMAS TREE SPIKES ALLOWED

TEAM PARKING: John Paul Jones Arena and University Hall Arena

MEDICAL CONTACT: Brittany Winter, Athletic Trainer for Track & Field/Cross Country
Email: bwhqq8e@virginia.edu (850) 368-0683

MEDIA RELATIONS: Stephanie Withey, Athletics Media Relations Director
Email: smw8nb@virginia.edu (864) 380-3852
Please send an updated meet notes with PB's and school record



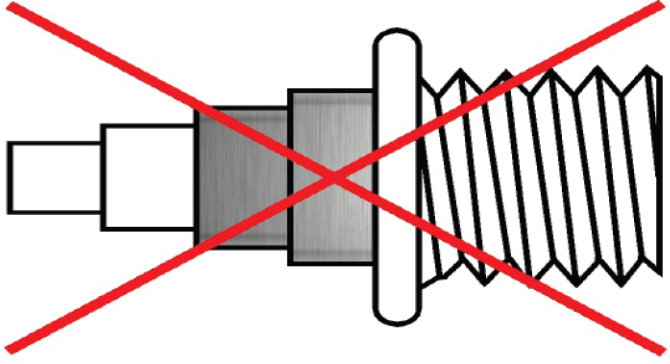
DIRECTIONS: <http://www.virginiasports.com/sports/c-xtrack/spec-rel/lannigan-field-track.html>

TEAM TENT INFO: Skyline Tent Company of Charlottesville, VA

Contact: Shannon O'Neil info@skylinetentcompany.com or (434) 977-8368

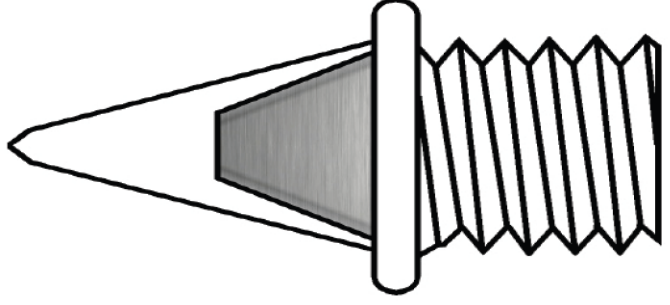
- No personal/team tents allowed - All tents must be rent in advance
- Only ONE tent per university is allowed 10x10 or maximum of 10x20
- There are a limited number of 10x20 tents on a first come basis
- *ALL ORDERS NEED BY APRIL 19, 2019*

COMPETITION WARM-UP: Warm-up will take place behind the grandstands. Blocks and Hurdles will be provided. There are six, 60m lanes for sprinting with rubber surface. There is an additional warm-up area on the turf loop where appropriate.



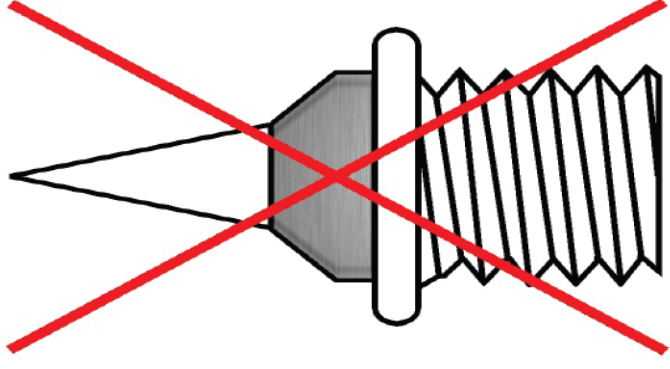
NO

**Christmas
Tree Spike
Pins**



1/4"

**Pyramid
"Cone Shape"
Only**



NO

**Needle
Spike
Pins**

2019 Virginia Grand Prix

IMPORTANT INFO/DATES

April 17 Direct Athletics opens for entry submission
www.directathletics.com

April 23 ***Final Entries are Due***
7:00 pm DEADLINE to finalize entries on
Direct Athletics

April 25 Performance List will be posted Thursday,
April 25th <http://www.flashresults.com/>

April 26 **Last minute scratches due by 10:00 am**
Following the entry deadline any have scratches
please email to directly to fetzer@virginia.edu

Athletes that NO-SHOW at any event without being
scratched prior to the start of the days competition
WILL be scratched from the meet per NCAA Rules

April 26 Heat sheets will be posted on
www.flashresults.com
Twitter @UVATFCC

University of Virginia
Uniform-of-the-day Declaration Form

Friday, April 26, 2019

Institution Name: _____

Men's Uniform:

Top Color & Logo: _____

Bottom Color & Logo: _____

Women's Uniform:

Top Color & Logo: _____

Bottom Color & Logo: _____

Saturday, April 27, 2019

Institution Name: _____

Men's Uniform:

Top Color & Logo: _____

Bottom Color & Logo: _____

Women's Uniform:

Top Color & Logo: _____

Bottom Color & Logo: _____

Must be turned in to the Clerk's Table at least 90 minutes prior to the start of the competition

(Complies with NCAA rule 4.3.1.a)

VIRGINIA GRAND PRIX

Friday-Saturday April 26-27, 2019

TENTATIVE SCHEDULE

As of 04/15/19



Friday, April 26

RUNNING *FIELD*

3:00 PM MEN'S DISCUS INVITATIONAL
WOMEN'S SHOT PUT INVITATIONAL
4:30 PM MEN'S SHOT PUT INVITATIONAL
WOMEN'S DISCUS INVITATIONAL
WOMEN'S LONG JUMP
MEN'S LONG JUMP
6:00 PM WOMEN'S JAVELIN
6:00 PM MEN'S JAVELIN

**Maybe Invite Hammer prior to discus

Saturday, April 27

RUNNING *FIELD*

1:00 PM MEN'S DISCUS
2:30 PM WOMEN'S SHOT PUT
MEN'S TRIPLE JUMP
WOMEN'S TRIPLE JUMP
3:00 PM UVA 4/5th YEAR RECOGNITION
4:00 PM WOMEN'S DISCUS
4:03 PM MEN'S 4x 100M RELAY
WOMEN'S 4X 100M RELAY
MEN'S 3000M STEEPLECHASE
WOMEN'S 3000M STEEPLECHASE
MEN'S 110M HURDLES
5:30 PM WOMEN'S HAMMER
5:00 PM MEN'S SHOT PUT
WOMEN'S 100M HURDLES
MEN'S 100M
5:30 PM MEN'S POLE VAULT
5:30 PM WOMEN'S POLE VAULT
WOMEN'S 100M
MEN'S 400M
6:00 PM WOMEN'S HIGH JUMP
MEN'S HIGH JUMP
WOMEN'S 400M
MEN'S 400M HURDLES
WOMEN'S 400M HURDLES
6:30 PM MEN'S HAMMER
MEN'S 800M
WOMEN'S 800M
MEN'S 200M
WOMEN'S 200M
MEN'S 1500M
WOMEN'S 1500M
MEN'S 4x 400M RELAY
WOMEN'S 4x 400M RELAY
MEN'S 5000M
WOMEN'S 5000M