

THE VA OPENER INVITATIONAL & VIRGINIA BEACH SPORTS CENTER GRAND OPENING

Message from meet management: Welcome to the Virginia Beach Sports Center and The VA Opener Invitational. We know every single one of you has made a sacrifice to come to this meet, let alone during a pandemic. We are thankful for you and your trust in us.

We also know that the entire process (emphasis on only being able to have 25 spectators allowed) is not perfect and can be improved. This weekend though will not be overshadowed by what we could do better or the tough restrictions put on us. What this weekend is about is the kids. We finally can give them something to prove that their hard work has really been worth it. They deserve the chance to compete on a big stage and we hope to fulfill that role and push them to a personal record.

Best of luck to all competing this weekend!

WAIVERS: [COVID-19 - USATF WAIVER](#)

FINAL INSTRUCTIONS

Live Stream: WATCH LIVE on MileSplit -- [LIVE STREAM LINK](#) -- can choose monthly or yearly option for viewing, access also gets you access to rankings, athlete profiles, and photos from meet!

Meet Schedule: The Final Schedule can be viewed here: [FINAL SCHEDULE](#)

Heat Sheets: [Friday](#) - [Saturday](#)

Hotel Information: If you have not booked a hotel yet, check out this link for the best hotel rates and closest hotels. This link also helps us track how many people are coming to the city for track, the more that book with this link the better it is for the VBSC in proving that track is the best sport around!

[HOTEL BOOKING LINK FOR BEST DEALS AND CLOSEST HOTELS](#)

COVID-19 Protocols & Restrictions:

The absolute most important thing this weekend is the health and safety of our competitors, officials, staff, spectators, and everyone involved with this event. That is why we are taking

every necessary precaution to ensure this event is safe and within all local, state, federal, and USATF guidelines with regards to COVID-19.

The first and foremost protocol is simple. If you are feeling ill, stay home. Our event will be live streamed and viewing a track meet is not worth the chance of spreading any illness to others.

The second protocol is that we are requiring masks for everyone. At all times. Re-read that so it is clear. If you feel uncomfortable wearing a mask, please stay at home. This event will not be for people who cannot keep their mask on the entire hour that they will be inside.

Masks are required while you are outside as well. The only time anyone should have a mask off is if you are an athlete competing in an actual event. Warming up requires a mask as well.

Masks are allowed while running or competing but not mandated. Gloves are allowed as well.

Social distancing will also be enforced at all times where possible. That includes lining up outside, inside during the field events, and warming up inside or outside.

Everyone entering will need to sign a COVID-19 waiver and have their temperature checked. Even if you enter multiple times in a day, each time you will need to have your temperature checked.

Blocks will be sanitized between uses and other meet equipment will be periodically cleaned using our foggers.

Athletes cannot share poles or shot puts in competition or during warm-ups. Please come prepared with your own equipment.

Race sizes are also being limited to 75% at most of what we normally would do for oval races. Some races will be less than 50% of what our normal race size would have been.

If you have questions regarding risks and levels of risk for each event please go to see USATF's guidelines for what events are at what level.

Masks: Masks are required for everyone. If you feel uncomfortable in a mask at all times please stay at home or in your car and enjoy our broadcast from that location. This is about the kids and doing everything we can to comply with prevailing laws to allow this event to take place. Athletes must warm-up in a mask and can only remove their mask for their actual race when they are up next on the track. Masks are not in lieu of social distancing but an added protection, everyone should be wearing a mask and social distancing at all times inside and outside.

What You Should Bring With You Inside: When your athlete comes inside they should bring only the following things: spikes or competition shoes, mask, hand sanitizer, water bottle, and any needed medications or rescue inhalers. We do not recommend bringing in wallets or phones, please do not leave valuables unattended!

T-Shirt Sales: T-shirts will be sold outside near the packet-pickup table. We intend on ordering 1 shirt for every 10 athletes so the supply is very limited! We accept cash, check, or venmo for t-shirts. \$25 for cotton long sleeve, \$30 for dri-fit long sleeve. Every athlete's name is on the back!

Spike Check: All spikes will be checked prior to competition. Please have your spikes out of the bag and with the spikes facing UP. We will then check them and give you a small zip tie to put on the spikes. ¼" PYRAMID spikes are the only spikes allowed. Needles or christmas tree spikes are not allowed.

Uniforms: All uniforms must comply with USATF rules. Check USATF handbook with regards to uniform questions.

Spectator Tickets: Check meet page for any changes but as of now the entire two days are SOLD OUT. We are legally limited to just 25 spectators and to allow people the peace of mind of knowing whether they could get in or not, and to not have people waiting outside in the cold, we did a ticket pre-sale where we let folks know over a week in advance where and how to buy them. For gate admission spectators will need their ticket printed out or on their phone and show a staff member at the spectator entrance.

Spectators must sit on the home stretch side.

Coaches Passes, THIS IS A CHANGE: Coaches passes are now going to be sold online.

We will post the link for all coaches passes at 6:30pm EST

Please check your email and this page for the most up-to-date information.

Coaches passes will be available for COACHES ONLY. Coaches can be parents but not all parents are coaches. Please understand that there are limited spots and watching online is a viable option.

Coaches' passes are \$10 PER SESSION. You will receive a wristband that is good for only that session.

All coaches must exit the entire building after each event.

Coaches' Passes Available Per Session: (NUMBER AVAILABLE IN PARENTHESIS)

Friday	Saturday
Session 1 (40)	Session 1 (50)

Session 2 (60)	Session 2 (20)
Session 3 (70)	Session 3 (20)
Session 4 (40)	Session 4 (20)
Session 5 (60)	Session 5 (50)
Session 6 (40)	Session 6 (30)
Session 7 (60)	Session 7 (30)
Session 8 (60)	Session 8 (60)
Session 9 (40)	Session 9 (30)
Session 10 (55)*	Session 10 (50)
Session 11 (20)	Session 11 (25)
	Session 12 (60)
	Session 13 (50)

- Pole Vault Coaches with a pass can stay for both sessions 10/11
Coaches must be on back stretch side during events unless it is a field event.

Waivers: Upon entry there are two waiver you will need to sign or have a parent/guardian/coach sign. The first one is COVID-19 waiver stating you are not experiencing symptoms or have been exposed to someone who is. The second is for the USATF sanction to waive liability. Both are at packet pickup. We will email you these waivers ahead of time to fill out. Please print it and bring it with you.

[USATF WAIVER TO PRINT/SIGN \(NEED GUARDIAN IF UNDER 18\)](#)

→ The Sanction # for the 'VA Opener' is 20-12-116.

COVID - 19 WAIVER

Lane Assignments: We will seed races lanes 5-4-6-3-2-1 for oval races, 4-5-3-6-2-7-1-8 or similar for 60/60H, and the top seed will be placed on the outside in lap races.

Bib #'s: Please know your bib number ahead of packet-pickup. You can check your bib # by going to the link [HERE](#) or by checking the meet page. Your bib # is needed to get your bib which will be your way into the building for your specific event. Safety pins are at packet pickup as well.

Packet-Pickup: Packet pickup is located next to the t-shirt stand on the main promenade. When picking up packets, please only have one individual for each team there. We will not take one athlete's bib out of the packet. They will receive the entire packet to keep lines down and help against face to face interaction.

For unattached athletes, please know your bib number. [You can view your bib number here.](#) Please come to packet pickup and tell them your number, not your name.

Safety pins are on the packet pickup table. Please grab your safety pins there.

Live Results: Live Results can be found on the [MileStat meet page here](#).

Final “OFFICIAL RESULTS”: Final official results will be posted to VA.MileSplit.com .

Parking: Parking is accessed from Virginia Beach Boulevard, not 19th Street. The entrance on 19th street is for busses and handicap parking only. We will be putting cones out for spots that are closed and only there for athlete drop off and pickup.

Athlete Drop Off: [Watch the video here](#). That is where athletes will be dropped off. This is on the Virginia Beach Boulevard side.

Athlete Pickup: [Watch the video here](#). That is where athletes will be picked up. This is on the Virginia Beach Boulevard side.

Track Surface: The track surface is a brand new Beynon poured rubber surface. All runways and straightaways are the same surface. The track also banks up to 12 degrees!

Pentathlon: Pentathletes can enter at 8:00am on Friday. Athletes are allowed one coach with them. Both must wear masks at all times, except when the athlete is actively competing in an event.

The event order for boys is: 60mH, LJ, SP, HJ, 1K

The event order for girls is: 60mH, LJ, SP, HJ, 800

Athletes are allowed 30 minutes between events. That means 30 minutes from the final competitor finishing the previous event until the first athlete begins the next event. So warm-ups and getting marks down or practice throws is counted within that 30 minutes.

Scoring will be done at the completion of the event. We will however try and add in the results to live results throughout the competition.

Age-Groups: High School (15-19), 13-14, 11-12, 9-10, 8-Under

Order Of Running Events: High School Age, then counting down in age groups after. That means 8-under is the final race on the track for each event.

We are running all girls' age-groups then all boys' age-groups.

200 & 400m Dash Sections: The first 20 sections of the 200/400m dash (15-18 age-group) are in part one. The sections 21 & up and all other age-groups is in part two of the race. Check out the heat sheets now posted for your section.

Rules: USATF rules for all events at this meet. If you have questions regarding them please cite your USATF 2020 handbook with the most up to date rules.

Awards: Medals will be given to the top three finishers in every event/age-group.

Entry Fees: Entry fees for this meet are just that, entry fees and not competition fees. The entire balance is due at the time of registration closing. There are no refunds or changes made if an athlete is registered and does not compete. You can pay online at [Paypal.me/VA>Showcase](https://www.paypal.com/VA>Showcase) or by mailing a check to 2246 Park Ave Richmond, VA 23220. The check should be made out to "VA SHOWCASE"

8 & Under, and 9/10 Age Group: We are going to keep all athletes in this age-group together. They will exit together with an official following the completion of their event. Please be at the pick-up door at this time. Please also have your athletes bib number too to verify that you are their parent/guardian or coach.

LINK AND PASSWORD FOR COACHES PASSES

PASSWORD: beachtrack

FRIDAY DECEMBER 4TH (11 Sessions)

1. Boys High Jump, Girls Shot Put, Girls Long Jump
<https://www.etix.com/ticket/p/7769088/session-1-coachs-tickets-boys-high-jumpgirls-shot-putgirls-long-jump-virginia-beach-virginia-beach-sports-center>
2. Girls 2 Mile Run
<https://www.etix.com/ticket/p/4657024/session-2-coachs-ticket-girls-2-mile-run-virginia-beach-virginia-beach-sports-center>
3. Boys 2 Mile Run

<https://www.etix.com/ticket/p/4853008/session-3-coachs-ticket-boys-2-mile-run-virginia-beach-virginia-beach-sports-center>

4. Girls 200m Dash #1
<https://www.etix.com/ticket/p/5942173/session-4-coachs-ticket-girls-200m-dash-1-virginia-beach-virginia-beach-sports-center>
5. Girls 200m Dash #2
<https://www.etix.com/ticket/p/4824104/session-5-coachs-ticket-girls-200m-dash-2-virginia-beach-virginia-beach-sports-center>
6. Boys 200m Dash #1
<https://www.etix.com/ticket/p/8737637/session-6-coachs-ticket-boys-200m-dash-1-virginia-beach-virginia-beach-sports-center>
7. Boys 200m Dash #2
<https://www.etix.com/ticket/p/3243724/session-7-coachs-ticket-boys-200m-dash-2-virginia-beach-virginia-beach-sports-center>
8. Girls 800m Run
<https://www.etix.com/ticket/p/6562185/session-8-coachs-ticket-girls-800m-run-virginia-beach-virginia-beach-sports-center>
9. Boys 800m Run
<https://www.etix.com/ticket/p/5984058/session-9-coachs-ticket-boys-800m-run-virginia-beach-virginia-beach-sports-center>
10. Girls 60m Hurdles, Pole Vault (Early Heights)
<https://www.etix.com/ticket/p/3961618/session-10-coachs-tickets-girls-60m-hurdlespole-vault-early-heights-virginia-beach-virginia-beach-sports-center> <-- THIS PASS IS GOOD
FOR BOTH POLE VAULT SESSIONS
11. Boys 60m Hurdles, Pole Vault (Later Heights)
<https://www.etix.com/ticket/p/4377795/session-11-coachs-ticket-boys-60m-hurdlespole-vault-later-heights-virginia-beach-virginia-beach-sports-center>

SATURDAY DECEMBER 5TH (13 Sessions)

1. Boys Shot Put, Boys Triple Jump, 4x800m Relays
<https://www.etix.com/ticket/p/3280248/session-1-coachs-ticket-boys-shot-putboys-triple-jump-4x800m-relays--virginia-beach-virginia-beach-sports-center>
2. Girls 60m Dash
<https://www.etix.com/ticket/p/7479089/session-2-coachs-ticket-girls-60m-dash--virginia-beach-virginia-beach-sports-center>
3. Boys 60m Dash
<https://www.etix.com/ticket/p/8184803/session-3-coachs-ticket-boys-60m-dash--virginia-beach-virginia-beach-sports-center>

4. Girls & Boys 4x200m Relay
<https://www.etix.com/ticket/p/2906314/session-4-coachs-ticket-girls-boys-4x200m-relay--virginia-beach-virginia-beach-sports-center>
5. Girls 1 Mile Run, 60m Dash Finals
<https://www.etix.com/ticket/p/6063681/session-5-coachs-ticket-girls-1-mile-run60m-dash-finals--virginia-beach-virginia-beach-sports-center>
6. Boys 1 Mile Run
<https://www.etix.com/ticket/p/4286596/session-6-coachs-ticket-boys-1-mile-run-virginia-beach-virginia-beach-sports-center>
7. Girls 400m Dash #1
<https://www.etix.com/ticket/p/4739242/session-7-coachs-ticket-girls-400m-dash-1-virginia-beach-virginia-beach-sports-center>
8. Girls 400m Dash #2
<https://www.etix.com/ticket/p/3349473/session-8-coachs-ticket-girls-400m-dash-2-virginia-beach-virginia-beach-sports-center>
9. Boys 400m Dash #1
<https://www.etix.com/ticket/p/5274527/session-9-coachs-ticket-boys-400m-dash-1-virginia-beach-virginia-beach-sports-center>
10. Boys 400m Dash #2
<https://www.etix.com/ticket/p/7078249/session-10-coachs-ticket-boys-400m-dash-2-virginia-beach-virginia-beach-sports-center>
11. Mixed 4x4, Girls 4x4, Boys 4x4
<https://www.etix.com/ticket/p/4070565/session-11-coachs-ticket-mixed-4x4girls-4x4boys-4x4-virginia-beach-virginia-beach-sports-center>
12. Girls 5K, Boys 5K, Girls High Jump, Girls Triple Jump
<https://www.etix.com/ticket/p/5128181/session-12-coachs-ticket-girls-5kboys-5kgirls-high-jumpgirls-triple-jump-virginia-beach-virginia-beach-sports-center>
13. Boys Long Jump
<https://www.etix.com/ticket/p/4628245/session-13-coachs-ticket-boys-long-jump-virginia-beach-virginia-beach-sports-center>