



ST. CHRISTOPHER'S SCHOOL INDOOR TRACK & FIELD INVITATIONAL



FRIDAY, JANUARY 15, 2016
SATURDAY, JANUARY 16, 2016

**PLEASE NOTE THAT WE DO NOT HAVE ONSITE PARKING FOR LARGE BUSES.
DRIVERS OF LARGE BUSES MUST DROP AND GO.**

QUALIFYING STANDARDS/ EVENT LIMITS

BOYS			GIRLS		
LONG JUMP	19-0	27 ATHLETES	LONG JUMP	14-0	27 ATHLETES
TRIPLE JUMP	38-0	27 ATHLETES	TRIPLE JUMP	30-0	27 ATHLETES
SHOT PUT	40-0	27 ATHLETES	SHOT PUT	25-0	27 ATHLETES
HIGH JUMP	5-10	27 ATHLETES	HIGH JUMP	4-10	27 ATHLETES
POLE VAULT	12-0	16 ATHLETES	POLE VAULT	9-0	16 ATHLETES
55M HURDLES	9.50	48 ATHLETES	55M HURDLES	10.50	48 ATHLETES
55M DASH	7.00	48 ATHLETES	55M DASH	8.20	48 ATHLETES
300M DASH	40.0	48 ATHLETES	300M DASH	47.00	48 ATHLETES
500M DASH	1:15.00	48 ATHLETES	500M DASH	1:30.00	48 ATHLETES
1000M RUN	2:55.00	48 ATHLETES	1000M RUN	3:30.00	48 ATHLETES
1600M RUN	5:00.00	48 ATHLETES	1600M RUN	6:00.00	48 ATHLETES
3200M RUN	10:45.00	36 ATHLETES	3200M RUN	13:00.00	36 ATHLETES
4 X 800M RELAY		24 TEAMS	4 X 800M RELAY		24 TEAMS
4 X 400M RELAY		36 TEAMS	4 X 400M RELAY		36 TEAMS
4 X 200M RELAY		36 TEAMS	4 X 200M RELAY		36 TEAMS

The number of athletes we will accept for each event is listed with the standards for each event. For each gender, there will be no more than two athletes per school per individual event and one relay team allowed. Athletes who have not met the standard should not be entered and will be scratched.

All entries will be verified using Milesplit. Verified marks from the 2014-2015 season can be used for individual events. Only verified marks from the 2015-2016 INDOOR SEASON will be accepted for the relays. Relay splits are not acceptable marks in individual events.

Entries for the 2016 St. Christopher's School Indoor Track & Field Invitational will open on November 1st and are to be submitted on-line at THE MILESPLIT NETWORK (<http://va.milesplit.com>). You may enter a maximum of two athletes per event by the deadline. **THE DEADLINE FOR ENTRIES IS 6 PM, SUNDAY, JANUARY 10, 2016.** Accepted athletes and rankings will be posted to Milestat by Monday January 11, 2016. There will be no additions, substitutions, or updates allowed after registration is closed.

• ENTRY FEES •

\$10.00 PER INDIVIDUAL ENTRY PER EVENT
\$30.00 PER RELAY PER GENDER

THESE ARE ENTRY FEES AND DO NOT GUARANTEE PARTICIPATION IN THE MEET.
WE ARE ACCEPTING A LIMITED NUMBER OF ATHLETES IN EACH EVENT.

**WE MUST RECEIVE PAYMENT IN FULL BY THE ENTRY DEADLINE:
6 PM SUNDAY, JANUARY 10, 2016.**

ENTRIES WITHOUT PAYMENT RECEIVED BY THE DEADLINE WILL BE SCRATCHED.

Please make checks payable to "St. Christopher's School" and send them to:
STC Indoor Track & Field Invitational
c/o Marshall Ware, Meet Director
711 St. Christopher's Rd.
Richmond, VA 23226



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FRIDAY, JANUARY 15, 2016
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SCHEDULE OF EVENTS

TENTATIVE (MAY CHANGE AFTER ALL ENTRIES HAVE BEEN SUBMITTED)

FRIDAY

4:00 PM	GIRLS' 55M HURDLES	PRELIMS	48 ATHLETES
	BOYS' LONG JUMP	PRELIMS/FINALS	27 ATHLETES
	GIRLS' LONG JUMP	PRELIMS/FINALS	27 ATHLETES
	GIRLS' HIGH JUMP	FINALS	27 ATHLETES
	GIRLS' POLE VAULT	FINALS	16 ATHLETES
4:20 PM	BOYS' 55M HURDLES	PRELIMS	48 ATHLETES
4:40 PM	GIRLS' 55M DASH	PRELIMS	48 ATHLETES
5:00 PM	BOYS' 55M DASH	PRELIMS	48 ATHLETES
5:20 PM	GIRLS' 4 X 800M RELAY	FINALS	24 TEAMS
6:00 PM	BOYS' 4 X 800M RELAY	FINALS	24 TEAMS
	BOYS' POLE VAULT	FINALS	16 ATHLETES
6:40 PM	GIRLS' 55M HURDLES	FINALS	TOP 8 FROM PRELIMS
6:45 PM	BOYS' 55M HURDLES	FINALS	TOP 8 FROM PRELIMS
6:50 PM	GIRLS' 55M DASH	FINALS	TOP 8 FROM PRELIMS
6:55 PM	BOYS' 55M DASH	FINALS	TOP 8 FROM PRELIMS
7:00 PM	GIRLS' 3200M RUN	FINALS	36 ATHLETES
7:30 PM	BOYS' 3200M RUN	FINALS	36 ATHLETES

SATURDAY

10:00 AM	GIRLS' 4 X 200M RELAY	FINALS	36 TEAMS
	GIRLS' TRIPLE JUMP	PRELIMS/FINALS	27 ATHLETES
	BOYS' TRIPLE JUMP	PRELIMS/FINALS	27 ATHLETES
	BOYS' SHOT PUT	PRELIMS/FINALS	27 ATHLETES
	BOYS' HIGH JUMP	FINALS	27 ATHLETES
10:30 AM	BOYS' 4 X 200M RELAY	FINALS	36 TEAMS
11:00 AM	GIRLS' 1000M RUN	FINALS	48 ATHLETES
11:30 AM	BOYS' 1000M RUN	FINALS	48 ATHLETES
NOON	GIRLS' 300M DASH	FINALS	48 ATHLETES
12:30 PM	BOYS' 300M DASH	FINALS	48 ATHLETES
	GIRLS' SHOT PUT	PRELIMS/FINALS	27 ATHLETES
1:00 PM	GIRLS' 500M DASH	FINALS	48 ATHLETES
1:30 PM	BOYS' 500M DASH	FINALS	48 ATHLETES
2:00 PM	GIRLS' 1600M RUN	FINALS	48 ATHLETES
2:30 PM	BOYS' 1600M RUN	FINALS	48 ATHLETES
3:00 PM	GIRLS' 4 X 400M RELAY	FINALS	36 TEAMS
3:30 PM	BOYS' 4 X 400M RELAY	FINALS	36 TEAMS

SECTIONS WILL BE RUN SLOW TO FAST WITH THE EXCEPTION OF THE 3200M WHICH WILL RUN FAST TO SLOW.

WEATHER/MEET CANCELLATION

IF WE CANCEL THE ENTIRE MEET DUE TO WEATHER, WE WILL REFUND THE FULL ENTRY FEE. IF THE MEET IS CANCELLED ON FRIDAY OR SATURDAY, WE WILL REFUND THE ENTRY FEES FOR THE CANCELLED DAY. IF WE RUN THE MEET THEN THERE WILL BE NO REFUNDS. A TEAM'S INABILITY TO PARTICIPATE WILL NOT BE CAUSE FOR A REFUND.



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ELIGIBILITY

- A competitor who has graduated from high school may not compete.
- A competitor may not have turned 19 until after August 1, 2015.
- Under no circumstances will an athlete be allowed to participate unattached in any event.

NUMBER OF ENTRIES, SCORING, ENTRY FEES, AWARDS, ENTRY DEADLINE, RULES

- Run under the National Federation or State High School Athletic Association's rules.
- No more than two athletes per school may be entered in each event with the exception of the relays where each school may enter one team.
- Each contestant may compete in an unlimited number of field events and up to three running events including relays.
- All entries and scratches must be competed on-line by 6 PM SUNDAY, JANUARY 10, 2016. Late or additional entries will not be accepted. THERE WILL BE NO SUBSTITUTIONS OR UPDATED PERFORMANCES AFTER THE DEADLINE.
- Medals will be awarded for first place through third place.
- Fees are: \$10.00 per individual athlete per event. \$30.00 per relay team per gender. Payment **IN FULL** must be received by the entry deadline of 6 pm Sunday January 10, 2016.

Please make checks payable to "St. Christopher's School" and send them to:

**STC Indoor Track & Field Invitational
c/o Marshall Ware, Meet Director
711 St. Christopher's Rd.
Richmond, VA 23226**

CONDUCT OF THE MEET

- **Semi-finals and finals will be conducted in the 55m Hurdles and 55m Dash. The top 8 times for each event will qualify for the finals.**
- Finalists in the 55m Hurdles and 55m Dash will be seeded in lanes according to their qualifying times from the semi-finals.
- In the 300m, 500m, 1000m, 1600m, 3200m, and relays the games committee will seed sections and lanes on the basis of submitted and verified times. **All hand-times will be converted to FAT.**
- **Coaches and athletes, not currently competing in a field event, are not allowed to remain on the infield.** Coaches may escort runners to the bullpen, but must refrain from coaching as set forth in Rule 4, Section 5, Article 8 of the National Federation Rule Book.
- If a fall occurs on the first curve of any of the races, the race is to be called back, unless run in individual lanes.
- Competitors will be asked to report to their event approximately 20 minutes before their event is to be run. They will be assigned numbers, which should be worn and visible on the left hip. Shirts must be tucked in so that hip numbers are visible.
- **All coaches with athletes participating in the pole vault will be asked to sign a card that attests to the fact that the competitor is on a pole that is manufactured at the proper weight for the competitor.**
- Contestants in the jumps, vault, and shot put must report to the judge of the individual event 20 minutes prior to the time for the start of the event. Failure to report will result in an automatic scratch.
- An athlete taking part in more than one of the events that are being run simultaneously, must check out with the event official. Upon checking out, the athlete will have 10 minutes to return the event and continue their competition. In the high jump and pole vault, if the athlete has failed to return in the allotted time and all other competitors have passed, failed, or cleared the existing height, the crossbar will be raised to the next height and the event official will automatically pass the excused athlete to the new height. In the long jump, triple jump, and shot put if the athlete has failed to return in the allotted time and their name is called for a trial, that trial will be recorded as a failed trial.
- The boys' high jump will start at 5-8 and will progress 2 inches to 6-8, and then one inch to the finish, subject to peculiarities of the equipment which may cause the judge to modify the rule. The girls' high jump will start at 4-8, and will progress 2 inches to 5-8, and then one inch to the finish, subject to peculiarities of the equipment which may cause the judge to modify the rule. An excused athlete may reenter the high jump but will have to reenter at the current height of the bar if the official has determined that a reasonable time has passed before raising the bar.

- The pole vault will start at 11-6 for the boys and 8-6 for the girls. For the boys, the height of the bar will progress 6 inches to 15-0, and then 3 inches to the finish, subject to peculiarities of the equipment. For the girls, the height of the bar will progress 6 inches to 12-0 and then 3 inches to the finish, subject to the peculiarities of the equipment. All athletes are required to use poles specifically designed to carry their weight. Vaulters using a light pole will be disqualified. An excused athlete may reenter the pole vault but will have to reenter at the current height of the bar if the official has determined that a reasonable time has passed before raising the bar.
- Shot puts will be weighed. Any shot put found to be underweight will be confiscated and can be picked up by a team coach after the conclusion of the event.
- Meet management reserves the right to require teams to use equipment provided with the exception of the vaulting pole provided by meet management.
- **In the long jump, the first legal jump for all competitors will be measured and recorded. After that, a minimum jump of 19-0 for the boys' long jump and 14-0 for the girls' long jump will be necessary to be measured as an official jump. Any jump that does not make the mark after the first legal jump will count as an unmeasured foul. Please note that the long jump boards are 6-0 and 12-0 from the pit.** Top 6 contestants from the semifinals will advance to the finals.
- **In the triple jump, the first legal jump for all competitors will be measured and recorded. After that, a minimum jump of 38-0 for the boys' triple jump and 30-0 for the girls' triple jump will be necessary to be measured as an official jump. Any jump that does not make the mark after the first legal jump will count as an unmeasured foul. Please note that the triple jump boards are 24-0, 30-0 and 36-0 from the pit.** Top 6 contestants from the semifinals will advance to the finals.
- **In the shot put, the first legal throw for all competitors will be measured and recorded. After that, a minimum throw of 40-0 for the boys' shot put and 25-0 for the girls' shot put will be necessary to count as an official throw. Any throw that does not make the mark will count as an unmeasured foul.** Top 6 contestants from the semifinals will advance to the finals.
- The meet will run according to the schedule and will get no further ahead than fifteen minutes unless weather conditions make it necessary to adopt a rolling schedule.

CONDUCT OF THE PARTICIPANTS

- Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.
PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.
- Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school.
PENALTY: Disqualification from that event.
- In a relay event, the baton shall not be thrown following the finish of any relay.
PENALTY: Disqualification of the relay team from the event.



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OTHER INFORMATION

THE TRACK

The indoor track at St. Christopher's School is a 200m encapsulated rubber surface. Spikes of 1/4-inch or less are acceptable. The infield is open to officials and field event participants only. It is important that the athletes understand and obey this rule. Coaches are asked to set an example by remaining off the infield and away from the finish line officials. Please remember to advise your team of this restriction.

WARMING UP

One cleared to begin competition, the track is not open for warming up. Athletes may warm up on the outdoor track located behind the field house. Please ask your athletes to clear the indoor track upon first call for the running events.

PROBLEMS/ISSUES/CORRECTIONS

The games committee will address problems that arise during the meet. If you have an issue with officiating, corrections to posted results, or anything that needs to be addressed during the meet, please report them to Marshall Ware or Emmett Carlson. We will handle the problems if, and when, they arise.

WEATHER

If during the meet, the weather makes it necessary to finish the meet as early as possible, we will adopt a rolling schedule. A rolling schedule means that as soon as an event is completed the next event will begin. If a meet is cancelled due to weather issues, it will not be rescheduled.

PARKING

PLEASE NOTE THAT WE DO NOT HAVE ONSITE PARKING FOR LARGE BUSES. DRIVERS OF LARGE BUSES MUST DROP AND GO. Parking information for other vehicles will be provided as we approach the meet date.

DIRECTIONS TO ST. CHRISTOPHER'S SCHOOL

FROM WASHINGTON, D.C. AND POINTS NORTH: Take I-95 south to exit 79 (I-64 west). Take I-64 west to exit 183A (Glenside Drive south). Follow Glenside to Three Chopt Road. Turn left on Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

FROM PETERSBURG AND POINTS SOUTH: Take I-95 north to exit 74A (Downtown Expressway, I-195). Follow I-195 toward Charlottesville. Exit at Patterson/Grove Avenues, bear right onto Thompson Street and turn right onto Grove Avenue. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.

FROM WILLIAMSBURG AND POINTS EAST: Take I-64 west and exit on I-195 south (Downtown Expressway). Exit at Grove/Cary Street, turn right off exit, right at stop sign and left onto Grove. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.

FROM CHARLOTTESVILLE AND POINTS WEST: Take I-64 east to exit 183A (Glenside Drive south). Turn right and follow Glenside to Three Chopt Road. Turn left onto Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

FROM TAPPAHANNOCK ON 360 WEST: Take Route 360 west to I-64 west. Take I-64 west through Richmond to exit 183A (Glenside Drive south). Follow Glenside to Three Chopt Road. Turn left on Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

FROM DANVILLE ON 360 EAST: Take Route 360. Take Route 288 north ramp toward Route 76 north (Powhite Parkway). Merge onto Route 288 north and take Powhite Parkway exit. Cross the James River, then stay in left lane. Exit at Patterson/Grove Avenues, bear right onto Thompson Street and turn right onto Grove Avenue. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.