

2021 6C Region INDOOR TRACK & FIELD CHAMPIONSHIPS February 19 & 20 2021

DATE: Friday February 19, Saturday February 20, 2021

DIRECTOR: Andy Muir, West Springfield High School andy.muir@fcps.edu

LOCATION: West Springfield HS

ADMISSION: No Spectators Due to Covid. Live stream of track at West Springfield Spartans (Youtube)

ENTRY

DEADLINE: Entries this will be collected and tabulated from the district results. Any questions, andy.muir@fcps.edu

AWARDS: Medals will be awarded for first, second, third places for individual events, and relays. Medals will be given to the coach at conclusion of meet. Championship and Runner-Up Team Trophies will be presented to coach / Captain at conclusion of the 1600 meter (No Team pictures will be taken).

THE VHSL ADVANCES THE TOP 3 INDIVIDUALS AND THE TOP 3 RELAYS FROM THE REGION MEET TO THE STATE MEET.

SCORING: Region C: 10 - 8 - 6 - 4 - 2 - 1 for all events.

ENTRIES:

- Top 3 in each individual event from the Patriot, Gunston, and National District meets will automatically advance.
- the top remaining performances from the district championships will be used to reach a total of 12 athletes in each event. This will be the list used at the scratch meeting. In the event of scratches, no other athletes will be added to the list.
- If there are ties, the list will cutoff at the next best mark / time in order to keep the total at 12 athletes or less in each event.
- Each team will also be permitted one relay in each relay event.

EVENT LIMITATION: In one meet a contestant may compete in any number of field events, but shall be limited to participation in only three running events. Exception, a contestant who competes in the 3200-meter run may compete in only one other running event on the same day. In a two-day meet, a competitor in the 3200m run may compete in three running events so long as they don't compete in all three on the same day.

STANDARDS: No standards will be used for the 2021 Indoor Championships

NOTES: The one minute rule will apply in all field events. **BRING YOUR OWN BLOCKS.** Each school must bring their own batons, discus, shots, pole vault poles, water, towels, and safety pins.

SCRATCHES There will be a scratch meeting on **Wednesday February 17th**. The meeting will be a Virtual meeting held via Zoom at 7:00pm (link will be sent out week of meeting).

REPORTING FOR EVENTS: Each contestant in a running event shall report to the clerk of course at the first call. Failure to report by the third call will result in a scratch. Each individual declared for participation must actually participate.

CALL FOR EVENTS: First call – 15 minutes prior to the scheduled time of event
Second call – 10 minutes prior to the scheduled time of event
Third call – 5 minutes prior to the scheduled time of event

SCRATCHES: Each contestant in a running event shall report to the clerk of the course by the third call. Failure to report by the third call will result in a scratch. **All individuals declared for participation at the deadline set by the director will have those events count toward their participation limit as specified in rule 84-4-7 (10) whether they compete in them or not.. If an athlete is excused from an event by the certified trainer on site, or a physician, that athlete**

will be eligible for any and all other events entered unless the certified trainer or physician determines that the athlete's health would be in danger with any further participation. No event in the meet is to be delayed because a participant is engaged in another event. If a contestant is entered in a field event, which conflicts with the time schedule with a track event in which he / she is entered, they shall make advance arrangements with the official in charge of the field event to postpone their trials until after the track event has been run. No track event will be delayed to accommodate a contestant competing in a field event.

Individual

Participation: In one meet, a contestant may compete in any number of field events, but shall be limited to participation in only three running events, except that a contestant who competes in the 3200 meter run may compete in no more than one other running event. In any meet held over two days, a contestant competing in the 3200 meter run may compete in two additional running events as long as only one of the two additional races is contested on the same day as the 3200 meter run.

RULES: 2020 edition National Federation Rule Book and the 2019-20 edition of VHSL Handbook.

WARM-UP Turf field is only warm up area, no one is to leave campus.

UNIFORMS: Team members shall wear the school uniform. A competitor must be in the proper track uniform and wearing his contestant number (when numbers are used) before he will be permitted to compete. Numbers, when worn, shall be attached to the front of the jersey for all events. In relay events each team member shall wear the same color and design school uniform (jersey and trunks). When more than one team member wears other apparel under the jersey, that apparel must be identical.

NUMBERS: The numbers and other official materials will be distributed to the coaches prior to the start of the meet.

CONTROL OF Each coach is asked to keep his squad in the stands wearing masks and socially distanced.

THE FIELD: Except when an individual is warming up or participating in an event. **The only people allowed on the infield are those with identification tags indicating an official capacity in the meet.**

Final Advancement Formula **Advancement to the races with 1 section final will be: The winner of each semifinal heat and the next 4 fastest times (number needed to complete the 8 finalists). Seeding for finals will be based on place then time from semifinals.**

SHOT: Shots will be weighed and certified by Head Field Judge. Four attempts in the contest.

LONG JUMP & TRIPLE JUMP: Four jumps.

HIGH JUMP & POLE VAULT: Starting height will be determined by the games committee. Vaulters must be weighed in by Head Judge.

OCCOQUAN REGION TRACK & FIELD CHAMPIONSHIP 2021

FRIDAY, FEBRUARY 19th, 2021

11:00 AM FACILITY OPENS

Field Events *2nd gender will start 45 minutes after completion of 1st gender*

12:00 PM	Girls Long Jump followed by Boys	(4 attempts, no finals)
	Girls Shot Put followed by Boys	(4 attempts, no finals)
	Boys Triple Jump followed by Girls	(4 attempts, no finals)
	Girls High Jump followed by Boys	(4 attempts, no finals)
	Boys Pole Vault followed by Girls	(4 attempts, no finals)

Track Events

2:00 PM	Girls 55m Hurdles Semis	(2 heats, heat winner + 4 fastest finishers)
2:10 PM	Boys 55m Hurdles Semis	(2 heats, heat winner + 4 fastest finishers)
2:15 PM	Girls 55m Dash Semis	(2 heats, heat winner + 4 fastest finishers)
2:20 PM	Boys 55m Dash Semis	(2 heats, heat winner + 4 fastest finishers)
2:30 PM	Girls 4x800m Relay Final	(1 heat with alleys)
2:45 PM	Boys 4x800m Relay Final	(1 heat with alleys)
3:00 PM	Boys 55m Hurdles Final	
3:05 PM	Girls 55m Hurdles Final	
3:10 PM	Boys 55m Dash Final	
3:15 PM	Girls 55m Dash Final	

SATURDAY, FEBRUARY 20th, 2021

11:00 AM FACILITY OPENS

Track Events

12:00 PM	Girls 4x200m Relay Final	(3 heats 6,4,4)
12:15 PM	Boys 4x200m Relay Final	(3 heats 6,4,4)
12:30 PM	Girls 1600m	(1 heat)
12:40 PM	Boys 1600m	(1 heat)
12:50 PM	Girls 500m Dash Final	(2 heats)
1:00 PM	Boys 500m Dash Final	(2 heats)
1:10 PM	Girls 1000m	(1 heat)
1:20 PM	Boys 1000m	(1 heat)
1:30 PM	Girls 300m Dash Final	(2 heats)
1:40 PM	Boys 300m Dash Final	(2 heats)
1:50 PM	Girls 3200m Run	(1 heat)
2:10 PM	Boys 3200m Run	(1 heat)
2:25 PM	Girls 4x400m Relay Final	(3 heats 6,4,4)
2:45 PM	Boys 4x400m Relay Final	(3 heats 6,4,4)
3:15 PM	AWARDS	