

Dear Coaches,

We're so excited to be hosting you this weekend for the 59th annual Dogwood Track Classic, and wanted to go over several important things with you prior to your team's arrival. PLEASE share this with all of your assistant coaches, as well as all of your parent email lists too. Much of the information pertains to them too.

A reminder that this is a **CASH ONLY event**. So please let your athletes/parents know that concessions, tshirt and front gate sales will only be cash. Sorry for any inconvenience that may cause.

[As a reminder, the live results link for the weekend is here](#). It includes a performance list, heat sheets (to be posted on Friday) and a time schedule.

### **Scratches are due at midnight tonight (Thursday)**

**Parking:** Please read carefully, as this is a bit different than in past years...

Friday: Parking is available in the [lot directly across from the track \(UHall West\)](#) starting at 4:00pm. Parking is also available in [the Ivy/Emmet Garage](#), which is about a ¼ mile walk from the track.

Buses should drop off their teams at the track and then drive about a mile to Scott Stadium (UVA's football stadium) to park there, which is what we have done in past years. **Please do not park your buses at the track lot**, as there is far less space available. [At Scott Stadium, you can park in the East Lot, South Lot, Lower West Lot and the Student Activities Lot.](#)

Saturday: There is a memorial service for former UVA basketball coach Terry Holland at 2:00pm at JPJ (basketball arena), so the lot pictured next to JPJ that is titled (Visitor Parking) is off limits to us. Please do not park there!

Parking IS available again at the UHall West lot directly across from the track, as well as the Ivy/Emmet Garage. Buses should once again drop off at the track and park at Scott Stadium.

**Check In/Hip Number Procedure:** This is different this year, so please read carefully. On the back wall of the shed (which is located near the start of the 100m dash), we will have heat sheets posted for ALL running events. These will be up Friday evening before the meet begins, and are available to view at any time.

Athletes (or coaches) can stop by **at any point during the meet** to confirm which heat/lane/hip number they are. These will also be the exact same as what is posted online (Friday AM) under "heat sheets". After confirming which heat/hip number they need, athletes will then come to the hip number table (located in the same area) to get their number. Volunteers will be present to distribute the #s and answer any questions.

Hopefully this process expedites and simplifies the hip number process. After receiving their hip numbers, athletes are responsible for being at the start area of their respective races ~10-15 minutes before they're scheduled to begin. We will (hopefully) stick very close to the published schedule like in years' past.

**We would strongly encourage athletes/coaches to do this first thing, either on Friday evening or early Saturday morning.**

The only events this procedure does NOT apply to are the 200 meter dash and 4x400 Relays (see below).

**Scratches/Check In Procedure:** In terms of scratches/check-ins, all athletes will be assumed to be checked IN to their events unless we hear otherwise. We'll take scratches via email until Thursday (today) at Midnight and will seed the meet after that. We'll post an updated performance list with heat sheets on Friday morning. The only events we'll reseed on Saturday will be the 200 and 4x400 relay, so PLEASE give us NEW scratches on the day of for just those events. This will allow us to reseed these two events and maximize the heats and minimize the odds of open lanes, which is a win-win for everyone involved.

This is a change from past years where we took scratches for all the events at the coaches meeting. The deadline for the **200 is 4:00pm and the 4x400 is 6:00pm**. Scratches for those two events only can be given at the hip # table down near the shed. If you're confused about this policy, please reach out with questions.

**NO CHALK (ONLY TAPE):** One of UVA's biggest concerns with us using their brand new (resurfaced in 2022) track facility is that there can be absolutely no chalk marks used on the track. Last year, this was an issue with several of the events, so we want to make it very clear in 2023 that only ATHLETIC tape can be used to mark out an athlete's steps. This would apply to both the running surface as well as all of the field event aprons/runways.

**Shot/Discus Implements:** This is new this year, so **please read carefully**. For the shot put and discus, we will provide implements for each athlete to use (if they'd like). In addition, we will actually weigh and inspect all shots and discs that are being used. We really bungled this last year, so it was a priority for us to get it right in 2023.

We'll have two different weigh-in stations, one at shot and one at disc. These will be open from 5-8pm on Friday evening, and then 9am-1pm on Saturday. We encourage anyone that is present Friday evening to get it done then.

All implements that pass will be marked to signify their passing, while any that fail will be held by meet officials until the conclusion of the meet.

This will allow ALL competitors to use the implements of their choice, which is a change from previous policy and an obvious benefit to everyone involved.

**Athlete/Coaches Entrance:** ALL athletes and ALL coaches should only use the side gate to enter/exit the track. This is located adjacent to the shed and empties out onto the upper parking lot of the track. This will minimize confusion for our front gate volunteers (which is where all paying spectators enter/exit), and maximize the flow of people in and out of the facility.

**Coaches Boxes:** We will have these available for the throws, the pole vault and the high jump and will communicate their locations on Saturday at the coaches meeting. For the horizontal jumps, we will do our best to have a coaches box available too.

**Blocks/Run Outs:** This will be the same policy as what we've done the last several meets, but we wanted to reiterate it here. We will use two sets of blocks to minimize the time between heats, allowing the section that is "on deck" to set their blocks and get ready. We will not allow run outs, which I know isn't ideal, but if we did, the meet would end after midnight, and no one wants that. Our two biggest goals with this meet are efficiency and the athlete experience, and when the two are working against each other, we do our best to find a suitable balance. Please let your athletes know about this policy so that it's not a surprise to them. Thanks so much for being understanding.

**Coaches Meeting:** 10:30am at the start/finish area. As noted above, we will not take any scratches after the coaches meeting. To make scratches for the 200 and 4x400, again, please go to the shed at the top of the homestretch where hip numbers are given out.

**Spike Check/New Track Surface:** UVA just resurfaced their track and is requiring us to check ALL athlete's spikes. ONLY 1/4" pyramid spikes are allowed. No christmas trees, no needle spikes, and certainly nothing longer than 1/4". We'll have a separate table over near the normal check-in/hip # area where athletes need to get their spikes checked. We'll put a little zip tie on each pair of spikes to mark that they've been checked, and no athlete will be allowed to race until this has happened. I'd encourage your athletes to do this early, ahead of when they would normally check in to get their hip #.

**Heats/Flights:** As a reminder, running events will go fast to slow, and field events will go from the lowest seeded flights to the top. In the field events, we'll take the top 9 athletes to finals for another three attempts.

**High Jump/Pole Vault:** Both high jump and pole vault will have two pits being run off simultaneously. The breaks for each pit are as follows. Boys High Jump: 6'2" and higher is on one pit, everyone lower on the other. Girls High Jump: 5'0" and higher on one pit, everyone lower on the other. Boys Pole Vault: 13'0" and higher on one pit, everyone lower on the other. Girls Pole Vault: 11'0" and higher on one pit, everyone lower on the other.

**Starting Heights/Progressions:** Starting heights and progressions for both of these events will be determined Saturday morning by the USATF officials running each respective pit in consultation with the athletes.

**Team Tents:** The best place to set those up is on the first turn and backstretch. We have the entirety of the hill/top of the hill, so that's always a good spot. There is also some space behind the bleachers on the homestretch. Tents **cannot** be placed on the stands.

**Concessions/Shirts:** we will be selling concessions (Chick-Fil-A, Papa John's, fruit, Clif/granola bars, trail mix, snacks, Gatorade, water, etc) as well as t-shirts and will **only be accepting cash**.

**Medical:** As always, we will have the UVA Runner's Clinic and their medical team as well as a couple of athletic trainers on site for any medical needs your athletes might have.

**Awards:** Athletes will be able to pick up their awards throughout the day as results become available on [BlueRidgeTiming.com](http://BlueRidgeTiming.com). Please encourage your athletes to do this, as we don't intend to track anyone down for shipping awards after the meet. The awards tent will be right next to the t-shirt sales.

**Trash:** We will provide trash bags, but please clean up your area. We still have to clean up after all the teams are gone. We are guests here at UVA, and always aim to leave the facility looking as good as it did when we first arrived. Thanks so much for your help with this!