



**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.