

2018 6 C and D Region OUTDOOR TRACK & FIELD CHAMPIONSHIPS



**MAY 23rd & 24th
ROBINSON SECONDARY SCHOOL
Coffey Stadium**

2018 6A NORTH REGION D BOYS & GIRLS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

- DATE:** Wednesday, May 23 and Thursday, May 24, 2018
- DIRECTOR:** Linda Sarabia Jones, South Lakes High School – DSA lsarabiajon@fcps.edu
Jeff Ferrell, Robinson Secondary School – DSA jferrell@fcps.edu
- LOCATION:** Robinson Secondary School, 5035 Sideburn Rd., Fairfax, VA 22032
- ADMISSION:** General Admission - \$7.00
- ENTRY DEADLINE:** ALL ENTRIES must be submitted on www.milestat.com. A backup copy may be submitted in hard copy on the Regional Entry form to the District Meet director at the conclusion of the district/conference meet. This form is the verification and back-up entry. Entries will all be due by 6:00 PM on Sunday, May 20, 2018 on milestat.com. Entries submitted into milestat.com are team's official entry and the responsibility of the coaching staff's accuracy. If athletes are erroneously omitted into milestat.com, it will disqualify their participation in the event. 6A North Region DSA's and Athletic Directors are not an appealable entity for entry discrepancies. Any questions, lsarabiajon@fcps.edu
- PRE-SEASON MEETING:** TBA (In-person) for the rules clinic and followed by pre-season meeting.
- AWARDS:** Championship and Runner-Up Team Trophies – Medals for first, second, third places for individual events, and for first, second and third for relays. Duplicate awards for ties. NOTE: THE VHSL NOW ADVANCES THE TOP 4 INDIVIDUALS AND THE TOP 4 RELAYS FROM THE REGION MEET TO THE STATE MEET.
- SCORING:** 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1 for all events.
- ENTRIES:** Entries are limited to the first six (6) individuals in each event and the first three (3) relay teams from the District Meet. In addition, a school may enter any additional participant who has met the Regional qualifying standards in a sanctioned meet of five or more schools, as dictated by the VHSL Handbook. Relay teams are limited to those who finish first, second, or third in the District/Conference Meet, or who have met the Regional qualifying standards. Times made in relays (splits) do not qualify for non-relay running events.
- EVENT LIMITATION:** In one meet a contestant may compete in any number of field events, but shall be limited to participation in only three running events. Exception, a contestant who competes in the 3200-meter run may compete in only one other running event on the same day. In a two-day meet, a competitor in the 3200m run may compete in three running events so long as they don't compete in all three on the same day.
- STANDARDS:** Distributed ELECTRONICALLY after the STATE STANDARDS ARE PUBLISHED
- NOTES:** The one minute rule will apply in all field events. DO NOT BRING YOUR OWN BLOCKS. Each school must bring their own batons, discus, shots, pole vault poles, water, towels, and safety pins.
- SCRATCH MEETING:** Monday, May 21st, 2018 at 6:30pm at Robinson Secondary at Recital Hall by Door 1.
- REPORTING FOR EVENTS:** Each contestant in a running event shall report to the clerk of course at the first call. Failure to report by the third call will result in a scratch. Each individual declared for participation must actually participate.
- CALL FOR EVENTS:** First call – 15 minutes prior to the scheduled time of event
Second call – 10 minutes prior to the scheduled time of event
Third call – 5 minutes prior to the scheduled time of event

SCRATCHES: Each contestant in a running event shall report to the clerk of the course by the third call. Failure to report by the third call will result in a scratch. **All individuals declared for participation at the deadline set by the director will have those events count toward their participation limit as specified in rule 84-4-7 (10) whether they compete in them or not.. If an athlete is excused from an event by the certified trainer on site, or a physician, that athlete will be eligible for any and all other events entered unless the certified trainer or physician determines that the athlete's health would be in danger with any further participation.** No event in the meet is to be delayed because a participant is engaged in another event. If a contestant is entered in a field event, which conflicts with the time schedule with a track event in which he is entered, he shall make advance arrangements with the official in charge of the field event to postpone his trials until after the track event has been run. No track event will be delayed to accommodate a contestant competing in a field event.

Individual

Participation: In one meet, a contestant may compete in any number of field events, but shall be limited to participation in only three running events, except that a contestant who competes in the 3200 meter run may compete in no more than one other running event. In any meet held over two days, a contestant competing in the 3200 meter run may compete in two additional running events as long as only one of the two additional races is contested on the same day as the 3200 meter run.

RULES: 2018 edition National Federation Rule Book and the 2017-18 edition of VHSL Handbook.

UNIFORMS: Team members shall wear the school uniform. A competitor must be in the proper track uniform and wearing his contestant number (when numbers are used) before he will be permitted to compete. Numbers, when worn, shall be attached to the front of the jersey for all events. In relay events each team member shall wear the same color and design school uniform (jersey and trunks). When more than one team member wears other apparel under the jersey, that apparel must be identical.

NUMBERS: The numbers and other official materials will be distributed to the coaches at the press box prior to the start of the meet.

CONTROL OF THE FIELD: Each coach is asked to keep his squad in the stands, off the track and out of the infield, except when an individual is warming up or participating in an event. **The only people allowed on the infield are those with identification tags indicating an official capacity in the meet. No shots or discus are allowed in the stands.**

WARM-UP Coaches are asked to instruct their athletes to warm up on the upper fields. In the field events, as much as possible, have your athletes' warm-up prior to the first call for the event. Please keep athletes in the stands except when they are warming up or are competing.

Final Advancement Formula **Advancement to the races with 1 section final will be: The winner of each semifinal heat and the next (X) fastest times (number needed to complete the 8 finalists). Seeding for finals will be based on place then time from semifinals.**

RELAY EXCHANGES: Sliding relay exchanges will be used in the 4 * 400 and 4 * 800 Relays, (i.e., the team leading off the last turn will have the pole, second off the turn, the second lane, etc. – 4 * 400 will be run on a 3 turn stagger so this only applies to last 2 exchanges). **IN LANE EVENTS COMPETITORS MUST RETURN TO THE FINISH LINE AND REMAIN IN THEIR RESPECTIVE LANES UNTIL THE JUDGES HAVE REACHED THEIR DECISION AS TO THE WINNER.**

AWARDS: Individual medals for running and field events will be presented to teams at the end of the meet. Team trophy will be presented after the 1600-meter relay.

DISCUS& SHOT: Shots and Discus will be weighed and certified by Head Field Judge.

LONG JUMP & TRIPLE JUMP: Three jumps in the trials and three jumps in the finals.

HIGH JUMP & POLE VAULT: Starting height will be determined by the games committee. Vaulters must be weighed in by Head Judge.

6A NORTH REGION OUTDOOR TRACK & FIELD CHAMPIONSHIP SCHEDULE

Wednesday and Thursday; May 23 & 24, 2018

Robinson Secondary School

WEDNESDAY, MAY 23

4:00 p.m.	Coaches Meeting Weigh in Discus/Shot Pole Vault Verification
4:30 p.m.	Boys Discus Region C then D Girls Shot Region D then C Boys Long Jump Region C then D Girls Long Jump Region D then C Girls High Jump Region C then D Boys Pole Vault Region D then C
6:00 p.m.	100m/110m Hurdles-Prelims
6:30 p.m.	100m Dash-Prelims
6:55 p.m.	3200m RELAY FINALS
7:50 p.m.	200m Dash-Prelims

THURSDAY, MAY 24

4:00 p.m.	Coaches Meeting Weigh in Discus/Shot Pole Vault Verification
4:30 p.m.	Girls Discus Region C then D Boys Shot Region D then C Boys Triple Jump Region C then D Girls Triple Jump Region D then C Boys High Jump Region C then D Girls Pole Vault Region D then C
5:25 p.m.	NATIONAL ANTHEM
	<u>RUNNING FINALS</u>
5:30 p.m.	100m/110m Hurdles
5:45 p.m.	100m Dash
6:00 p.m.	1600m Run
6:35 p.m.	400m Relay
7:00 p.m.	400m Dash
7:30 p.m.	300m Hurdles
7:55 p.m.	800m Run
8:20 p.m.	200m Dash
8:30 p.m.	3200m Run
9:25 p.m.	1600m Relay
10:00 p.m.	TEAM AWARDS

Northern Region D/6A State Standards Outdoor Track and Field 2018

Boys Standards	Region D	State
110 Meter Hurdles	15.95	15.12
100 Meter Dash	11.38	11.26
200 Meter Dash	22.96	22.44
300 Meter Hurdles	41.53	39.86
400 Meter Dash	51.34	49.95
800 Meter Run	2:00.10	1:56.77
1600 Meter Run	4:34.56	4:22.12
3200 Meter Run	9:50.56	9:38.69
High Jump	5'10"	6'02"
Pole Vault	12'0"	12'09"
Long Jump	20'6.75"	22'11"
Triple Jump	42'0"	44'02.75"
Shot Put	45'5.75"	49'00.75"
Discus	130'3"	141'07"
400 Meter Relay	44.62	43.32
1600 Meter Relay	3:30.80	3:24.08
3200 Meter Relay	8:19.82	8:07.22

Girls Standards	Region D	State
100 Meter Hurdles	16.40	15.20
100 Meter Dash	12.79	12.44
200 Meter Dash	26.24	25.55
300 Meter Hurdles	48.50	45.75
400 Meter Dash	60.06	58.33
800 Meter Run	2:20.27	2:16.64
1600 Meter Run	5:15.69	5:07.21
3200 Meter Run	11:32.62	11:3.14
High Jump	4'10"	5'2"
Pole Vault	8'9"	9'09"
Long Jump	16'2.25"	17'05.5"
Triple Jump	34'6.75"	37'05.75"
Shot Put	34'1"	36'06.25"
Discus	96'7"	110'00"
400 Meter Relay	51.07	49.09
1600 Meter Relay	4:09.94	3:59.55
3200 Meter Relay	9:53.77	9:33.83