

VIRGINIA HIGH SCHOOL LEAGUE
CLASS 5-6 BOYS AND GIRLS STATE TRACK & FIELD MEET
INFORMATION

June 1,2, 2018 at Todd Stadium, Newport News, VA
State Meet Director: Ray Smith, Edward Williams

ADMISSION: \$10.00 for Friday and \$10.00 for Saturday. These prices were established by the VHSL Executive Committee. No charge for children age 6 and under, accompanied by a paying spectator. Each participant will need his/her competitor's number for admission and will enter the stadium at the athlete's gate at the north end of the stadium.

COACHES MEETING: The coaches' meeting will be held in the bleachers under the press box at **12:30**. Coaches may pick up school packet at the pass gate before the coaches meeting. The packets will contain a meet program, competitors' numbers and safety pins.

FACILITY: The Todd Stadium track is a 400-meter track. **Only 1/4" spikes or less may be used.** No ground-down spikes are permitted. Cut tennis balls or tape **ONLY** will be allowed on the track. Other methods can be used on the runways; check with the event official. Please remove all tape after the event has been completed.

EQUIPMENT: Each team must furnish its own towels, discus, shots and poles. Starting blocks will be furnished by Todd Stadium. Each contestant must wear proper track uniform which shall consist of a jersey (with a number provided by VHSL), trunks and shoes as identified in rule 4-3 of the current rule book. Dressing room facilities will **NOT** be available. The shot used in girl's competition will be 8 lbs. 13 oz. (4.0 kg). Make sure uniform letters are given to your regional director upon your arrival to Todd Stadium. Note: Vaulters will be weighed in with helmets and shoes.

SHOT AND DISCUS SECTORS: The 34.92-degree sectors will be used.

AWARDS: Team Trophies (1st & 2nd) will be presented at the conclusion of the meet. Individual medals (1st-8th) will be presented to the coaches after the conclusion of the event in the Officials tent under the bleachers on the press box side of field.

PARTICIPATION LIMITATIONS: A contestant may compete in any number of field events. A contestant shall be limited to participation in only three running events for the two day meet. Exception: An athlete participating in the 3200M run may participate in **ONE** other event that day. Note: An athlete participating in the 3200M relay on Friday can run **ANY** two events on Saturday. An athlete **NOT** participating in the 3200M relay on Friday can run compete in three events on Saturday **OR** the 3200M run plus one other race.

If a contestant is entered in a field event which conflicts in the time schedule with a track event in which he/she is entered, he/she shall make advance arrangements with the official in charge of the field event to postpone his trial for 10 minutes. No track or field event will be held up to accommodate a contestant.

NOTE: Competitors shall be disqualified for an event if his/her coach, manager, attendant or anyone associated with his/her team is in the competition area unless there is a prearranged area for coaches of athletes.

STATE MEET PROCEDURES: For all running events, except those listed below, the runners will remain in their lanes for the entire race.

- 1) 1600 Meter Relay - Three-turn stagger start.
- 2) 3200 Meter Relay - To be determined
- 3) 800 Meter Run - One-turn stagger start.
- 4) 1600 Meter Run - International Start
- 5) 3200 Meter Run - International Start

ELIGIBLE TO STATE MEET: Entries may be only those contestants who place first, second, third, or fourth in a Regional Championship Meet plus the top four(4) relays, or those contestants who were properly reported by the District or Regional Meet Director as having met the state qualifying standards at a District Meet or Regional Championship Meet (trials or finals) or who met the state qualifying standard in a sanctioned meet of 10 or more teams (5 teams if FAT is used).

**State meet entries will be done on Milestat.
State Meet Entries Open - Sunday, May 20th at noon
State Meet Entry Deadline - Sunday, May 27th at 11:59 AM
State Meet Entry Scratch Deadline - Monday, May 28th at 1:00 PM**

CONFIRMATION OF ENTRIES

Contestants from a school will be declared for the meet UNLESS the coach emails his or her scratches by 1:00PM. Monday, May 29, 2017 to Donna Sessoms - xceleratingtime@aol.com

REGIONAL REPRESENTATIVES

6A: Leroy Harper: 757-576-6990

6B: Gene Bowen: 804-240-5139

6C: Dave Davis: 540-710-3525

6D: Mike Feldman: 703-987-7041

5A: Kevin Rhue: 804-347-9938

5B: Matt Walton: 540-820-5642

5C: Ivan Chirinos: 571-294-7858

5D: Pete Augram: 540-841-0942

ALL COACHES SHOULD FOLLOW THE REGIONAL DIRECTORS ENTRY INSTRUCTIONS EXACTLY. THOSE ENTRY FORMS THAT COME FROM THE REGIONAL DIRECTORS TO THE STATE MEET DIRECTOR WILL BE CONSIDERED OFFICIAL AND FINAL. COACHES MUST COMPLETE AND TURN IN **THE SPORTSMANSHIP AND EQUIPMENT CERTIFICATION** TO THEIR REGIONAL REPRESENTATIVE AT THE COACHES MEETING ON FRIDAY.

Director Contact Information:

Ray Smith:

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757-810-8338