

2017-2018 National District Indoor Track and Field Championships

Date, Site, Time: Tuesday, January 30, 2018@ Episcopal High School Doors open at 5:30pm Friday, February 2nd 2018 @ Thomas Jefferson Community Center doors open at 5:00pm. (Snow date Saturday, February 3rd)

Admission: General Admission is \$7.00. Athletes will be checked in at the main door.

Scoring: 10-8-6-4-2-1 for all events

Awards: Championship plaques for boys and girls team champions as well as runner ups. Medals for 1st through 4th places in individual events. Relay medals for 1st through 4th places.

Entries: Each school may enter three (3) individuals in each event. If more than three are entered, all must have met the conference standard during the current indoor season in a sanctioned meet. All athletes entered in an individual event must have a time or distance to be in the conference meet, except in the long and triple jump and pole vault.

Event Limitation: 84-4-3 -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 only one other running event on the same day. In any meet contested 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 is contested on the same day as the 3200 meter run.

Note: The one minute rule will apply in all field events.

Scratches: Any scratches in any seeded or sectioned running event following coaches scratch meeting will not disqualify an individual from all subsequent running events, but will count towards the individual's event limitation

Rules: The 2017 National Federation Rule book and the 2017-2018 edition of the Virginia High School League Handbook are in effect.

Reporting: In events run by heats, all runners must report to the clerk on first call and if they do not report by the third call, they will be scratched from that individual event.

Track: No spikes will be worn at Thomas Jefferson Community Center. 1/8 in. spikes are allowed at Episcopal High School.

Long/Triple/Shotput: Four jumps/throws no finals. An athlete must have one legal jump/throw in the first three attempts to qualify for the fourth attempt.

Uniforms: Participants will be required to wear team uniforms while competing. Meet numbers will be issued to each school and required to be worn on the front of the uniform. Running athletes will get hip numbers when they check in for their running events. Hip numbers will be worn on the left hip. In relay events each team member shall wear the same color and design school uniform, jersey and trunks.

6C Regional Qualifying (Marshall): Top 6 individuals, Top 3 relays from National District advance to Northern Regional meet. If individuals OR RELAYS meet the REGION OR STATE time standards they would ALSO advance to the region meet.

2017-2018 National District Indoor Track and Field Championships Tentative Schedule

Tuesday, January 30th 2018 Flippin Field House: Episcopal High School

Doors open at 5:30pm

5:45pm	Coaches Meeting
5:50pm	Boys Long Jump followed by Girls Long Jump
5:50pm	Girls High Jump followed by Boys High Jump
5:50pm	Boys Shot Put followed by Girls Shot Put
6:00pm	Girls Pole Vault- Followed by Boys Pole Vault

Boys/Girls Triple Jump will follow Girls Long Jump

7:00pm	Girls 55m. HH Prelims
7:15pm	Boys 55m. HH Prelims
7:30pm	Girls 55m. Dash Prelims
7:40pm	Boys 55m. Dash Prelims
7:50pm	4x800m relay Girls
8:05pm	4x800m relay Boys
8:15pm	Boys 55m. HH Finals
8:20pm	Girls 55m.HH Finals
8:25pm	Girls 55m. Dash Finals
8:30pm	Boys 55m. Dash Finals

Friday, February 3rd - Thomas Jefferson Community Center

Doors open at 5:00pm

5:30pm	Coaches Meeting
5:45pm	National Anthem
6:00pm	4x200m. Relay
6:15pm	1600m. Run
6:40pm	500m. Run
7:05pm	1000m. Run
7:25pm	300m. Dash
7:50pm	3200m. Run
8:20pm	4x400m Relay
8:40pm	Presentation of Awards

2017-2018 Indoor Track and Field Entry Standards

Girls Event	National District	Region 5C NW	Region 6C/6D	5A State	6A State
Long Jump	14-0	15-4.25			
Triple Jump	30-0	33-1.75			
High Jump	4-5	4-9			
Pole Vault	6-6	7-8			
Shot Put	25-4.5	30-5.25			
55 m. Hurdles	10.42	9.39			
55m. Dash	7.97	7.60			
300m Dash	47.82	43.78			
500m. Run	1:28.28	1:24.26			
1000m. Run	3:23.20	3:14.56			
1600m. Run	5:45.46	5:32.38			
3200m. Run	12:54.95	12:11.80			
800m. Relay	1 Team Each	1:53.85			
1600m. Relay	1 Team Each	4:27.21			
3200m. Relay	1 Team Each	10:59.34			
Boys Events	National District	Region 5C NW	Region 6C/6D	5A State	6A State
Long Jump	18-5.25	20-2.75			
Triple Jump	38-3.5	41-4.25			
High Jump	5-3	5-7			
Pole Vault	8-11	9-8			
Shot Put	36-5.75	42-2			
55 m. Hurdles	9.41	8.32			
55m. Dash	7.06	6.75			
300m Dash	36.54	37.26			
500m. Run	1:13.98	1:09.88			
1000m. Run	2:49.34	2:43.56			
1600m. Run	4:48.00	4:36.88			
3200m. Run	10:26.50	10:04.96			
800m. Relay	1 Team Each	1:37/41			
1600m. Relay	1 Team Each	3:42.14			
3200m. Relay	1 Team Each	8:52.65			

All running qualifying times are F.A.T. hand times must be converted using the round up +.24 formula.