

2010-1011 ORDER OF EVENTS

Thomas Jefferson Community Center

FIELD EVENTS

5:30 PM

Girls high jump – unlimited entries - starting height 4'0" (raise 2" to 5' 2") to be followed by
boys high jump – unlimited entries - starting height 5'0" (raise 2" to 6' 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

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 OSCORING 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 – 1st team only scores
Boys – 4 x 200 meter relay – seven teams per school – 1st 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 10:00 p.m.)
Boys – 4 x 400 meter relay
If 4 x 400 relays start before 10:00 p.m. 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!

PROCEDURES FOR INDOOR TRACK MEETS @ EPISCOPAL HIGH SCHOOL FIELD HOUSE

PARKING

- All buses must unload on Braddock Road 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. Also, the parking garage at TCW may be used if necessary.
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 – 3200m Relay.
- Athletes and coaches are not permitted in other buildings on the Episcopal campus or in the construction site adjacent to the field house.
- Restrooms are located inside the field house and three port-a-johns are located outside the field house by the second turn (near high jump).

TEAM RESPONSIBILITIES

- Bring all first aid supplies, including ice.
- Bring toilet tissue.
- Provide 3 timers with watches and coverage for your assigned event(s).
- 1/4" spikes are permitted.
- 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.
- For safety reasons athletes need to **avoid** all construction areas surrounding the field house.
- No throwing or kicking balls, Frisbees, hacky sacks, etc.
- Exit field house ASAP at conclusion of meet. Please NO 30 min team meetings.
- 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 faculty 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 2010/11 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.

ORDER OF EVENTS @ EPISCOPAL 2010 - 2011

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)
(After Open -LJ) **Open Pit - Triple Jump** (1 Hour Boys & Girls together)
- 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)
- 8:00 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 9'6"(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