

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 two 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 off campus they cannot run 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) 824-6869
Steve Colantuoni Scolantu@acps.k12.va.us

ORDER OF EVENTS @ EPISCOPAL 2014 - 2015

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-1st team only scores)
Boys – **800m Relay** (5 teams per school-1st 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