

2021 6C Region Outdoor TRACK & FIELD CHAMPIONSHIPS June 8 & 9 2021

DATE: Tuesday June 8 and Wednesday June 9th 2021

DIRECTOR: Bobby Krause Falls Church High School
Jeff Ferrell Robinson Secondary School

LOCATION: Falls Church High School

ADMISSION: \$7.00 for Adults \$5.00 for Students. Limited to 500 spectators.

ENTRY

DEADLINE: Entries will be collected and tabulated from the district results. Any questions, Bobby Krause rkrause@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 the conclusion of the meet. Championship and Runner-Up Team Trophies will be presented to the coach / Captain at conclusion of the 1600 meter (No Team pictures will be taken).

THE VHSL ADVANCES THE TOP 4 INDIVIDUALS AND THE TOP 4 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 cut off 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 participate 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 Outdoor 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 Monday, June 7th
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 Warmup on Campus only.

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 X fastest times (number needed to complete the 6 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

June 8th 2021

Field Events

4:30 PM

(4 attempts, no finals for the below)

Boys Discus
Girls Shot Put
Boys Long Jump

Girls Long Jump
Girls High Jump
Boys Pole Vault

Track Events

5:30pm	Girls 100m Hurdles Semis
5:40pm	Boys 110m Hurdles Semis
5:50pm	Girls 100m Dash Semis
5:55pm	Boys 100m Dash Semis
6:00pm	Girls 4x800m Relay Finals
6:15pm	Boys 4x800m Relay Finals
6:30pm	Girls 200m Dash Semis
6:35pm	Boys 200m Dash Semis

DATE June 9th 2021

Field Events

(4 attempts, no finals for the below)

4:30pm	Girls Discus
	Boys Shot
	Boys Triple
	Girls Triple Jump
	Boys High Jump
	Girls Pole Vault

Track Events

5:30pm	100m/110m Hurdles
5:40pm	100m Dash
5:50pm	1600m Run
6:05pm	4x100m Relay
6:20pm	400m Dash
6:30pm	300m Hurdles
6:45pm	800m Run
6:55pm	200m Dash
7:10pm	3200m Run
7:35pm	4x400m Relay
7:45pm	Team Awards