

# **THE HILL CITY TWILIGHT - FRIDAY, MAY 3<sup>rd</sup> 2024 @ University of Lynchburg Dr. Jack M. Toms Track**

**MEET INFORMATION:** Meet Director Jake Reed Phone: 740-816-0004 E-mail: reed\_s@lynchburg.edu

**MEET ENTRY:** All participating teams must enter through Direct Athletics

**DIVISION 1 & UNATTACHED ENTRIES:** Please e-mail Ben Thomas at bethoma1@vt.edu

**ALL OTHER ENTRIES:** Please e-mail Jake Reed at reed\_s@lynchburg.edu.

**ENTRY ELIGIBILITY:** Open men's and women's collegiate competition. Unattached athletes are welcome but must receive acceptance from meet director prior to registration. There will be limited spots available for unattached athletes as field size must be limited. The meet director reserves the right to accept or deny any entry.

**ENTRY FEE:** \$35 per athlete or \$75 per relay. Meet payment is due at the time of registration and will be collected through Direct Athletics. Entries are not finalized until payment is received.

**ENTRY DEADLINES:** Entries will close at **11:59pm (eastern) on WEDS, MAY 1.**

Performance List & Final schedule will be posted by 7:00pm Thursday, MAY 2 on the T&F home meet information page: <http://www.lynchburgsports.com/sports/track/index>

**TEAM CAMP AREAS/PARKING:** All teams/athletes will be provided a map of the facility showing designated team camp areas, along with bus parking. Be aware bus parking will be located close by off campus please plan accordingly.

**WARM-UP AREAS:** Athletes are welcome to warm-up in the infield. We ask that athletes not competing are mindful of athletes warming up in the infield and do not congest this area.

**RESTROOMS:** Restrooms will be available in the entryway of Turner Gymnasium but we ask that athletes refrain from entering the gym itself. There will be portable restrooms available for use around the track and close by the throws facility.

**CAMPUS BUILDINGS:** All campus buildings outside of the Turner gymnasiums/restrooms are strictly off limits unless there is inclement weather. In case of emergency, we will utilize Turner Gymnasium. Locker rooms and showers will not be available.

**THE FACILITY:** A state-of-the-art track & field facility. The facility features a top of the line 8 lane 115' degree turn radius polyurethane embedded track with two-directional long jump,

pole vault, and high jump capabilities. Fully automatic timing will be provided by Snap Timing with live results posted on-line. The throwing facilities feature a full hammer/discus cage and the javelin is thrown off a runway.

**CHECK-IN PROCEDURES:** Check in will take place at the red tent in the infield Track Events: Check in will begin 90 minutes prior to an event and all athletes must be checked in at least 30 minutes prior to the scheduled start time.

**SCRATCHES:** Please e-mail by **THURSDAY, MAY 2nd, to bethoma1@vt.edu**

**RULES:**

1. If you do not check in on time, you may be scratched.
2. Keep the track clear during all running events. If you are not competing, we ask that you remain off the track unless actively warming up.
3. Please help us keep our facility clean by cleaning up your teams area when you leave.
4. Infield may be used for warm-ups, please be mindful of athletes that may be warming up while coaching or spectating.

**TRAINERS:** We will have an athletic trainer on-site for emergency purposes but please plan for your own athletic training needs.

**SPIKES:** Maximum spike length will be ¼ inch pyramids. Athletes may be disqualified for illegal spikes.

**TIMING/RESULTS:** Timing will be provided by Snap Timing and Live results will be posted on their website. <https://snaptiming.com/>

# **THE HILL CITY TWILIGHT**

## **FRIDAY, MAY 3<sup>rd</sup> 2024 @ UNIVERSITY OF LYNCHBURG**

### **Field Event Schedule:**

*\*\*\*Implement Inspection will take place directly prior to the event*

|        |   |
|--------|---|
| 3:00pm | Men's & Women's Shot Put (Rolling Schedule) |
|        | Men's & Women's Discus (Rolling Schedule)   |
|        | Men's & Women's Javelin (Rolling Schedule)  |
| 5:00pm | Long Jump (Women followed by Men)           |
| 5:00pm | Pole Vault (Women followed by Men).         |
| 7:00pm | Triple Jump (Women followed by Men)         |

### **Running Event Schedule: (TENTATIVE)**

|        |            |
|--------|------------|
| 5:00pm | 400IM (M)  |
| 5:05pm | 400IM (W)  |
| 5:15pm | 100(M)     |
| 5:20pm | 100(W)     |
| 5:35pm | 400(M)     |
| 5:40pm | 400(W)     |
| 5:50pm | 200(M)     |
| 5:55pm | 200(W)     |
| 6:05pm | 4x800 (M)  |
| 6:15pm | 4x800 (W)  |
| BREAK  |            |
| 7:30pm | 1500(M)    |
| 7:40pm | 1500 (W)   |
| 7:50pm | 3000ST (M) |
| 8:05pm | 3000ST (W) |
| 8:20pm | 800 (M)    |
| 8:30pm | 800 (W)    |
| 8:40pm | 5000 (M)   |
| 9:00pm | 5000 (W)   |
| 9:20pm | 4x400 (M)  |
| 9:30pm | 4x400 (W)  |