

## ORDER OF EVENTS @ EPISCOPAL 2012 - 2013

Field House opens at 6:30 a.m.

### FIELD EVENTS

- 7:30 a.m. Girls - **High Jump** (all teams all Jumpers) - starting height 4'2" (raise 2")  
(After Girls-HJ) Boys - **High Jump** (all teams all Jumpers) - starting height 5'2" (raise 2")
- 7:30 a.m. Boys - **Long Jump** (3-Scorers per team)  
(After Boys-LJ) Girls - **Long Jump** (3-Scorers per team)  
(After Girls-LJ) Boys - **Triple Jump** (3-Scorers per team)  
(After Boys-TJ) Girls - **Triple Jump** (3-Scorers per team)  
(After Girls-TJ) **Open Pit - Long Jump** (1 Hour Boys & Girls together for non-scorers)  
(After Open -LJ) **Open Pit - Triple Jump** (1 Hour Boys & Girls together for non-scorers)
- 7:30 a.m. Boys - **Shot Put** (3-Scorers per team separate by meet)  
(After Boys-SP) Girls - **Shot Put** (3-Scorers per team separate by meet)  
(After Girls-SP) **Open - Shot Put** (1 Hour Boys & Girls together)
- 7:30 a.m. Girls - **Pole Vault** (Limit 5 vaulters per school)-Opening Height 6'6"(raise 6")  
(After Girls-PV) Boys - **Pole Vault** (Limit 5 vaulters per school)-Opening Height 8'6"(raise 6")  
(Reverse order of PV in Jan.)

### RUNNING EVENTS *(Rolling Schedule)*

- 7:20 a.m. Girls – **3200m Relay** (2 Teams)  
Boys – **3200m Relay** (2 Teams)

Only scoring Athletes MAY use starting BLOCKS in the 55m Dash - Non scorers will run first !!!

- Girls - **55 meter Hurdles** (3 @ Quad-meet) scorers per school \*\*\*  
Boys - **55 meter Hurdles** (3 @ Quad-meet) scorers per school \*\*\*  
Girls - **55 meter Dash** (3 @ Quad-meet) scorers per school \*\*\*  
Boys - **55 meter Dash** (3 @ Quad-meet) scorers per school \*\*\*  
Girls – **800m Relay** (5 teams per school-1<sup>st</sup> team only scores)  
Boys – **800m Relay** (5 teams per school-1<sup>st</sup> team only scores)  
\*\*Girls - **1600 meter Run** (First 3 from each team score)  
\*\*Boys - **1600 meter Run** (First 3 from each team score)  
Girls - **500 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
Boys - **500 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
\*\*Girls - **1000 meter Run** (3 scorers per school)  
\*\*Boys - **1000 meter Run** (3 scorers per school)  
Girls - **300 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
Boys - **300 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
\*\*Girls - **3200 meter Run** (First 3 from each team score) (1 section only)  
\*\*Boys - **3200 meter Run** (First 3 from each team score) (1 section only)  
Girls – **1600m Relay** (2 teams per school IF we start after 12:45pm)  
Boys – **1600m Relay** (2 teams per school IF we start after 12:55pm)

\*\*Distance Races: Only 3 athletes can run 2 open distance races.  
Everyone else can only run 1 open distance race.

\*\*\* Tri meets – 55D & 55H – 4 varsity runners per school only 3 score  
-- run JV first followed by Varsity

**Limit 14 non-scorers per school in 55 Dash**

**Fairfax Bus Directions to Episcopal High School for 2012/13 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 (5<sup>th</sup>) 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 3<sup>rd</sup> 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 1<sup>st</sup> traffic light turn left on Braddock Rd. Continue up Braddock Rd. and park in the bus lane in front of Minnie Howard 9<sup>th</sup> 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 9<sup>th</sup> 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.

# **PROCEDURES FOR INDOOR TRACK MEETS @ EPISCOPAL HIGH SCHOOL FIELD HOUSE**

## **PARKING**

- All buses must unload 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 – 4x880yd 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 outside the field house.

## **TEAM RESPONSIBILITIES**

- Bring all first aid supplies, including ice.
- Bring toilet tissue.
- Provide 3 timers with watches and coverage for your assigned event(s).
- **1/8 inch spikes are allowed.**
- Athletes are permitted to warm up on the outside track, but they cannot run in other areas on the Episcopal campus.
- 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**  
*Steve Colantuoni Scolantu@acps.k12.va.us*

**2012-13 INDOOR TRACK & FIELD MEET ASSIGNMENTS  
@ EPISCOPAL H.S.**

EVENTS	December 1	December 8	December 15	January 5
<b>*** TIMERS ***</b>	<i>All Schools (3)</i>	<i>All Schools (3)</i>	<i>All Schools (3)</i>	<i>All Schools (3)</i>
<b>Boys Long Jump</b>	Centreville	Lake Braddock	Hayfield	Oakton
<b>Girls Long Jump</b>	West Potomac	Westfield	Falls Church	Herndon
<b>Boys Triple Jump</b>	South Lakes	Edison	Madison	Stuart
<b>Girls Triple Jump</b>	South Lakes	Edison	Madison	Stuart
<b>Boys &amp; Girls Shot</b>	Mt. Vernon	<del>Marshall</del>	Woodson	Centreville
<b>Boys &amp; Girls High Jump</b>	Stuart	Jefferson	West Springfield	South Lakes
<b>Boys &amp; Girls Pole Vault</b>	McLean	Chantilly	Langley	Robinson
<b>Starter/Clerk/Head Timer</b>	TC Williams	TC Williams	TC Williams	TC Williams
<b>Scorers</b>	McLean Oakton Robinson	Annandale Herndon South County	Marshall TC Williams Lee	Hayfield Jefferson Edison
EVENTS	January 19	January 26		
<b>**** TIMERS****</b>	<i>All Schools (3)</i>	<i>All Schools (3)</i>		
<b>Boys Long Jump</b>	Chantilly	Annandale		
<b>Girls Long Jump</b>	Falls Church	Annandale		
<b>Boys Triple Jump</b>	Mt. Vernon	South County		
<b>Girls Triple Jump</b>	Mt. Vernon	South County		
<b>Boys &amp; Girls Shot Put</b>	McLean	West Springfield		
<b>Boys &amp; Girls High Jump</b>	Marshall	Lee		
<b>Boys &amp; Girls Pole Vault</b>	McLean	Lake Braddock		
<b>Starter/Clerk/Head Timer</b>	TC Williams	TC Williams		
<b>Scorers</b>	Fairfax Langley Westfield	South County West Springfield		