

PROCEDURES FOR INDOOR TRACK MEETS

@ EPISCOPAL HIGH SCHOOL: FLIPPIN FIELD HOUSE

PARKING

- All buses must unload at the Minnie Howard bus circle, **not** on Braddock Road and then park at Chinquapin park located to the east of T.C. Williams High School. Buses should return to the Braddock Road side of Episcopal HS at 1:00 pm for student pick-up.
- Parents may park at Minnie Howard School directly across from Episcopal on Braddock Road.
Parking is not permitted on the Episcopal campus.

FIELD HOUSE

- Opens at 6:30 am. First event starts at 7:15 – 4 x 800M relay.
- Athletes and coaches are not permitted in other buildings on the Episcopal campus. Stay in the field house as much as possible.
- Restrooms are located inside the field house and three port-a-johns are located just outside of the field house.

TEAM RESPONSIBILITIES

- Bring all first aid supplies, including ice
- Bring toilet tissue
- ¼ inch spikes are allowed
- Athletes are permitted to warm up **off** campus they **cannot** run on the Episcopal campus.
- Everyone must clean up their area before leaving.

MISC.

- Admission charge is \$5.00
- Parents and spectators should stay in the stands and are not permitted on the floor of the field house except to access the concession stand.
- DSA should provide complimentary tickets for those individuals timing or working events, otherwise \$5.00 admission will be charged.
- Athletic Trainer is located at the south end of the field house.

PLEASE REMEMBER THAT WE ARE GUESTS OF EPISCOPAL HIGH SCHOOL AND OUR STUDENT ATHLETES SHOULD ACT ACCORDINGLY, ALWAYS OBSERVING GOOD RULES OF SPORTSMANSHIP

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