**2018 Jefferson District Indoor Championship**

**Hosted by Fluvanna County High School**

**Date**: Saturday, February 3rd at 10:00am at Heritage High School in Lynchburg, VA

 \*Teams will not be allowed into the building until 8:30am

**Pole Vault**: The pole vault will be held at Western Albemarle High School on Thursday,

 February 1st starting at 7:00pm. Warm-ups will begin at 6:00pm. Girls followed by

 Boys. Pole vault is being at WAHS because at Heritage HS the mats are on the track

 and would delay the start of the meet. Coaches will submit a weight and pole

 verification form at the start of the competition. The form is part of this packet and

 will also be available at WAHS the evening of the competition.

**Director:** Tom Casto, Fluvanna County High School, 434-589-3666

 Email: tcasto@apps.fluco.org

 Cell: 434-964-7996

**Eligibility:** Three (3) athletes per individual event and 1 relay team. More than three (3) may be

 entered in individual events if all meet the District qualifying standard. If you have

 more than 3 entries, please email them to tcasto@apps.fluco.org prior to the entry

 deadline. Please list each athletes seed time, distance or height with the name and

 date of the meet in which the standard was met.

**Entries:** Entries will be made using milestat. Entries are due no later than Wednesday,

 January 31st by 11:59pm. Meet information is posted on the website.

 Any updates, changes or scratches must be in before noon on Friday, February 2nd.

 Email Coach Casto by noon on February 2nd or sooner.

 Scratches only can be made at the coaches meeting. No changes will be taken after

 noon on February 2nd

Coaches will turn in a Sportsmanship Form and an Equipment Certification Form at the

coaches meeting. The forms are part of this packet. They will also be available at the

coaches meeting.

**Team Area:** Teams are to set up in the cafeteria area when not competing or warming up for an upcoming event.

**Entry Fee:** Meet costs will be split evenly between all district schools. Each school will need to

 provide workers for the meet. The assignments are listed below.

 WAHS – Boys and Girls PV

 Fluvanna – FAT Timing

 Albemarle – Boys and Girls HJ

 Louisa –Check in and clerking

 Powhatan – Boys and Girls LJ – 3 attempts-No finals

 Orange – Boys and Girls TJ – 3 attempts-No finals

 Charlottesville – Boys and Girls SP – 3 attempts-No finals

 Monticello –Turns, Hand-off zones and Infield

**Starting Heights:** Girls HJ: 4-2 Girls PV: 7-0

 Boys HJ: 5-0 Boys PV: 8-0

\*The starting heights will be adjusted if needed based upon the field of entries into the meet

**Check-in:** Check in will be set up near the start line for the 55m dash. Athletes must check in to

get their hip number by the second call. They must then be at the check in area at the third call to be lead to the start line. Field events are to check in at the event.

**District Standards:**

 **Girls Boys**

**LJ** 14-4.25 18-10.75

**TJ** 30-5.25 36-11.5

**HJ** 4-6 5-5

**PV** 8-3 9-0

**SP** 26-2.25 36-4.75

**55 H** 10.27 9.44

**55m** 7.86 7.00

**300m** 46.54 39.54

**500m** 1:29.79 1:14.28

**1000m** 3:26.54 2:55.91

**1600m** 5:56.35 5:03.83

**3200m** 13:17.63 11:12.32

**Time Schedule:**

\*We will run ahead of schedule when possible\*

\*\*Boys and Girls PV will be held at WAHS on February 1st starting at 7:00pm

Field Events:

Boys Long Jump 10:00

Girls High Jump 10:15

Girls Shot Put 10:30

Girls Long Jump 11:00

Boys High Jump 11:15

Boys Shot Put 11:30

Boys Triple Jump 12:30

Girls Triple Jump 2:00

Track Events:

Girls 4x800m Relay 11:00

Boys 4x800m Relay 11:15

Girls 55m Hurdles 11:30

Boys 55m Hurdles 11:40

Girls 55m 11:50

Boys 55m 12:00

Girls 4x200m Relay 12:10

Boys 4x200m Relay 12:20

Girls 1600m 12:30

Boys 1600m 12:40

Girls 500m 12:50

Boys 500m 1:00

Girls 1000m 1:10

Boys 1000m 1:20

Girls 300m 1:30

Boys 300m 1:45

Girls 3200m 2:00

Boys 3200m 2:20

Girls 4x400m Relay 2:35

Boys 4x400m Relay 2:45

Awards 3:15

**Jefferson District Records:**

**Field Events:**

**Girls:**

**Long Jump:** 2012-13Javanique Burruss Louisa 17’11.75”

**Triple Jump:** 2002 Joyce Johnson Charlottesville 37’2”

**High Jump:** 2007 Ryan Tillery Monticello 5’3”

**Shot Put:** 2004 Jilliant Coleman Louisa 37’3.5”

**Pole Vault:** 2006 Ashley Early WAHS 12’7”

**Boys:**

**Long Jump:** 2006 Shakai Saunders Charlottesville 21’11”

**Triple Jump:** 2000 Anthony Johnson Charlottesville 47’3.75”

**High Jump:** 1998 Travis Washinton Fluvanna 6’8”

**Shot Put:** 2001 Reggie Butler Monticello 52’3”

**Pole Vault:** 2012 Chance Parmly Fluvanna 15’0”

**Track Events:**

**Girls:**

**4x800m:** 2011 Emily Moffett WAHS 10:09.39

 Olivia Hajek

 Killian O’Connell

 Claire Johnson

**4x200m:** 2012 Monica Mallory Louisa 1:48.99

 Javanique Burruss

 Shadelle Gregory

 Natese Ragland

**4x400m:** 2009 Kia Christmas Louisa 4:12.84

 Jasmyne Johnson

 Nojai Veras

 Imani Dugger

**55m HH:** 2012 Javanique Burruss Louisa 8.41

**55m:** 2005 Angela Johnson Charlottesville 7.22

**300m:** 2015 Taylor Watkins Charlottesville 41.31

**500m:** 2004 Jessica Fanning WAHS 1:19.61

**1000m:** 2009 Katie Farina WAHS 3:12.00

**1600m:** 2011 Mattie Webb WAHS 5:09.93

**3200m:** 2011 Mattie Webb WAHS 10:59.64

**Boys:**

**4x800m:** 2009 Andrew Jennings WAHS 8:16.86

 Kyle Satterwhite

 Adrian Sitler

 Tyler Stutzman

**4x200m:** 2009 Tyler Jackson Louisa 1:34.48

 Gunnar Carroll

 Corrinn Harris

 Dante Davis

**4x400m:** 2008 Adrian Sitler WAHS 3:38.07

 Aaron Myers

 Kevin Dubovsky

 Nick Ward

**55m HH:** 2007 Jeff Carey Orange 7.60

**55m:** 2009 Jamal Spears Fluvanna 6.55

 2004 Rueben Jones Charlottesville 6.55

**300m:** 2013 Raeshawn Bishop Louisa 36.60

**500m:** 2002 Stephen Carlson Louisa 1:07.9(H)

**1000m:** 2009 Tyler Stutzman WAHS 2:35.28

**1600m:** 2008 Tyler Stutzman WAHS 4:21.07

**3200m:** 2008 Kyle Satterwhite WAHS 9:39.84