**Region 3A West Track & Field Championship Meet**

**2017**

**Date of Meet:** Thursday, May 25, 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 22

* Entries will be done online through Milestat. Following the closing of entries on May 22, 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](mailto:tcasto@apps.fluco.org) by 9:00pm on Tuesday, May 23.
* Final scratches will be taken at the coaches meeting. Only scratches can be made at that time.
* Individual Entries:
  + Any athlete placing top 6 in their conference championship meet or any athlete having met the regional standard in a meet with 4 or more teams qualifies for the Regional Championship meet.
* Relay Teams:
  + Any relay team placing top 3 in their conference meet or having met the regional standard in a meet with 4 or more teams qualifies for the Regional Championship meet. Please make sure that any athlete you may want to use on a relay is entered in the relay on Milestat or is entered in an individual event. It helps to have all possible athletes in the computer ahead of time.
* Verification of Entry Performances:
  + All performances will be verified using milestat.
    - Any performance that is **not** verified on milestat will require a VHSL verification form including the athlete’s name, performance, name of the meet, date of the meet and a signature from the meet director. This form needs to be emailed to Tom Casto at [tcasto@apps.fluco.org](mailto:tcasto@apps.fluco.org) prior to the entry deadline.
  + **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
* 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)
* Ribbons will be awarded to the top 3 individuals and relay teams