

PROCEDURES FOR INDOOR TRACK MEETS @ EPISCOPAL HIGH SCHOOL FIELD HOUSE

PARKING

- All buses must unload on Braddock Road and then park in the bus lanes at T.C. Williams High School. Buses should return to the Braddock Road side of Episcopal HS at 1:00 pm for athlete pick-up.
- **Buses are NOT permitted on the Episcopal campus.**
- Parents may park at Minnie Howard School directly across from Episcopal on Braddock Road. *Parking is not permitted on the Episcopal campus, including parent timer, etc.*

FIELD HOUSE

- Opens at 6:30 am. First event starts at 7:20 – 4x880yd Relay.
- Athletes and coaches are not permitted in other buildings on the Episcopal campus.
- Restrooms are located inside the field house and three port-a-johns are located outside between the field house and the gym (south side).

TEAM RESPONSIBILITIES

- Bring all first aid supplies, including ice.
- Bring toilet tissue.
- Provide 3 timers with watches and coverage for your assigned event(s).
- Spikes are not allowed.
- Athletes are NOT permitted to warm up on the outside track. **Athletes may only warm up off campus.** Exit guard gate entrance turn left onto Braddock Rd. Ft. Ward Park is about a block on the right.
- Everyone must clean up their area(s) 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 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.

THANK YOU FOR YOUR COOPERATION
TC WILLIAMS HS SPORTS HOTLINE (703) 821-5304

Fairfax Bus Directions to Episcopal High School for 2008/09 Indoor Track Season.

Please issue the directions below to bus drivers for track meets at **Episcopal H.S.**

Take I-395 North to Seminary Road East (Exit # 4) exit; go to the fifth (5th) traffic light and make a left on Howard Street; make a right on West Braddock Road. At the first Episcopal entrance gate, which is on the right side, unload the teams.

DO NOT DRIVE BUSES ONTO THE EPISCOPAL HS CAMPUS.

Bus Parking – Continue on Braddock Rd. to the 3rd traffic light. Turn right on King Street. Take first right past church into TCW (across from Shell station). Park in the TC Williams HS bus lanes behind the parking garage.

Bus Return to Episcopal HS – Exit TC Williams. Turn right on King Street. Turn left at the 1st traffic light on Kenwood Ave. At 1st traffic light turn left on Braddock Rd. Continue up Braddock Rd. and park in the bus lane in front of Minnie Howard 9th Grade Center. (Main gate to Episcopal will be across the street on the left.) Athletes should be ready for pick up by 1:00 PM.

Spectator Parking – Spectators should use the lower parking lot (right side) of Minnie Howard 9th Grade Center. Minnie Howard is located at 3801 West Braddock Rd which is across the street from the Episcopal HS entrance.

PARKING ON THE EPISCOPAL CAMPUS IS NOT PERMITTED.

Field House – opens at 6:30 AM.