

2019 National District Track and Field Outdoor Championship

- Date, Site, Time:** Tuesday/Thursday, May 7th, & 9th, 2019 @ Falls Church High School
- Field Events:**
- Tuesday May 7th @ 4:45 PM:**
Boys Long Jump (pit 1) and Girls Triple Jump (pit 2)
Girls High Jump
Boys Pole Vault
Girls Shot put
Boys Discus
- Thursday May 9th @ 4:45 PM**
Girls Long Jump (pit 1) and Boys Triple Jump (pit 2)
Boys High Jump
Girls Pole Vault
Girls Discus
Boys Shot Put
- Running Events:** Trials on Tuesday and 4X800 Relay Final May 7th starting at 5:30 PM.
Finals on Thursday May 9th starting at 5:30 PM
- Admission:** General Admission is **\$6.00**. Athletes will be checked in at the gate by the Ticket booth at the stadium entrance.
- Passes:** The Northern Region Council pass policy will apply. No passes from individual schools will be honored.
- Scoring:** 10 – 8 – 6 – 4 – 2 – 1 for all events.
- Awards:** Championship Plaques to first place teams
Medals for 1st through 4th places – Individual events
Relays, 1st through 4th places medals. Medals will be placed in an envelope for each team to pick up at the end of the meet.
- Advancement:** Occoquan- Top 6 individuals, Top 3 relays from National District advance to Occoquan region meet. 5C - National District will get top 6 individuals plus qualifiers & top 3 relays plus qualifiers.
- Entries:** Each school may enter three (3) individuals in each event. If more than (3) are entered, all must have met the District Standard during the current outdoor season in a sanctioned meet.
- 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, except that contestant who competes in the 3200m run may compete in only one other running event that same day.
- No event in the meet is to be held up because a participant is engaged in another event. 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, they shall make advance arrangements with the official in charge of the field event to postpone his/her trials until after the track event has been run. No track event will be held up to accommodate a contestant who is competing in a field event. In a two day meet a 3200-meter runner may compete in a total of three individual events if that third event is the 4X800m relay and that event is held on the first day of competition

- Note:** The one-minute rule will apply in all field events. Minimum Pole vault standards 15
- Scratches:** Any scratches in any seeded or sectioned event following the coaches meeting will not disqualify an individual from all subsequent running events but it will count as one of the three max running events (athletes entered in the 3200 should only be entered in one other event)
- Reporting** Each contestant in a running event shall report to the Clerk of Course by the 1st call. Failure to report by the third call will result in a scratch.
- 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 the event.
- Track:** Flats or ¼ spikes may be used. No other type of spike may be worn. BLOCKS will be available.
- Field Events:** **High Jump Boys:** Opening height to be determined at scratch meeting raise 2 inches until height of 6' and then One inch thereafter.
Girls High Jump: Opening height to be determined at scratch meeting raised two inches until height of 5'0" and one inch thereafter.
- Pole Vault Boys:** Opening height to be determined at scratch meeting being raised six inches until 11'6" and then by three inches.
Pole Vault Girls: Opening height to be determined at scratch meeting being raised six inches until 8'6" and then by three inches.
- Uniforms:** Participants will be required to wear team uniforms while competing. In the event no sizes are available for a participant, that school's Director of Student Activities shall notify the Tournament Director prior to competition. Meet numbers will be issued to each school and required to be worn before being permitted to compete. In relay events each team member shall wear the same color and design school uniform Jersey & trunks. When other apparel is worn under their jersey by more than one team member, that apparel must be identical. Numbers go in the front for all events.
- Rules:** Each coach is directed to instruct their squad to remain in stands or outside the fence except when competing or warming up for their event. No coach will be allowed on the track or in the infield during any field or running event once the competition has started. There will be dedicated coaches' areas for all field events. ***Electronic equipment will not be allowed in competition areas (example, check in area, field event locations).***

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May 7-9, 2019 @ Falls Church High School

Time Schedule is approximate until entries close and will be updated

Tuesday May 7th 2019 @ 4:15 PM

Coaches Meeting

Field Events – Finals

- 4:15 Weigh and certify Boys Discus, Girls Shot put, pole vault weigh ins and pole verification
- 4:45 Boys Discus
Girls Shot Put
Boys Long Jump (pit1) and Girls Triple Jump (pit 2)
Girls High Jump Followed by Boys High Jump
- 5:00 Girls pole vault followed by Boys pole vault

Running Events- Preliminaries

- 6:15pm Girls 100 meter hurdles Semi-Finals
- 6:25pm Boys 110 meter hurdles Semi-Finals
- 6:35pm Girls 100 meter Dash Semi-Finals
- 6:45pm Boys 100 meter dash Semi-Finals
- 6:55pm Girls 4x800 meter relay- FINALS
- 7:10pm Boys 4x800 meter relay- FINALS
- 7:20pm Girls 200m Dash Semi-Finals
- 7:30pm Boys 200m Dash Semi-Finals

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May 7-9, 2019 @ Falls Church High School

Thursday, May 9th, 2019

Field Events: start times are approximate

4:15	Weigh and certify Girls Discus Boys Shot
4:45	Girls Long Jump (pit 1) and Boys Triple Jump (pit 2)
	Girls Discus
	Boys Shot Put
5:15	National Anthem
5:20	Introduction of Coaches and Teams

Running Events – Finals

5:30	Girls 100m High Hurdle Finals
5:35	Boys 110m High Hurdle Finals
5:40	Girls 100m Dash Finals
5:45	Boys 100m Dash Finals
5:50	Girls 1600m Run (Finals on time)
6:05	Boys 1600m Run (Finals on time)
6:20	Girls 400m Relay Finals
6:25	Boys 400m Relay Finals
6:30	Girls 400m Dash Finals
6:35	Boys 400m Dash Finals
6:40	Girls 300m Hurdles Finals
6:45	Boys 300m Hurdles Finals
6:50	Girls 800m Run (Finals on time)
7:00	Boys 800m Run (Finals on time)
7:10	Girls 200m Dash Finals
7:15	Boys 200m Dash Finals
7:20	Girls 3200m Run (Finals on time)
7:35	Boys 3200m Run (Finals on time)
7:45	Girls 1600m Relay (Finals on time)
7:55	Boys 1600m Relay (Finals on time)
8:20	Presentation of Team Trophies