

# The VA Showcase



**The Home of National & State Records**

**Virginia Beach Sports Center  
January 17-19, 2025**

# Forward

On behalf of the VA Showcase team, the City of Virginia Beach, and the Virginia Beach Sports Center we are excited to have the best athletes from all over the United States back at our event. This will be the third year the event is at the VBSC and we could not be more excited.

This year we expect an even larger crowd and the return of full teams and spectators.

Though we know the competition will always be top notch, we are particularly excited for the group of athletes coming this year who will once again chase records and personal bests in front of the best crowd in Track & Field.

As always, we are excited to partner again with FloSports and MileSplit who will be streaming the weekend's events and providing great live results. All of which will be available for viewing on the meet page.

Lastly, we want the athletes to know we are there for them. We do not judge our success on registration but results. So our message is to use the crowd, use the energy, and realize how hard you've worked... you deserve that PR, that record, and your moment at the VA Showcase!

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## **Results**

Results will be posted live by the great timers at BlueRidgeTiming and also posted to MileSplit as soon as they are complete (Final). Results are not final until posted as “official/final” results.

### **Live Results - Results**

### **[Live Stream](#)**

[You can tune in to watch LIVE on FloTrack right here!](#)

## **Photo/Video Coverage**

Get ready for some next-level coverage. The meet will be live streamed on Flotrack meaning high quality footage of all competition and commentary as well. There will also be MileSplit photographers on site all weekend providing great photo coverage as well. Most years that means well over 20,000 pictures!

## **Performance Lists**

Performance lists are posted on MileSplit following registration closing. Performance lists on CoachO are only for those registering on CoachO for Sunday's competition.

We expect to post performance lists for high school competition on the MileSplit meet page roughly Monday evening or Tuesday morning after registration closes.

## **Invitational Events**

The VA Showcase is different insofar that it has a meet within a meet. The Invitational events are the elite of the elite. That isn't to say the rest of the meet isn't elite, we've actually seen US #1's out of the "unseeded" heats before. Invitational events are run ON TIME, not ahead or behind. Every athlete will have access to blocks and their own lane for lane races. They represent roughly the top ~15 or so entrants in a given event. For field events that will mean the top flight of athletes and for running races it will mean either the top section or top couple sections for events like the 300, 500, and Mile.

For entering the invitational Mile/Two Mile. Please enter the 1600/3200 and if you're one of the top entries you'll be automatically moved to the Mile/Two Mile race distance.

## **Registration**

Registration for the VA Showcase is in two places. For NFHS sanctioned competition, i.e. those athletes running solely for their high school team, they can register on MileSplit meet page.

For youth athletes competing for their club, they can enter on the CoachO meet page.

## **Entry Fees**

Registration fees for this event are entry fees and not competition fees. That means the fee is due at the time of registration closing whether you run or not. This is because insurance, timing, bibs, and many other expenses are based on the entries and not the finishers.

The fee is \$15/individual entry and \$40/relay entry. If "athlete x" is entered in three events, the fee would be \$45.

Fees can be paid online using Paypal thru the MileSplit system or via check. The check should be made out to VA Showcase and mailed to 2246 Park Ave, Richmond, VA 23220 OR brought to the meet if it will not arrive before the meet.

## **Spectator Fees**

To keep lines down and points of interaction down as much as possible, the VA Showcase has gone completely online for ticket purchasing. You must purchase your ticket online prior to entering the meet.

[\\$25/weekend pass \(Friday/Saturday\) + taxes/fees or \\$15 Per day](#)

[\\$15/Sunday Pass + taxes/fees](#)

## **Coaches Fees**

There is no fee for coaches on Friday/Saturday. Coaches must have a wrist band though to designate them as a coach and not as a spectator/athlete.

Coaches on Sunday must pay \$15. They can purchase their coaching pass as a spectator ticket for Sunday. Those two tickets are the same.

## **Sanctioning**

The VA Showcase on Friday and Saturday is sanctioned by the NFHS/VHSL. For all the states sanctioned, please reference the meet page where the list is constantly updated.

There are no unattached athletes allowed during NFHS/VHSL sanctioned competition. USATF competition is sanctioned by the USATF.

## **Hotel Information**

The VA Showcase is working hand and hand with JEMS Hospitality to provide all our fans and teams the guaranteed lowest rate. Please book your hotel accommodations thru the link below to help us track how many rooms our track events bring to the city to help them prioritize track events over others potentially renting the facility.

[HOTEL INFORMATION & BOOKING](#)

# 2025 VA Showcase FINAL Schedule

***UPDATED 1-13-2025***

Thursday, January 16th -- Shakeout and warmup day

5:00pm-9:00pm: Track open for warmups, shakeouts, and practice

Friday January 17th

***8:00am: Packet pickup opens, DOORS WILL NOT OPEN EARLY***

**8:30am: Doors Open, facility open for teams and warmups**

**10:45am: Boys & Girls adidas Nationals 200m Dash Qualifier**

**11:15am: Girls 55m Hurdle Prelims (Top 8 Advance to 60mH Final)\*Seeded are top 6 heats**

**11:20am: Girls 1600m Run**

**11:45am: Boys 55m Hurdle Prelims (Top 8 Advance to 60mH Final) \*Seeded are first 6 heats**

**12:15pm: Girls 55m Dash Prelims (Top 8 Advance to 60m Dash Final)\*Seeded are first 6 heats**

**1:20pm: Boys 1600m Run**

**1:30pm: Boys 55m Dash Prelims (Top 8 Advance to 60m Dash Final)**

**4:00pm: Boys 55m Dash Prelims (Heats 1-6) \*This is the regular 55m dash but we are running it later for safety reasons. Just heats 1-6 will run later, heat 7 will be up first at 1:30pm. The names under seeded boys 55 will run here.**

***4:30pm: Honorary Meet Referees Ceremony***

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**Begin Invitational Events**

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**4:35pm: Boys Invitational 500 (Top 1 Section)**

**4:40pm: Invitational Boys Shuttle Hurdle Relay**  
**4:45pm: Championship Girls 4x400m Relay (1 Section)**  
**4:50pm: Championship Boys 4x400m Relay (1 Section)**  
**4:55pm: Invitational Girls Shuttle Hurdle Relay**  
**5:00pm: Girls Invitational Distance Medley Relay (1 Section)**  
**5:20pm: Boys Invitational Distance Medley Relay (1 Section)**  
**5:35pm: Girls Invitational Mile (Top 3 Sections)**  
**6:05pm: Boys Invitational Mile (Top 3 Sections)**  
**6:25pm: Girls Invitational 300m Dash (Top 28 Athletes in 7 Sections)**  
**6:35pm: Boys Invitational 300m Dash (Top 28 Athletes in 7 Sections)**

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**Begin Rolling Schedule**

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**6:50pm: Girls 300m Dash (Top 5 Sections w/blocks)**  
**8:15pm: Boys 300m Dash (Top 5 Sections w/blocks)**

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**Friday January 17th Field Events**

**11:00am: Girls Triple Jump (Both pits (28'-32' Boards)), Boys Shot Put**  
**12:00pm: Girls Pole Vault (One pit)**  
**4:00pm: Girls Invitational Triple Jump (pit A - front(32'-36' Boards))**  
**4:00pm: Boys Long Jump (pit B - until after invite is finished then two pits)**  
**5:30pm: Girls Invitational High Jump (pit A), Boys Invitational High Jump (pit B)**



**6:00pm: Boys Invitational Long Jump (pit A - front)**

**6:30pm: Girls Invitational Pole Vault, Boys Invitational Shot Put**

**7:00pm: Girls High Jump (Two Pits)**

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**Saturday January 18th**

**6:45am: Facility Opens & Track Opens For Warmups**

**7:30am: Girls Unseeded 3200m Run (Fastest Section First)**

**8:35am: Boys Unseeded 3200m Run (Fastest Section First)**

**10:30am: Girls 4x800m Relay (Fastest Section Last)**

**11:15am: Boys 4x800m Relay (Fastest Section Last)**

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**Opening Ceremony, National Anthem, & Begin Invitational Events**

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**12:10pm: Championship Mixed 4x400m Relay (One Section)**

**12:15pm: Girls 60m Dash Final**

**12:20pm: Boys 60m Dash Final**

**12:25pm: Girls 60m Hurdle Final**

**12:30pm: Boys 60m Hurdle Final**

**12:35pm: Girls Invitational 1000m Run (One Section)**

**12:40pm: Boys Invitational 1000m Run (One Section)**

**12:45pm: Girls Invitational Two Mile (One Section)**

**1:05pm: Boys Invitational Two Mile (One Section)**

**1:20pm: Girls Invitational 4x200m Relay (Top 16 Teams in 4 Sections)**

**1:40pm: Boys Invitational 4x200m Relay (Top 16 Teams in 4 Sections)**

**2:00pm: Girls Invitational 500m Dash (Top 5 Sections)**

**2:15pm: Boys Invitational 500m Dash (Top Sections 2-5)**

**2:30pm: USATF Boys 300m Dash (1 Section by Invite) (USATF event)**

**2:32pm: USATF Fastest Boys 800 in The World (USATF event)**

**2:35pm: Girls Invitational Sprint Medley Relay (Two Sections)**

**2:45pm: Boys Invitational Sprint Medley Relay (Two Sections)**

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**Begin Rolling Schedule**

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**2:55pm: Girls 4x200m Relay**

**4:10pm: Girls 300m Dash (1 makeup section from 4x4)**

**4:15pm: Boys 4x200m Relay**

**5:35pm: Girls 1000m Run**

**6:45pm: Boys 1000m Run**

**8:25pm: Girls 500m Dash**

**9:10pm: Boys 500m Dash**

**10:10pm: Girls 4x400m Relay (All but top section)**

**10:20pm: Boys 4x400m Relay (All but top section)**

**10:30pm: Remaining Mixed 4x400m Relays**

**10:40pm: Remaining Sprint Medley Relays**

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### **Saturday January 18th Field Events**

**8:00am: Boys High Jump (Two Pits), Girls Shot Put, Boys Pole Vault (One Put), Boys Triple Jump (Both Pits(32'-36' Boards)) *\*\*PLEASE NOTE THE EVENT WILL BEGIN AT THIS TIME AND WARMUPS WILL BE FINISHED***

**1:00pm: Boys Invitational Triple Jump (Pit A - front (36'-41' Boards)), Boys Invitational Pole Vault**

**3:00pm: Girls Invitational Long Jump (Pit A - front)**

**3:00pm: Girls Long Jump (Pit B - until invite is finished then both pits)**

**3:30pm Girls Invitational Shot Put**

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### **Sunday January 19th (ALL USATF CLUB COMPETITION)**

**\*This is an estimated time schedule, our schedule is a rolling time schedule**

**\*\*All events will be run oldest to youngest**

**8:00am: Doors Open**

**9:30am: 200m Dash (F)**

**12:00pm: 60m Hurdle Finals (HSB, HSG, 13/14B, 13/14G, 11/12B, 11/12G)**

**1:00pm: 60m Dash Prelims (Top 8 to final)**

**1:30pm: 1500m Run (F)**

**3:00pm: 800m Run (F)**

**4:30pm: 3000m Run (F)**

**5:30pm: 400m Dash (F)**

**7:00pm: 60m Dash Finals**

**9:30pm: 4x200m Relay (F)**  
**9:50pm: 4x800m Relay (F)**  
**10:00pm: 4x400m Relay (F)**

#### **Field Events**

***\*All field events are youngest to oldest***

**Field Events begin at 10:00am**

**Boys Long & Girls Long followed by Triple Jumps**

**Girls Shot Put followed by Boys Shot Put**

**Girls High Jump followed by Boys High Jump**

**Girls Pole Vault followed by Boys Pole Vault**

***(Pole vault to follow high jump competition)***

#### **Saturday January 18th Field Events**

**9:00am: Boys High Jump (Two Pits), Girls Shot Put, Boys Pole Vault (One Pit), Boys Triple Jump (Both Pits) *\*\*PLEASE NOTE THE EVENT WILL BEGIN AT THIS TIME AND WARMUPS WILL BE FINISHED***

**1:00pm: Boys Invitational Triple Jump (front pit), Boys Invitational Pole Vault**

**3:00pm: Girls Invitational Long Jump (front pit)**

**3:00pm: Girls Long Jump (Pit B - until invite is finished then both Pits)**

**3:30pm Girls Invitational Shot Put**

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## **Sunday January 19th (ALL USATF CLUB COMPETITION)**

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**8:00am: Doors Open**

**9:30am: 200m Dash (F)**

**12:00pm: 60m Hurdle Finals** (HSB, HSG, 13/14B, 13/14G, 11/12B, 11/12G)

**1:00pm: 60m Dash Prelims (Top 8 to final)**

**1:30pm: 1500m Run (F)**

**3:00pm: 800m Run (F)**

**4:30pm: 3000m Run (F)**

**5:30pm: 400m Dash (F)**

**7:00pm: 60m Dash Finals**

**9:30pm: 4x200m Relay (F)**

**9:50pm: 4x800m Relay (F)**

**10:00pm: 4x400m Relay (F)**

### **Field Events**

*\*All field events are youngest to oldest*

**Field Events begin at 10:00am**

**Boys Long & Girls Long followed by Triple Jumps**

**Girls Shot Put followed by Boys Shot Put**

**Girls High Jump followed by Boys High Jump**

**Girls Pole Vault followed by Boys Pole Vault**

***(Pole vault to follow high jump competition)***

### **Special Notes for Field Events**

During high school competition, there will be multiple pits being used for some field events. Please pay close attention to your flight and pit assignments. Below is a little more event specific information.

All invitational field events will have a prelims/finals where possible.

**Pole vault** - athletes must provide their own equipment. The time listed on the schedule is the start time, please warm-up accordingly.

**Shot Put** - weigh-in will be at the event itself.

**Long/Triple Jumps** - athletes must check-in at their pit when their flight is called.

Each flight will have a small warm-up period followed by competition. Athletes can use gaffers tape only to mark their marks. Athletes cannot run backwards on the runway due to safety concerns.

**High Jump** - athletes must check-in at their pit when their flight is called. Athletes can only use gaffers tape to mark their marks. Athletes can check out for a running event but must return before the bar is raised as it will not be lowered.

## Order of Events

All events will be contested Girls followed by boys. All invitational events on Friday/Saturday will be run unseeded to seeded. All other events over the course of the weekend (including all competition on Sunday) will be contested seeded to unseeded meaning the fastest seeded competitors are running first.

For Sunday's competition, all girls will run (all age-groups) and then all boys will run (all age-groups) starting with oldest first.

## Spike Policy

The only spikes allowed at this meet are ¼" PYRAMID spikes. See below for what is acceptable. PLEASE check your spikes before bringing them to the event.



All spikes will be checked prior to competition, zip tied at the spike check table and then once again checked at the starting line or clerks' stand.

## **Team Areas**

Teams should setup on the track side in the bleachers. Teams are not allowed to setup on the finish line sections (3) or at the shot put (1). We will be patrolling the area to condense teams. Teams should stack their bags and condense to 3-5 rows per school. One row should fit 15 individuals.

## **Food/Drink Policy**

Absolutely no outside food or drink can be brought into the VBSC. The only allowed items are water bottles (NOT CASES OF WATER BOTTLES). This is not a meet policy but a facility policy.

## **VA Showcase Alumni**

The VA Showcase is proud of what its alumni have gone on to do. There have been numerous NCAA champions and even three Olympic Gold Medalists! Those medalists include Lynna Irby, Athing Mu, and Randolph Ross. All three also won NCAA gold individually.

## **Meet Records**

## [Boys Meet Records](#) - [Girls Meet Records](#)

### **COVID-19**

Meet Management is closely following the uptick in COVID-19 cases. Currently there are no restrictions being imposed upon the facility or event. We highly recommend following your local health department's information as it relates to SARs COV-2.

Masks are not required but recommended. Vaccinations are not required but recommended. Negative COVID-19 tests are not required but recommended.

If you are experiencing any COVID-19 symptoms, please do not enter the facility.

### **Waivers**

All athletes competing on Sunday will need to complete a USATF Waiver that can be found here: [USATF WAIVER](#)

This must be printed out and brought to packet pickup. One waiver is needed for an entire team if the coach has the authority to act as legal guardian.

### **Packet Pickup**

Packets can be picked up at the will call window #1(right side one) starting at 8:00am EST on Friday.



Teams must pay before they can receive their packets. All bibs will be by last name. In the case that there are siblings or athletes with the same last name, they are alphabetically numbered.

## **Meet Live Updates**

As with any large sporting events, there are inevitably changes and announcements being made. To have the most up to date information please listen to the public address announcers during the meet.

For large changes and important notices, they will be announced on the PA system and on twitter @VAShowcase

## **T-Shirt/Merchandise**

T-Shirts and other clothing will be sold this year at the VA Showcase. All items will have every athlete's name on the back and feature different designs and colors. Supply will be limited so check them out at the t-shirt table. They will accept cash and card only.

## **Age-Group Specific Information**

Athletes should come to check-in without their coach/parent unless the athlete is 9-Under. All athletes 10 & older should come to the clerking station by themselves. Our staff will make sure they are taken care of. 8-Under will run by themselves and the following age-groups will be run combined: 9/10, 11/12, 13/14, 15-18

## **Awards**

Athletes placing first, second, or third in all invitational events or any event on Sunday can pick up their awards at the awards table. Athletes cannot pick up their medal until after the event's results are posted online. Please allow up to one hour for field event results to be posted.

## **Entrance/Exit Plans**

All spectators must enter through the spectator entrance, even when re-entering the facility. That entrance is the one on the left hand side of the promenade located next to the large set of doors and ticket windows.

All athletes and teams must enter through the double doors on the right hand side next to the single window ticket window. Athletes must have their bibs and coaches must have their wristbands to enter. No exceptions are going to be made.

All athletes, teams, spectators, and coaches will have their bags searched for outside food/beverages/any other prohibited items.

Everyone should exit using one of the glass doors along the backstretch of the facility. You can find those by exiting under the bleachers on the backstretch side or by walking down the hallway adjacent to the athlete entrance.

## **Busses**

Busses may drop off athletes on the 19th street side. From there, busses must park at a remote parking lot or at your team's hotel parking lot. If there will be spots allotted at the VBSC parking lot, we will notify teams. Please plan to not have your bus at the facility.

## **Emergency Plan of Action**

In the unlikely chance that there is an emergency, teams, athletes, fans, and coaches must be prepared to act.

The first step is to listen to all public announcements. If there is an emergency, it will be announced and actions of what to do will be announced as well. It is imperative that these are followed.

In the event that there is a fire, please exit in a calm and orderly fashion. Fire doors are located along all walls of the building and warm-up track. Exit the building and walk to either your bus, hotel (if across the street) or pre-designated team meeting area.

The event that there is an active shooter, follow the instructions of police and facility staff.

If there are any other medical or other emergencies. Please make meet management aware of it by letting the nearest official or facility staff member know.

## **Heat Sheets**

Heat sheets will be posted during the week leading up to the VA Showcase. Normally, registration will close Sunday and by Monday afternoon we will post the “invitational performance list”. Following that on Tuesday a full performance list will be posted. Following that heat sheets will be released either later Wednesday or early on Thursday. Our goal is to get them to you ASAP but also believe in providing the information only once, so we wait for as many changes as possible prior to posting.

Heat sheets will be posted on MileSplit, on the wall (in two paces) at VBSC.

## **Uniform Policy**

For all high school competition, that means all competition sanctioned by the NFHS on Friday and Saturday, athletes must wear school issued uniforms.

Please reference your 2021-22 NFHS handbook for particular regulations as it relates to relay members, logos, and any other questions.

USATF competition over the weekend will follow USATF's most up to date rules.

## **Clerking**

The goal of the VA Showcase clerking staff is to be efficient both for the meet but also the competitors. That means very little time from check-in until the race. Which means you should come to check-in/clerking RACE READY (With spikes in your hand and not on or in a bag). There will be five steps to clerking this year.

**Step 1:** Look at your heat/lane assignment, our clerks will not look this up for you. They will politely ask you to exit and go to the wall where they are posted.

**Step 2:** Listen for your call and head to the clerking table **on the basketball side** when your event/heat is called. Do not go to the warm-up track or track side clerking unless instructed to.

**Step 3:** Once checked in and when you're within ~5 minutes of running, the clerking station will send you out to the warm-up track. There you can do striders and put your spikes on. Listen for further calls as you will soon be called to the track side clerking table.

**Step 4:** You will receive your hip number(s) at the clerking table near the shot put ring at the end of the warm-up track location. Please know your heat and lane assignment, there will be another set of heat sheets on the wall where you enter this area.

**Step 5:** You will be given your instructions and brought to the starting line.

## **FACILITY LAYOUT**

## **Meet History**

The VA Showcase began as just an idea from meet founder, Nolan Jez, and fellow track minds in VA. The goal was to create an event that was more than just a meet. Originally hosted at Liberty University, the event grew in just two years to be not only the best meet in the nation but the largest as well getting over 400 teams annually to attend.

In 2017, the meet was a huge success seeing two national records fall and countless US #1 marks. It was a crazy and hectic start to this meet with the facility not being technically finished and without many of the lane markings painted. Despite that, many coaches and volunteers stepped up to make it happen. The first race ever of this meet was a national record with Kate Murphy and Lake Braddock setting the distance medley relay national record.

In 2018, the meet brought on Vincent Pugh as the meet director. He quickly made the meet not only about entertainment and star power but about efficiency as well. Along side co-meet director Tom Cuffe, they sought out the best officials in the region to make this meet a destination for the athletes, teams, and officials.

In 2019, the meet continued to grow both in stature and prominence. More states were represented and with the addition of the youth competition on Sunday, this meet was a beast. This year saw over 300 high schools entered and numerous national records yet again.

In 2020, it was the end of an era. This would be the last time the VA Showcase called Liberty University home and it went out in a bang with multiple national records and multiple future Olympians competing. The headline race in this was Athing Mu vs Kayla Davis in the 300m dash and it did not disappoint. This year's meet was the biggest one yet.

In 2021, now at its permanent home, the Virginia Beach Sports Center, it continued to set records. Despite being contested in pods of under 250, the meet still drew 2,500+ athletes from over 40 states and saw a world record get broken. Still to this day, this has been the largest meet in the VBSC and largest meet in the United States since.

In total, meet has seen 10 national records, 5 U20 World Records, and over 120 US #1 performances in the five years the meet has been put on.

## **Honorary Meet Referees**

The 2025 Honorary Meet Referees are Jim Holdren (Coach), Kerri Johnson (Official), and John Herzog (Contributor)

## **Common Issues/FAQ**

Below you will find a list of very common issues and FAQ that we receive or see. Please share all of these with your team, parents, and athletes. It will help all of us to be on the same page and ready for a huge and successful meet!

- **Please explain what race/competition ready means.** Please also reference the clerking plan above. Athletes should show up without any sweats on and ready to compete. The only thing that they will not have ready is their shoes which should be put on after checking in.
- **Please make sure your athletes, team, and parents are familiar with the facility layout.** Where awards, spike check, the trainers, bathrooms, clerking, and all other major areas are.
- **No electronic devices in the competition area** (Oval or inside the oval).
- **Do not move barriers, disconnect barriers, or stand along barriers at any place in the facility.**
- **Please put all hip numbers in the trash immediately after your race.**  
Do not put them on walls or on the floor.
- **Please do not leave valuable belongings unattended.** We will however have security at the meet and the facility does have full-HD color security cameras outside and inside of the facility. If items are stolen and reported, we will identify the individuals via footage and send that footage to the proper authorities. Please let your team know this ahead of time.
- **No coaches on the infield unless you have the proper credential.**  
There are no exceptions.
  - **Come to clerking knowing your heat and lane assignment.**
- **Coaches can coach from the coaching boxes** for field events or in other designated areas by meet management.
- **Please exit the oval on the back stretch and follow all instructions** of where to go and when after you're finished racing.