



W&L Track & Field Carnival

Friday & Saturday March 20-21

Lexington, Virginia

- DATE:** Friday & Saturday March 20-21, 2026
- INVITE MEET:** Limited to 12 Teams
- ENTRIES:** All entries will take place through Direct Athletics
All entries are due by 7:00pm Tuesday March 17
Note: Field event (throws) will be limited to 32 total participants. 2 Flights of no more than 16 per flight
- ENTRY FEE:** \$400 per team or \$800.00 for both teams (10 or more individuals equals a team)
Men's and Women's teams considered separate
\$40 per individual (if under 10 individuals)
\$50 per relay (if you are only running a relay event)
Entry fee based on original # of entries when Direct Athletics closes
PAYMENT: Teams Pay **Online** Through **DirectAthletics**
- FACILITY:** 8 lane straightaway, 6 lane oval with Embedded Beynon track surface.
Dual runway for long/triple jump and pole vault. Steeple on inside.
*Throws Area is separate from Track Facility. @ Boneyard (back campus) off West Denny Dr.
- RESULTS:** Performance List, Heat Sheets & Results will be online here: [W&L Track and Field Carnival Site](#)
- PARKING (MAP):** Detailed parking and drop off locations will be sent week of meet
- IMPLEMENTS:** Must be certified 1hr prior to start of first throwing event each day @ Boneyard throws area shed
- TIMING:** Blue Ridge Timing
- STARTING BLOCKS:** Provided by W&L. UCS. Bring your own if you prefer.
- ATHLETIC TRAINING:** You will receive email from our athletic training office with what's provided and when.
- CONTACT:** Brandon Uhl—Head Men's Coach Dana Freeman—Head Women's Coach
Office -540-458-8349 Office -540-458-8965

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Dining Information

Chick-Fil-A: 65 Econo Ln, Lexington, VA 24450

Salerno's: 115 S. Jefferson St. Lexington, VA 24450; (540) 463-5757

Franks Pizza & Subs: 511 E. Nelson St. Lexington, VA 24450; (540) 463-7575

Macado's: 30 N. Main St. Lexington, VA 24450; 540-464-8201

Jersey Mike's: 225 N Lee Hwy, Lexington, VA 24450; 540-600-2302

Cookout: 455 East Nelson St. Lexington, VA 24450; (434) 420-8624

Ruby Tuesday: 120 N. Lee Hwy. Lexington, VA 24450; (540) 463-2094

Domino's Pizza of Lexington: 23 S. Jefferson St. Lexington, VA 24450; (540) 463-7375

Applebee's: 870 N. Lee Hwy. Lexington, VA 2445; (540) 463-2306

Kenney's of Lexington: 635 Waddell St. Lexington, VA 24450; (540) 463-5730

Papa John's Pizza: 14 East Midland Trail Lexington, VA 24450; (540) 463-7777

Wendy's – Lexington: 513 E. Nelson St. Lexington, VA 24450; (540) 463-5005

Niko's Grille: 167 S Main St. Lexington, VA 24450; (540) 464-9499

Pure Eats: 107 N. Main St. Lexington, VA 24450; 540-462-6000

The Palms: 101 W. Nelson St. Lexington, VA 24450; (540) 463-7911

Waffle House: 8 Maury River Road Lexington, VA 24450; (540) 463-6223