



**LOU ONESTY/MILTON G. ABRAMSON
TRACK & FIELD INVITATIONAL
FRIDAY, APRIL 9, 2010
SATURDAY, APRIL 10, 2010**

ENTRY PROCEDURE

Teams and individuals that are interested in competing in this meet should contact Matt Downs (mdowns@virginia.edu) to receive an invitation. Invited teams and individuals will be given access to enter online at DirectAthletics.com. **ENTRY DEADLINE: Wednesday April 7, 2010 at Midnight (EST).**

DECLARATIONS

There will be NO declarations; the entry lists as they stand at Midnight (EST) on Wednesday April 7th will be considered final entry. Make any additions or deletions as necessary online up to the deadline. No entries or changes will be accepted after the deadline. Please make an effort to scratch all those who you know will NOT compete. A performance list will be available on www.VirginiaSports.com on Thursday, April 9.

ENTRY FEE

Fees are \$10.00 for each individual/unattached or collegiate athlete entry. For teams with 10 or more entries, the entry fee is \$300 per gender (\$600.00 M & W). Fees will be calculated based on the number of entries, not on the number of athletes that compete. Checks, payable to "UVA Track & Field," will be collected at packet pick-up.

TEAM PACKETS

Coaches may pick up team packets at the finish line beginning on Friday, April 9 at 11:00 am.

FACILITY/EQUIPMENT

Lannigan Field on the grounds of the University of Virginia is a 400 meter track with nine 42 inch lanes. There are dual direction runways for long jump, triple jump, and pole vault. Throwing circles for shot put, discus, and hammer are brushed concrete. Spike length should be 1/4" maximum. Throwing implements must be weighed and certified. Starting blocks will be provided.

WEIGH-IN'S

Throwing implements should be weighed in no later than 30 minutes prior to the event start time. Weigh-ins will be conducted in the equipment shed.

HEATS/FINALS

Nine athletes will advance to field event finals. Running events will be conducted in sections versus time unless noted otherwise.

SCHEDULE

A tentative time schedule has been attached. The FINAL schedule will be posted on Thursday April 8th at www.VirginiaSports.com.



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**SCHEDULE OF EVENTS- AS OF 4/4/2010
TENTATIVE (MAY CHANGE AFTER ALL ENTRIES HAVE BEEN SUBMITTED)**

FRIDAY	
1:00 PM	WOMEN'S HAMMER MEN'S POLE VAULT
3:00 PM	MEN'S HAMMER
5:00 PM	WOMEN'S JAVELIN WOMEN'S HIGH JUMP
7:00 PM	WOMEN'S INVITATIONAL MILE
7:15 PM	MEN'S INVITATIONAL MILE

SATURDAY- FIELD EVENTS	
10:00 AM	MEN'S JAVELIN MEN'S HIGH JUMP WOMEN'S LONG JUMP (PIT #1) MEN'S LONG JUMP (PIT #2)
12:00 PM	MEN'S SHOT PUT WOMEN'S TRIPLE JUMP (PIT #2) MEN'S TRIPLE JUMP (PIT #1) WOMEN'S DISCUS
2:30 PM	MEN'S DISCUS WOMEN'S POLE VAULT WOMEN'S SHOT PUT

SATURDAY- RUNNING EVENTS	
12:00 PM	MEN'S 110 METER HURDLES
12:20 PM	WOMEN'S 100 METER HURDLES
12:35 PM	MEN'S 100 METER DASH
12:45 AM	WOMEN'S 100 METER DASH
12:55 PM	WOMEN'S 1500 METER DASH
1:10 PM	MEN'S 1500 METER DASH
1:25 PM	WOMEN'S 400m RUN
1:35 PM	MEN'S 400m RUN
1:45 PM	WOMEN'S 4X100 METER RELAY
1:55 PM	MEN'S 4X100 METER RELAY
2:05 PM	WOMEN'S 800m RUN
2:15 PM	MEN'S 800m RUN
2:25 PM	WOMEN'S 400m HURDLES
2:40 PM	MEN'S 400m HURDLES
2:50 PM	WOMEN'S 200m DASH**
3:00 PM	MEN'S 200m DASH**
3:10 PM	WOMEN'S 3000m RUN
3:25 PM	MEN'S 3000m RUN
3:40 PM	WOMEN'S 4x400m RELAY
3:50 PM	MEN'S 4x400m RELAY

** THE 200m DASH IS LIMITED TO THREE (3) ATHLETES PER TEAM

LONG JUMP/TRIPLE JUMP:

PIT #1 = CLOSEST TO THE FINISH LINE

PIT #2 = CLOSEST TO THE 100m START LINE



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PARKING

Teams traveling in buses or vans, park in the surface lot located in front of the John Paul Jones Arena (Basketball Stadium), near the intersection of Massie Road and Copley Rd. We will have parking attendants present to help direct you and make sure you park in the appropriate location. Once this lot fills, we will direct you to park across the street at University Hall (see map). Spectators can park in any available spot in the U-Hall or JPJ lots.

DIRECTIONS TO LANNIGAN FIELD

From the East/West: Take I-64 to exit 118B (Culpeper-Charlottesville). Take second exit (sign will say University of Virginia Information Center and Business 250 East) and bear right onto Ivy Rd. At second stoplight, turn left onto Copeley Rd. Lannigan Field is on the left. Parking is in the University Hall parking lot on the right.

From the North: Take Route 29 south into Charlottesville (Emmet St.). Turn right at Massie Rd. Go the next stop light and turn left onto Copeley Rd. Lannigan Field is on the right. Parking is in the University Hall parking lot on the left.

From the South: Take Route 29 to Business Route 250 East (sign will say University of Virginia Information Center) and bear right onto Ivy Rd. At second stop light, turn left on to Copeley Rd. Lannigan Field is on the left. Parking is in the University Hall parking lot on the right.

