

# 2012-2013 ORDER OF EVENTS

## Thomas Jefferson Community Center

### FIELD EVENTS

5:30 PM Girls high jump – unlimited entries - starting height 4'0" (raise 2") to be followed by  
boys high jump – unlimited entries - starting height 5'0" (raise 2")  
Elevation of bar will not wait for athletes competing in running events and will not be lowered  
Boys shot put to be followed by girls shot put (unlimited entries)

### RUNNING EVENTS (rolling schedule)

5:30 PM Girls - 4 x 800 meter relay (2 teams max per school)  
Boys - 4 x 800 meter relay (2 teams max per school)

### ONLY SCORING ATHLETES MAY USE STARTING BLOCKS IN 55 METER RACES!!!!

Girls – 55 meter hurdles – maximum of six hurdlers per school, run on homestretch  
Boys – 55 meter hurdles – maximum of six hurdlers per school, run on homestretch  
Varsity Girls – 55 meter dash – maximum of three runners per school, run on homestretch  
Varsity Boys – 55 meter dash – maximum of three runners per school, run on homestretch  
JV Girls – 55 meter dash – unlimited entries, run on backstretch - opposite side of track  
JV Boys – 55 meter dash – unlimited entries, run on backstretch - opposite side of track  
Girls – 4 x 200 meter relay – seven teams per school – 1<sup>st</sup> team only scores  
Boys – 4 x 200 meter relay – seven teams per school – 1<sup>st</sup> team only scores  
Girls – 1600 meter run – five runners maximum per school (two sections only)  
Boys – 1600 meter run – five runners maximum per school (two sections only)  
Girls – 500 meter dash – seven runners per school, three varsity & four JV  
Boys – 500 meter dash – seven runners per school, three varsity & four JV  
Girls – 1000 meter run – five runners maximum per school (three sections only)  
Boys – 1000 meter run – five runners maximum per school (three sections only)  
Girls – 300 meter dash – seven runners per school, three varsity & four JV  
Boys – 300 meter dash – seven runners per school, three varsity & four JV  
Girls – 3200 meter run – three runners maximum per school (one section only)  
Boys – 3200 meter run – three runners maximum per school (one section only)  
Girls – 4 x 400 meter relay (one team per school if start is after 11:40 a.m.)  
Boys – 4 x 400 meter relay  
If 4 x 400 relays start before 9:45PM a maximum of four teams per school may  
compete (two girls, two boys)

All schools must provide a coach to help count laps and time their distance runners. (1000, 1600, 3200 & 3200 relay)

Scoring – only three athletes and one relay are eligible per school per event to score

Miscellaneous - No spikes are allowed in the facility. Athletes will be disqualified for wearing spikes. Represent your school well by showing good sportsmanship. Jewelry rule is in effect! No throwing or kicking balls, frisbees, hackey sacks, etc. Many thanks to athletes, coaches and spectators for placing trash in the proper receptacles.

All athletes, coaches & spectators must vacate the premises within ten minutes of the completion of the final event.

We always are in need of timers. If you wish to volunteer, please see the head timer! Thank you!

## 2012-13 Northern Region Indoor Track & Field Assignments @ TJCC

Date	Home Team	Girls high jump	Boys high jump	Girls shot put	Boys shot put	Hurdle crew
11/30/2012	Falls Church	Herndon	West Springfield	Woodson	Lee	Jefferson
	Westfield					
12/7/2012	Fairfax	Marshall	Madison	Hayfield	Stuart	Wakefield/Yorktown
	Langley					
12/14/2012	Mt. Vernon	Lake Braddock	<del>Robinson</del>	Washington-Lee	Edison	McLean
	South Lakes					
12/21/2012	Centreville	Oakton	Annandale	South County	Washington-Lee	West Potomac
	Chantilly					
	Wakefield					
1/4/2013	Lake Braddock	Wakefield	Fairfax	Chantilly	Marshall	Annandale
	McLean					
	Washington-Lee					
1/11/2013	Madison	Centreville	Washington-Lee	Westfield	South County	Langley
	West Springfield					
	Woodson					
1/18/2013	Herndon	Jefferson	South Lakes	<del>Robinson</del>	Yorktown	Oakton
	Lee					
	West Potomac					
1/25/2013	Stuart	Hayfield	Falls Church	Mt. Vernon	Edison	Washington-Lee
	Yorktown					

Home Team brings score sheets, and scores the meet.