

The East Coast Invitational

Saturday February 6th, 2021

Virginia Beach Sports Center



Meet Management welcomes you to the East Coast Invitational at the world class Virginia Beach Sports Center. This facility will serve as host to the NCAA nationals from 2023-2026 and this meet will serve as the pre-national meet for those looking to make nationals.

We are humbled by your participation and support of our event. We hope you and your team get the marks you've working so hard for this weekend. Our goal is to make this event safe, accommodating, and competitive. Please read over all of the meet information and if you have any questions there is contact information listed.

Meet Information

Entry Information:

- You can enter your athletes on Direct Athletics, entries are due by February 2nd at 11:59pm.
- The fee is \$1000/team, \$1500/school
- The fee for unattached athletes is \$50 per athlete, they can then enter one or multiple events.
- Four entries per individual event and two relays entries per event.
- Entry marks will be verified.

Hotel Information:

The meet is proud to be working with JEMS Hospitality to secure the lowest cost rooms for our event. Please book at the below link for the most affordable and closest hotel rooms to the facility. Booking with this link saves you money and helps us track the tourism our sport brings to the city.

This link should be shared with families as well.

[HOTEL BOOKING LINK](#)

Payment Process:

Payments for the meet can be made online at Direct Athletics. Checks can be made out to "VA SHOWCASE"

Unattached Athletes:

Unattached athletes may enter this event. They should be post-high school and enter on Direct Athletics.

Spectators:

A very limited number of spectator tickets will go on sale prior to the event. We will provide the links to tickets closer to the meet itself. Currently, Virginia is allowing only 25 spectators per sporting event per the Governor's latest order.

Packet Pickup & Information:

Packets can be picked up Thursday afternoon from 4:00pm - 9:00pm at the Virginia Beach Sports Center. Packets can also be picked up from 8:00am-8:00pm on Friday as well. All packets will be picked up at the packet pickup window located off of the promenade and next to the athletes' entrance.

Packets can only be picked up AFTER full payment has been made.

Mask Policy:

In accordance with local and state ordinances, masks are required on everyone older than five years old at all times. The only exception is for athletes competing in their event OR when athletes are warming-up outdoors and are more than 10ft away from the nearest person.

Team Areas:

College teams will be allowed to keep their athletes inside in a dedicated spot in the bleachers. Athletes may enter one hour prior to their scheduled event to warm-up. They should leave after their event.

Restroom Facilities:

There are multiple port-o-johns located on the back side of the facility. Aside from those, there are restrooms inside for use if and when athletes, spectators, and coaches are allowed inside.

There are no specific team dressing or shower facilities. There are quite a few restrooms though that could be used.

Trainers/Medical:

There will be licensed athletic trainers on-site during all competitions with ice, bandages, and medical supplies.

Spike Information:

The only spikes allowed are 1/4" pyramid spikes. No needles or Christmas tree spikes allowed.

Warm-up Information:

Each athlete will have a chance at warming-up inside the facility. Depending on the event and the current capacity, that time may differ. We will post a schedule for when athletes can enter and warm-up prior to their events on the final schedule and meet information that will be emailed out closer to the event itself.

Athletes are more than welcome to run around the facility and parking lots. Please do not run in residential areas or run in large groups.

Bus/Team Parking:

Busses can park at the back of the Virginia Beach Boulevard parking lot. It can be accessed from 19th street as well. Teams can drop off using the 19th street entrance but cannot park there.

Athlete Check-In:

Athletes will check-in for their events at either the event itself (field events) or at the bullpen clerking area located in the back left corner of the building. This corner is the corner to the bottom left of the large scoreboard at the back of the building.

Coaches:

Teams will be limited to three coaches inside at any one time. You may travel with more coaches but only three may be inside at a time. We will coordinate with you on whether we will be using passes or wristbands for this. Those will be in your packet.

Running Events:

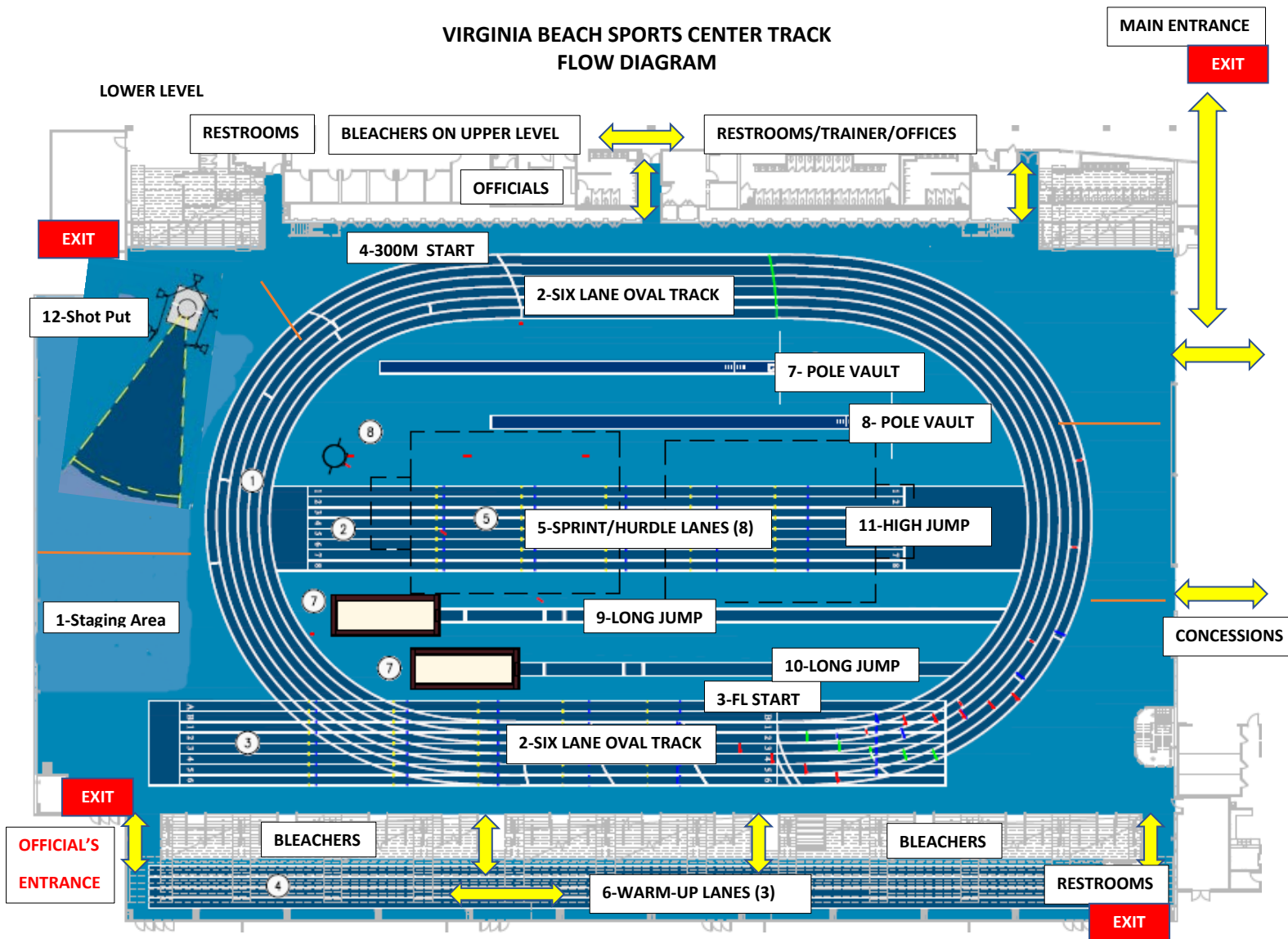
- USATF rules apply
- Lane preference decided based on USATF rules
- Meet will be run slowest to fastest
- The track will be set to a 10 degrees bank, it will not move during competition per NCAA rules

Field Events:

- USATF rules apply
- No chalk markings, please bring GAFFERS tape, a small cone, or half of a tennis ball (or similar)
- Top 9 finishers advance to finals
- Implements will be weighed in at the event.
- All marks will be measured.
- Starting heights will be: 11'9 in the PV, 5'6'2" in the HJ

Results will be posted on BlueRidgeTiming.com

Track Layout



If you have any questions regarding the meet please reach out to one of the follow individuals.

Nolan Jez - Meet Director — njezva@gmail.com (804)-399-4646
 Vincent Pugh - Official's Coordinate/ Head Timer — vapugh1va@gmail.com
 Virginia Beach Sports Center — (757) 937-4571

Meet Schedule

Friday, February 5th, 2021 HIGH SCHOOL EVENTS ONLY

Saturday, February 6th, 2021

7:00am - Doors Open
8:00am - High School Girls' Two Mile Run
8:30am - High School Boys' Two Mile Run
9:00am - High School Girls DMR (1 Section)
9:20am - High School Girls 200m Dash Final
9:25am - High School Boys 200m Dash Final
9:40am - High School Boys DMR (1 Section)
10:00am - High School Girls 600m Dash Invite (1 Section)
10:05am - High School Boys 600m Dash Invite (1 Section)
10:10am - High School Girls 800m Run Invite (1 Section)
10:15am - High School Boys 800m Run Invite (1 Section)
11:00am ----- College Events Begin — — — — —
WOMEN —> MEN
11:00am - 800m Run
11:50am - 400m Dash
1:00pm - 60mH Trials
1:30pm - 60m Dash Trials
2:00pm - Mile
3:20pm - Women's 60mH Final
3:30pm - Men's 60mH Final
3:40pm - Women's 60m Dash Final
3:50pm - Men's 60m Dash Final
4:00pm - Sprint Medley Relay
4:45pm - 200m Dash
6:30pm - 3K
7:00pm - 4x400m Relay
7:30pm - High School Girls 4x200m Final
7:35pm - High School Boys 4x200m Final
7:45pm - Professional Men's 500m Dash
7:50pm - High School Boys 60mH Final
7:55pm - High School Girls 60mH Final

8:00pm - Professional Men's 300m Dash
8:10pm - High School Boys 60m Dash Final
8:15pm - High School Girls 60m Dash Final
8:20pm - High School Girls 2K Invitational (1 Section)
8:30pm - High School Boys (2K Invitational (1 Section)

Field Event Meet Schedule

Saturday Field Events

11:00am - Men's Long Jump
11:00am - Men's Pole Vault
11:00am - Women's Pole Vault
11:00am - Women's Shot Put (INFIELD)
11:00am - Men's Shot Put (Large Ring)
11:00am - Women's Long Jump
2:00pm - Women's Weight Throw
2:00pm - Men's Triple Jump
4:00pm - Men's High Jump
4:00pm - Women's High Jump
4:30pm - Men's Weight Throw
4:30pm - Women's Triple Jump