



## VIRGINIA TECH INVITATIONAL

### JANUARY 16-17, 2026

#### ENTRY INFORMATION

Entries will open Monday, December 29, 2025 on Direct Athletics

Entries will close Monday, January 12, 2026 at 11:59pm EST on Direct Athletics

Start lists and final meet schedule will be sent to coaches on Thursday, January 15

A limited number of unattached/open athletes may be accepted to enhance the quality of the fields. Any unattached requests can be emailed to meet management by the entry deadline. All unattached/open entries will be approved at the discretion of the Head Coach, Ben Thomas.

All entries must be submitted by the deadline and cannot be changed once entry fees are paid. No refunds will be given even if an athlete is not accepted into the meet.

#### ENTRY FEE

Teams with 14 or more athletes entered are charged \$1,100 per team (i.e. \$1,100 for women, \$1,100 for men)

Teams with 13 or fewer athletes entered are charged the rate of \$100.00 per athlete

#### ENTRY STANDARDS

Below are the entry standards and goal field sizes per event as we will be providing provide competitive fields of manageable sizes. Meeting the entry standard does not guarantee entry and additional entries not meeting the standard may be accepted at the discretion of meet management.

Event	Women	Men	Desired Field Size
60m	8.00	7.15	32
60m Hurdles	9.50	8.65	32
200m	25.50	22.75	32
300m	42.50	37.00	24
400m	57.75	50.70	32
800m	2:12.50	1:53.00	32
1000m	2:55.00	2:28.00	24
Mile	4:55.00	4:12.00	36
3000m	10:00.00	8:30.00	28
4x400m Relay	4:00.00	3:26.00	12
Long Jump	5.80m	7.10m	24
Triple Jump	12.00m	14.30m	24
High Jump	1.60m (starting height)	1.90m (starting height)	24
Pole Vault	3.75m	4.75m	32
Shot Put	14.00m	16.00m	32
Weight Throw	16.00m	17.50m	32



## VIRGINIA TECH INVITATIONAL

### CATERING / FOOD

Meals will not be allowed into Rector Fieldhouse. General snacks and water for the team are permissible. Virginia Tech will not supply any fuel to visiting teams.

### 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. All 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.

### FACILITY ACCESS

Rector Fieldhouse will be open to athletes and team staff two hours prior to the start of the first event.

### 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.

### PACKET PICK UP

No formal team packets will be available for pickup. There will be copies of the final schedule, final notes and start lists available on a table upon entry to the lobby area of Rector Fieldhouse.

### 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 to teams and athletes on Thursday, January 15 from 5:15-7:15pm. Teams wishing to practice must contact the meet management by the entry deadline.

### RESULTS

Live results will be provided through [FlashResults.com](http://FlashResults.com)

### SCRATCHES & DECLARATIONS

Coaches are encouraged to send any scratches to meet management as soon as possible so heats / flights can be seeded accordingly. Final declarations for all events occur at initial check in for each event; athletes are encouraged to scratch from any events they are not competing in at this time.



## VIRGINIA TECH INVITATIONAL

### SPIKE CHECK / RESTRICTIONS

All athletes must only use 1/4-inch (7mm) in length, with the exception of high jump where 3/8-inch (9mm) is permissible. Permanent Nike spikes and Nike stock spikes are now allowed in Rector Fieldhouse. No needle or Christmas tree spikes are allowed. It is the responsibility of each athlete and team to ensure proper spikes are worn. Failure to wear proper spikes will result in athlete disqualification.

### SPORTS MEDICINE

There is a designated training room on the home stretch of Rector Fieldhouse for medical care. Athletic training coverage will be provided during the entire competition. EMS and a team physician will be on site for the entirety of the pole vault competition. There will be water coolers set up in various locations around Rector Fieldhouse, as well as injury ice in the team camp area and by the athletic training room. 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.

### 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.

### CONTACT INFORMATION

Meet Management: Ben Thomas / Cell: 540.320.4789 / [bethoma1@vt.edu](mailto:bethoma1@vt.edu)  
Benji Pinckney / Cell: 843.331.6063 / [Bpinckney1@vt.edu](mailto:Bpinckney1@vt.edu)

Meet Medical: Destini Kruse / Cell: 517.257.0809 / [Desinidk@vt.edu](mailto:Desinidk@vt.edu)

Meet Media: Sarah Bennett / Cell: 803.357.7240 / [sbennett2@vt.edu](mailto:sbennett2@vt.edu)

Virginia Tech Invitational  
January 16-17, 2026  
**FINAL SCHEDULE** As of  
9/23/2025

Friday, January 16, 2026

Start		Field Events
3:30pm	Women	Pole Vault - UNSEEDDED
5:00pm	Women	Long Jump
5:00pm	Women	Weight Throw
7:00pm	Men	Long Jump
7:00pm	Men	Weight Throw
7:00pm	Men	Pole Vault - UNSEEDDED

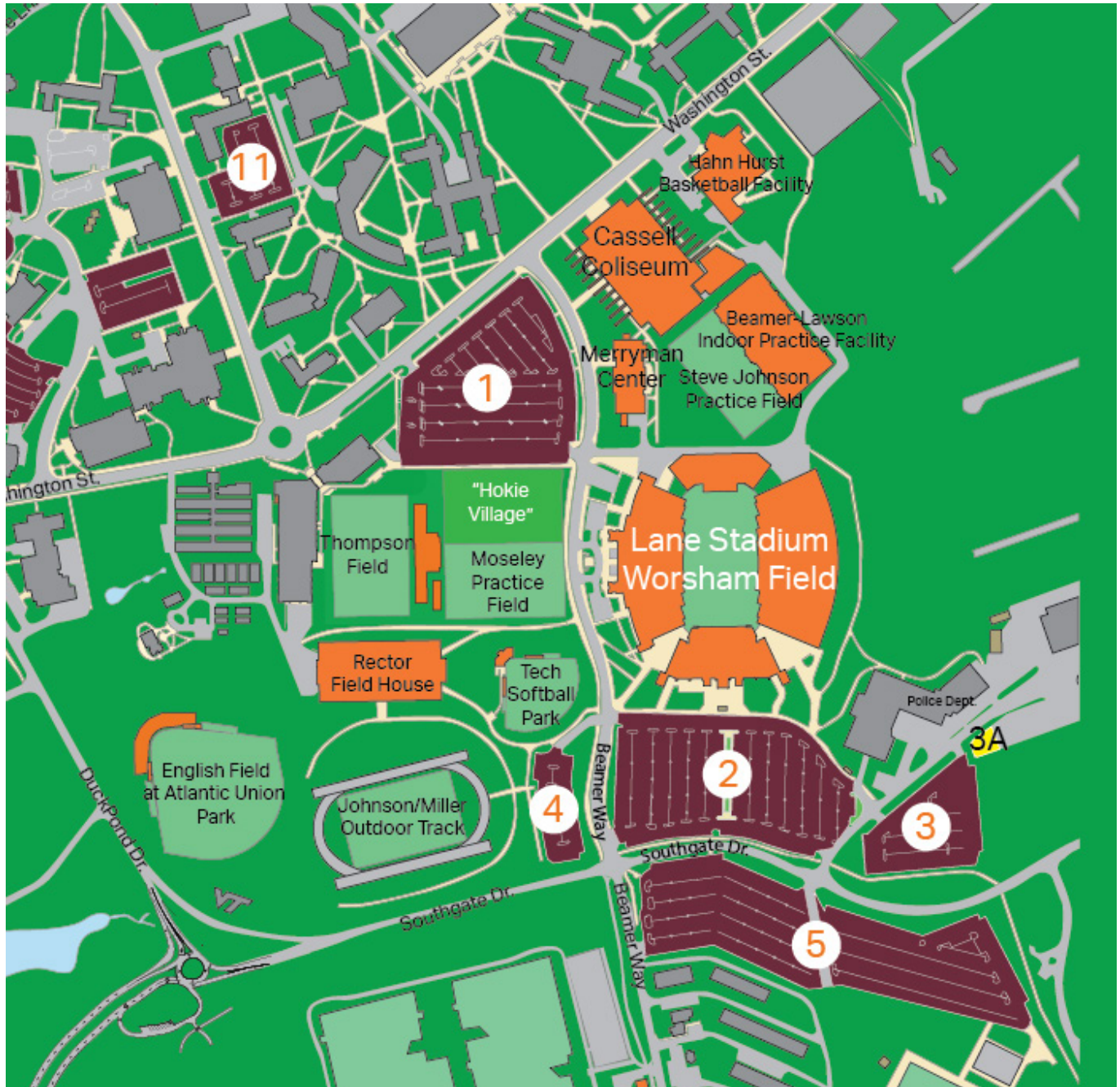
Start		Running Events
4:00pm	Women	Mile Run (unseeded)
4:10pm	Men	Mile Run (unseeded)
4:20pm	Women	1000m Run (2 unseeded)
4:30pm	Women	3000m Run (unseeded)
4:45pm	Women	3000m Run (2 heats)
5:10pm	Men	3000m Run (2 heats)
5:35pm	Women	1000m Run (2 heats)
5:45pm	Men	1000m Run (2 heats)
5:55pm	Women	Mile Run (2 heats)
6:10pm	Men	Mile Run (2 heats)
6:25pm	Women	60m Hurdles -- Prelim
6:40pm	Men	60m Hurdles -- Prelim
6:55pm	Women	60m Dash -- Prelim
7:10pm	Men	60m Dash -- Prelim
7:15pm	Women	300m Run (5 heats)
7:30pm	Men	300m Run (5 heats)
7:45pm	Men	60m Hurdles - <b>Final</b>
7:55pm	Women	60m Hurdles -- <b>Final</b>
8:05pm	Men	60m Dash - <b>Final</b>
8:15pm	Women	60m Dash - <b>Final</b>
8:25pm	Women	300m Run (7 heats)
8:40pm	Men	300m Run (4 heats)

Saturday, January 17, 2026

Start		Field Events
11:00am	Women	High Jump
11:00am	Women	Pole Vault - SEEDDED
12:00pm	Women	Shot Put
12:00pm	Women	Triple Jump
1:30pm	Men	High Jump
1:45pm	Men	Pole Vault - SEEDDED
2:00pm	Men	Shot Put
2:00pm	Men	Triple Jump

Start		Running Events
2:00pm	Women	400m Run (5 heats)
2:25pm	Men	400m Run (6 heats)
2:55pm	Women	800m Run (3 heats)
3:10pm	Men	800m Run (2 heats)
3:25pm	Women	200m Run (10 heats)
3:50pm	Men	200m Run (5 heats)
4:10pm	Women	4 x 400m Relay (4 heats)
4:25pm	Men	4 x 400m Relay (3 heats)

## PARKING FLOW FOR RECTOR FIELDHOUSE



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.

## Virginia Tech Invitational

### 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](http://www.flashresults.com) and [www.hokiesports.com](http://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

3.66, 3.81, 3.96, 4.11, 4.26, 4.36, 4.41, then 5s

Women's Pole Vault -- Unseeded Section

3.01, 3.21, 3.41 3.56, 3.71, 3.86, 3.96, then tens to 4.36, then 5s

Men's Pole Vault – Seeded Section

4.67, 4.87, 5.02, 5.17, 5.32, 5.42, 5.52, 5.57, then 5s

Men's Pole Vault – Unseeded Section

4.02, 4.22, 4.42, 4.62, 4.77, 4.92, 5.02, then 10s to 5.52, then 5s

Women's High Jump

1.55, 1.60, 1.65, 1.70, 1.75, 1.80, 1.83, +3cm

Men's High Jump

1.85, 1.90, 1.95, 2.00, 2.05, 2.10, 2.15, +3cm