**FRIDAY NIGHT MAIN EVENT**

**Youth Races 400m/200m**
- 7:00 PM  
  **Men’s Hammer Invitational**
  9 Athletes
- 7:11 PM  
  **Men’s 4x100m Relay**
  Sections 1
- 7:15 PM  
  **Women’s 4x100m Relay**
  Sections 1-2
- 7:25 PM  
  **Men’s 3000m Steeplechase**
  Sections 1-2
- 7:55 PM  
  **Women’s 3000m Steeplechase**
  Sections 1-2
- 8:25 PM  
  **Women’s 400m**
  Section 1-3
- 8:30 PM  
  **Women’s Discus**
  1 Flight
- 8:34 PM  
  **Gerald Howard Invitational Men’s 400m**
- 8:35 PM  
  **Men’s Shot Put Invitational**
  9 Athletes
- 8:37 PM  
  **Men’s 400m**
  Section 2-3
- 8:43 PM  
  **Women’s 800m**
  Sections 1-5
- 9:02 PM  
  **Men’s 800m**
  Sections 1-5
- 9:20 PM  
  **Women’s 1000m**
  Section 1

**10:00 PM finish**

**ACC Digital Network/ESPN3 LIVE COVERAGE 7-10 PM**

**SATURDAY MAIN EVENT**

- 7:00 PM  
  **Decathlon 1500m**
  1 Section
- 7:10 PM  
  **Women’s Hammer Invitational**
  9 Athletes
- 7:22 PM  
  **Men’s High Jump Invitational**
- 7:35 PM  
  **Women’s High Jump Invitational**
- 7:45 PM  
  **Ragged Mountain Masters Mile**
  Sections 1-4
- 8:00 PM  
  **Women’s Shot Put Invitational**
  9 Athletes
- 8:10 PM  
  **Women’s 1500m**
  Sections 1-5
- 8:15 PM  
  **Men’s Discus Invitational**
  9 Athletes
- 8:40 PM  
  **Men’s 4x400m Relay**
  Section 1-2
- 8:55 PM  
  **Women’s 4x400m Relay**
  Section 1-3
- 9:05 PM  
  **Women’s 5000m**
  Section 1
- 9:25 PM  
  **Men’s 5000m**
  Section 1
- 9:30 PM  
  **Women’s Javelin Invitational**
  9 Athletes
- 9:40 PM  
  **Men’s 10000m**
  Section 1
- 10:15 PM  
  **Women’s 5000m**
  Section 2
- 10:35 PM  
  **Men’s 5000m**
  Section 2
Virginia Challenge
April 21-22, 2017
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 main spectator stands and the fence, at the 200m / 5K
  start line, and near the pole vault and throwing areas.
- Wristbands will be issued for coaches that have athlete(s) in the Javelin and High
  Jump events to allow access to the D-apron during those events.
- Combined event coaches will be given special credentials to be used during the
  combined events only.

PACKET PICK-UP:
Packet pick-up will take place:
3:30PM – 7:30 PM Thursday at the grey shed-near weights & measures
9:00AM – 11:00 AM Friday at the check-in tent
9:00AM – 11:00 AM Saturday at the check in tent

PRACTICE TIMES:
- Thursday, April 20 from 3:30-8:00PM
  LONG THROW SPECIFIC – Hammer 5-6pm, Discus 6-7pm, Javelin 7-8pm
- Friday, April 21 from 8:00-9:00AM
- Saturday, April 22 – NO PRACTICES WILL BE PERMITTED

VERTICAL JUMP PROGRESSIONS:
Men High Jump (1.95, 2.00, 2.05, 2.08, 2.11, 2.14, 2.17, 2.20…)
Men High Jump Inv. (2.02, 2.07, 2.12, 2.15, 2.18, 2.21, 2.24, 2.27, 2.30…)
Men Pole Vault (4.43, 4.58, 4.73, 4.83, 4.93, 5.03, 5.13….)
Men Pole Vault Inv. (4.73, 4.88, 5.03, 5.13, 5.23, 5.43…)
Women High Jump (1.62, 1.67, 1.72, 1.75, 1.78, 1.81…)
Women High Jump Inv. (1.65, 1.70, 1.75, 1.80, 1.83, 1.86, 1.89, 1.92, 1.95….)
Women Pole Vault (3.33, 3.48, 3.63, 3.73, 3.83, 3.93, 4.03, 4.13…)
Women Pole Vault Inv. (3.68, 3.83, 3.98, 4.08, 4.18, 4.28….)

RESULTS/INFO:
www.flashresults.com will have live results
Weather, results and other information on our twitter @UVA_track
Competition Hashtag: #VACChalenge
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 amount of throwers competing, please adhere to the weigh-in schedule. An athlete can bring their implements in earlier than the scheduled time.

Thursday, April 20
3:30PM - 7:30PM - Decathlon, Heptathlon, Non-Invitational Hammer, Non-Invitational Discus

Friday, April 21
8:00AM – 12:00PM –Women’s Discus, Invitational Men’s Hammer, Invitational Men’s Shot Put
2:00PM – 5:00PM – Javelin’s, Non-Invitational Shot Put

Saturday, April 22
10:00AM – 1:00PM –Invitational Women’s Shot Put, Invitational Men’s Discus, Invitational Women’s Hammer

CHECK-IN RUNNING EVENTS:
- All events need to check in a minimum of 45 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 45 min prior to start of the event
- The clerk will instruct each running event to come back at a specific time for hip numbers

CHECK-IN FIELD EVENTS:
- Check in a minimum of 45min prior to the start of the event (not their flight)
- Check in will be done at the field event site

COMBINED EVENTS:
- Check in a minimum of 45min 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 competition. This will only be allowed when the clerk escorts the athletes to the track. All other athletes will be removed from the track.
- The grass soccer practice field located directly north of the track will serve as the primary warm-up area. Hurdles will be present.
- NO TEAM CAMPS or TENTS are allowed in the warm-up area.
- A final build-up area will be located next to the check-in area. There will be blocks and hurdles present.
- The High Jump/Javelin area will be open for warm-ups during the FRIDAY MAIN EVENT ONLY. Please tell your athletes to bring only essential items to the area. We ask that no general warm-ups be done in the area.
- Time has been built into the schedule to allow time for athletes in the 100m, 100m Hurdles and 110 Hurdles to perform block starts prior to their races. Athletes will be escorted onto the track approximately 30min prior to the start of these races to continue with warm-ups on the track.
- 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.

STANDS:
- No team camps or team seating will be allowed in the green stands on the home stretch / main spectator seating area.

WEATHER ISSUES:
- If inclement weather issues should arise, teams will be instructed to go to the John Paul Jones Arena Parking Garage, where the buses will be parked.

FUTURE DATES OF VIRGINIA CHALLENGE:
April 20-21, 2018
April 19-20, 2019

**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 Future Competitions:
September 23, 2017 (Saturday) Panorama Farms Invitational
May 1, 2018 (Tuesday) Virginia Grand Prix (Division I teams only)
*Please email fetzer@virginia.edu if you are interested in competing.