**Conference 29 Track & Field Championship Meet**

**2017**

**Date of Meet:** Thursday, May 18, 2017

**Site of Meet:** Fluvanna County High School, Palmyra, VA

**Directors:** Scott Morris (434-996-0127), Steve Szarmach (434-531-1485)

 Tom Casto (434-796-7996), Rose Brogan (804-380-2637)

**Entry Information:** Entries are due by 11:59pm on Monday, May 15

* Entries will be done online through Milestat. Following the closing of entries on May 15, each coach will receive an email of their entries on a performance list. Coaches will need to confirm their entries upon receipt of the email to Tom Casto at tcasto@apps.fluco.org by 9:00pm on Tuesday, May 16.
* Final scratches will be taken at the coaches meeting. Only scratches can be made at that time.
* Individual Entries:
	+ Individual entries are limited to three (3) per team
	+ A school may enter more than three (3) individual entries if **all** entries meet the Conference 29 qualifying standard
	+ A school entering more than three (3) individual entries will need to email the additional entries to Tom Casto at tcasto@apps.fluco.org before the entry deadline of May 15th by 11:59pm.
	+ All entry performances must be verified on milestat. Any entry **not** verified by milestat will require a VHSL verification form including the athlete name, performance, name of meet, date of meet with a signature from the meet director. These forms should be emailed to Tom Casto at tcasto@apps.fluco.org before the entry deadline of May 15th by 11:59pm.
	+ **All times submitted must be F.A.T.**
		- To convert a hand time round the tenths place **up** if the hundredths place is greater than 0 **and** then add 0.24 to that rounded time
* Relay Teams:
	+ Each school is allowed one (1) relay per event. Please make sure that any athlete you may want to use on a relay is entered in that relay on Milestat or is entered in an another event. It helps to have all possible athletes in the computer ahead of time.
* All heats, flights and sections will be determined using the Milestat entries.
* We will follow the NFSHSAA rules and regulations as well as the VHSL rules and regulations.

**Awards:**

* Team trophies will be awarded to the first place teams (boys and girls)
* Medals will be awarded to the top 3 individuals and relay teams
* Ribbons will be awarded to places 4,5 and 6 in the individual events