

VIRGINIA CHALLENGE & COMBINED EVENTS

Friday-Saturday April 19-20, 2019

ADJUSTED FINAL SCHEDULE As of 04/19/19



Friday, April 19

9:00 AM	WOMEN'S 3000M STEEPLECHASE	1 Section	
	WOMEN'S TRIPLE JUMP	2 Flights	
	MEN'S TRIPLE JUMP	1 Flights	
	MEN'S POLE VAULT	Section 1	Softball
	WOMEN'S POLE VAULT	Section 1	Baseball
9:15 AM	WOMEN'S JAVELIN	2 Flights	
10:00 AM	WOMEN'S 100M	5 Sections	
10:15 AM	MEN'S 100M	6 Sections	
10:35 AM	WOMEN'S 400M	4 Sections	
10:50 AM	MEN'S 400M	2 Sections	
10:55 AM	WOMEN'S 800M	2 Sections	
11:00 AM	MEN'S 800M	1 Section	
	MEN'S JAVELIN	2 Flights	
2:30 PM	WOMEN'S HAMMER *	2 Flights	

** immediately following Javelin*

Saturday, April 20

9:00 AM	MEN'S DISCUS	2 Flights	
10:00 AM	WOMEN'S 5000M	1 Section	
	WOMEN'S LONG JUMP	2 Flights	
	MEN'S LONG JUMP	2 Flights	
10:30 AM	MEN'S 1500M	2 Sections	
	WOMEN'S 1500M	1 Section	
12:00 PM	WOMEN'S SHOT PUT	3 Flights	Hillside
12:30 PM	MEN'S HIGH JUMP		Baseball
	WOMEN'S HIGH JUMP		Shed
12:30 PM **	WOMEN'S DISCUS (follows Dec Discus)	2 Flights	
1:00 PM	MEN'S 110M HURDLES	5 Sections	
1:45 PM	WOMEN'S 100M HURDLES	6 Sections	
2:00 PM	WOMEN'S LONG JUMP INVITATIONAL	9 Athletes	Inside
	MEN'S LONG JUMP INVITATIONAL	9 Athletes	Outside
2:15 PM	WOMEN'S 200M	7 Sections	
2:45 PM	MEN'S 200M	8 Sections	
3:00 PM	MEN'S SHOT PUT	3 Flights	Hillside
3:05 PM	WOMEN'S 400M HURDLES	2 Sections	
3:10 PM	MEN'S 400M HURDLES	2 Sections	
3:30 PM	MEN'S HIGH JUMP INVITATIONAL		Baseball
	WOMEN'S HIGH JUMP INVITATIONAL		Shed
3:30 PM	MEN'S POLE VAULT INVITATIONAL		Softball
	WOMEN'S POLE VAULT INVITATIONAL		Baseball
4:05 PM	WOMEN'S 4x100M RELAY	2 Sections	
4:15 PM	MEN'S 4x100M RELAY	2 Sections	
4:25 PM	WOMEN'S 3000M STEEPLECHASE	2 Sections	
4:40 PM **	WOMEN'S JAVELIN INVITATIONAL	9 Athletes	
4:50 PM	MEN'S 3000M STEEPLECHASE	2 Sections	
5:00 PM	WOMEN'S TRIPLE JUMP INVITATIONAL	9 Athletes	Inside
	MEN'S TRIPLE JUMP INVITATIONAL	9 Athletes	Outside
5:15 PM	WOMEN'S 400M INVITATIONAL	3 Sections	
5:25 PM	MEN'S 400M INVITATIONAL	3 Sections	
5:45 PM **	MEN'S HAMMER	1 Flight	
5:36 PM	WOMEN'S 800M INVITATIONAL	5 Sections	
5:51 PM	MEN'S 800M INVITATIONAL	5 Sections	
6:10 PM	MEN'S 400M HURDLES INVITATIONAL	3 Sections	
6:22 PM	WOMEN'S 400M HURDLES INVITATIONAL	3 Sections	
6:30 PM	MEN'S SHOT PUT INVITATIONAL	9 Athletes	Hillside
6:35 PM	RAGGED MOUNTAIN MASTERS MILE		
6:45 PM	MEN'S 1500M INVITATIONAL	4 Sections	
7:00 PM	MEN'S HAMMER INVITATIONAL	9 Athletes	
7:03 PM	WOMEN'S 1500M INVITATIONAL	4 Sections	
7:28 PM	MEN'S 4X400M RELAY	2 Sections	
7:38 PM	WOMEN'S 4X400M RELAY	2 Sections	
7:45 PM	WOMEN'S SHOT PUT INVITATIONAL	9 Athletes	Hillside
7:50 PM	WOMEN'S 5000M INVITATIONAL	Section 1	
7:50 PM	WOMEN'S HAMMER INVITATIONAL	9 Athletes	
8:10 PM	MEN'S 5000M INVITATIONAL	Section 1	
8:40 PM	MEN'S DISCUS INVITATIONAL	9 Athletes	
8:30 PM	WOMEN'S 10000M	Section 1	
9:10 PM	MEN'S 10000M	Section 1	
9:45 PM	WOMEN'S 5000M INVITATIONAL	Section 2	
10:05 PM	MEN'S 5000M INVITATIONAL	Section 2	

**** might vary slightly due to the completion of the previous event**

Friday, April 19

VIRGINIA CHALLENGE COMBINED EVENTS

9:15 AM	DECATHLON 100M (3 heats)	
10:00 AM	DECATHLON LONG JUMP (1 Pit)	Outside
approx time	DECATHLON SHOT PUT	
	DECATHLON HIGH JUMP (1 pit)	Baseball
	DECATHLON 400M (3 heats)	
9:35 AM	HEPTATHLON 100M HURDLES	
10:20 AM	HEPTATHLON HIGH JUMP (1 pit)	Shed
approx time	HEPTATHLON SHOT PUT	
	HEPTATHLON 200M	

VIRGINIA CHALLENGE COMBINED EVENTS

10:15 AM	DECATHLON 110M HURDLES (5 heats)	
11:00 AM	DECATHLON DISCUS (1 section)	
1:00 PM	DECATHLON POLE VAULT (2 pits)	Softball
3:30 PM	DECATHLON JAVELIN (1 section)	
6:00 PM	DECATHLON 1500M (1 section)	
12:30 PM	HEPTATHLON LONG JUMP (1 Pit)	
2:30 PM	HEPTATHLON JAVELIN (1 section)	
4:00 PM	HEPTATHLON 800M (1 section)	

approx times

Virginia Challenge

April 19-20, 2019

FINAL COACHES NOTES

COACHES:

- No coaches are allowed on the infield at anytime
- There will be specific coaching boxes outside the fence located along the homestretch between the stands and the fence, at the 200m start line, pole vault, throwing area.
- Two wrist bands per school with athletes in the Javelin and High Jump, will be issued for coaches in those competitions to allow access on the D-apron during those event (Javelin, High Jump, Combined Events)
- Combined event coaches will be given special credentials to be used during the combined events

PACKET PICK-UP:

Packet pick-up will take place at the blue shed-near weights & measures

3:30PM – 7:30 PM Thursday

9:00AM – 12:00 PM Friday

9:00AM – 12:00 PM Saturday

PRACTICE TIMES:

- Thursday, April 18 from 3:00-7:00PM

LONG THROW SPECIFIC – Javelin 5-6, 7:30-8:30pm, Hammer & Discus 6-7:30pm

- Friday, April 19 from 8:00-10:00AM

- Saturday, April 20 – NO PRACTICE TIMES WILL BE PERMITTED

VERTICAL JUMP PROGRESSIONS:

Men High Jump (1.88, 1.93, 1.98, 2.03, 2.08, 2.11, 2.14...)

Men High Jump Inv. (1.98, 2.03, 2.08, 2.13, 2.16, 2.19, 2.22...)

Men Pole Vault (4.52, 4.67, 4.82, 4.97, 5.07, 5.17, 5.27...)

Men Pole Vault Inv. (4.82, 4.97, 5.07, 5.17, 5.27, 5.37...)

Women High Jump (1.59, 1.64, 1.69, 1.72, 1.75, 1.78...)

Women High Jump Inv. (1.65, 1.70, 1.75, 1.78, 1.81...)

Women Pole Vault (3.57, 3.72, 3.87, 4.02, 4.12, 4.22, 4.32, 4.42, 4.47...)

Women Pole Vault Inv. (3.87, 4.02, 4.12, 4.22, 4.32, 4.42....)

RESULTS/INFO:

www.flashresults.com will have live

Weather, results and other information on our twitter @uvatfcc

Competition Hashtag: #VaChallenge19

RUNWAY/RELAY MARKS:

White athletic tape may be used on the runways and for relays.

Colored tape, Chalk and Cones are NOT permitted

IMPLEMENT WEIGH-IN SCHEDULE:

Due to the large number of throwers competing, please adhere to the weigh-in schedule. An athlete can bring their implements in earlier than the scheduled time. It is located in the Blue shed next to the track.

Thursday, April 18

3:30PM - 7:30PM - Decathlon, Heptathlon, Non-Invitational Hammer, Women's Discus, Women's Javelin

Friday, April 19

8:00AM – 12:00PM – Women's Discus, Invitational Men's Hammer, Invitational Men's Shot Put, Javelin, Women Discus, Men's Invitational Shot Put

2:00PM – 5:00PM – Non-Invite Shot Put, Men's Discus

Saturday, April 20

10:00AM – 1:00PM – Invitational Women's Shot Put, Invitational Men's Discus, Men's Invitational Hammer, Men's Invitational Discus

CHECK-IN RUNNING EVENTS:

- All events need to check in a minimum of 30 min prior to the start of the event.
- Spikes will be checked as well as bib numbers.
- All four relay team members must check in together with their uniforms and Relay Card at least 30 min prior to start of the event
- The clerk will instruct each running event to come back at a specific time for hip numbers
- The 200m will be seeded at check-in. All athletes need to check in no later than 45 min prior to the start of the event

CHECK-IN FIELD EVENTS:

- Check in a minimum of 30 min prior to the start of the event (not their flight)
- Check in will be done at the field event

COMBINED EVENTS:

- Check in a minimum of 30 min prior to the start of the first event
- Each gender of the combined events will be provided a "moving tent" that will follow them from event to event for shade.
- Each combined event athlete will be permitted to leave the competition area between events. They will be given instructions when to return for the next event.

WARM-UPS/PRE-RACE:

- NO warm-ups will be allowed on the track during the competition. This will only be allowed when the clerk escorts the athletes to the track. All other athletes will be removed from the track.
- A 6-lane rubber surface behind the stands will serve as primary warm-up area. Hurdles will be present for final warmups. A grass area beside along with an 80m turf strip will serve as the general warm-up. Please see diagram for specific direction of flow.
- Additionally, we will have warmup space at our Field Hockey Stadium (see diagram) on Saturday
- NO TEAM CAMPS are allowed in the warm-up area
- Time will be allowed for the 100m, 100m Hurdles and 110 Hurdlers to perform block starts prior to the race. Athletes will be escorted onto the track 30min prior to the start of their races to start warm-ups
- AS PER NCAA REGULATIONS, NO HEADPHONES OR AUDIO DEVICES ARE ALLOWED ON THE INFIELD OR ON THE TRACK AT ANY TIME!

TENTS:

- Those that rented tents will be marked accordingly with the school's logo.
- NO PERSONAL TENTS ARE ALLOWED

STANDS:

- No team camps or team seating should occur in the green stands. Please allow this for spectators.

WEATHER ISSUES:

- If weather issues occur teams will be instructed to go to the JPJ Parking Garage.

FUTURE DATES OF VIRGINIA CHALLENGE:

April 17-18 2020

We will always be one week prior to Penn/Drake Relays

We would recommend reserving hotel rooms a year in advance for the optimal locations.

Other University of Virginia cross country competitions:

September 14, 2019 (Sat)- Cavalier Classic (College & High School)

September 27, 2019 (Fri) – Panorama Farms Invitational (College)

*Please email fetzer@virginia.edu if you are interested in competing.