

2009 NORTHERN REGION INDOOR TRACK & FIELD

DATE: Saturday, February 21, 2009
LOCATION: George Mason University Field House

TIME: 8:00 a.m.

DIRECTOR (s): **Bob Eavenson/Dennis Randolph**

ADMISSION: General Admission - \$7.00

ENTRY DEADLINE: All entries must be submitted to www.DirectAthletics.com by **1:00 p.m. on Monday, February 9, 2009**. Also, a paper copy of your entries must be submitted to your District Meet Director by **1:00 p.m. on Monday, February 9, 2009**.

SCORING: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 for all events

AWARDS: Championship and Runner-Up Team Trophy - Medals for first, second, third, fourth, fifth, sixth, seventh and eighth places for individual events, and for first, second, and third for relays. Duplicate awards for ties.

ENTRIES: Entries are limited to the first six (6) individuals in each event and the first three (3) relay teams from the District Indoor Meet. In addition, a school may enter any additional participant who has met the Regional standards in a triangular, a quadrangular or sanctioned meet. Relay teams are limited to those who finished first, second or third in the District Meet or who have met the qualifying standards. All entries must have a time, height or recorded in a triangular, quadrangular, sanctioned or the districts meet during the current indoor track season.

EVENT LIMITATION: In one meet a contestant may compete in any number of field events but will be limited to participation in only three running events, except that contestants who competes in the 3200-meter Run may compete in only one other running event.

SEEDING: Seeding for **ALL EVENTS** will be done on the basis of his/her best performance of the season as long as that performance has been made in a meet that serves as a state qualifying meet and has been verified by the District Meet Director.

STANDARDS: SEE ATTACHED

NOTE: The one and one half (1½) minute rule will apply in all field events except the pole vault which remains at two (2) minutes.

SCRATCHES: There will be a coach's meeting on Wednesday, February 18, 2009 at 6:30 p.m. at T. C. Williams High School

REPORTING FOR EVENTS: Each contestant in a running event will report to the clerk of course by the third call. Failure to report by the third call will result in a scratch. Each individual that is declared for participation must actually participate.

SCRATCHES DURING THE MEET: Any scratches in any seeded or sectioned event following the coaches' scratch deadline date will disqualify an individual from all subsequent running events. When a contestant who has qualified in a preliminary withdraws from competition, no substitute may replace him. **If an athlete is excused from an event by a certified trainer or a physician appointed by the game's committee, 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 held up because a participant is engaged in another event. If a contestant is entered in a field event which conflicts in the time schedule with a track event in which he is entered, he will make advance arrangements with the official in charge of the field event to postpone his trials until after the track event has been run. No track event will be held up to accommodate a contestant likewise competing in a field event.

RULES: The 2008 National Federation Rule book and the 2008-09 edition of the Virginia High School League Handbook.

- TRACK:** 6-Lane 200m Chem-turn track. No spikes longer than ¼" may be worn. The pole-vault, long jump, triple jump and high jump will be off Chem-turn runways.
- HIGH JUMP & POLE VAULT:** Starting height will be determined at coaches' meeting.
- LONG & TRIPLE JUMP:** Three jumps in the trials and three jumps in the finals
- CONCESSIONS:** **NO FOOD OR DRINK IS ALLOWED ON THE TRACK AREA.**
- EQUIPMENT:** Each school will furnish its own baton, indoor shot and vaulting pole. Blocks will be supplied for lane races. **NO SPIKES LONGER THAN ¼" MAY BE WORN.**
- CALL FOR EVENTS:** First call - 15 minutes prior to the scheduled time of event.
Second call - 10 minutes prior to scheduled time of event.
Third call - five minutes prior to scheduled time of event.
- UNIFORMS:** Participants will be required to wear team uniforms while competing. Meet numbers will be issued to each school and are required to be worn before being permitted to compete. In relay events each team member will wear the same color and design school uniform (jersey & trunks). Participants in the High Jump and Pole Vault must report in with competition numbers, but may remove numbers when competition begins.
- CONTROL OF THE FIELD:** Each coach is asked to keep his or her squad in the stands, off the track and out of the infield, 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.
- DISQUALIFICATION:** A competitor will be disqualified from an event if the coach, manager, attendant, or anyone associated with the competitor's team is on the infield (the track, the enclosure inside, or those areas designated only for officials and contestants actually participating or reporting for a subsequent event.)
- PRESENTATION OF AWARDS:** All medals will be presented immediately after each event. The team trophies will be presented at the conclusion of the meet.

2009 NORTHERN REGION INDOOR TRACK CHAMPIONSHIP
Order of Events

Saturday, February 21, 2008

7:00 a.m.	Field House Opens
7:30 a.m.	Coaches Meeting
8:00 a.m.	Weigh-in – Boys Vaulters

FIELD EVENTS

8:30 a.m.	Boys High Jump - followed by Girls High Jump Girls Shot Put - followed by Boys Shot Put
8:30 a.m.	Girls Long Jump - followed by Boys Long Jump
9:30 a.m.	Boys Pole Vault - followed by Girls Pole Vault
11:00 a.m.	Weigh-in - Girls Vaulters
11:45 a.m.	Girls Triple Jump - followed by Boys Triple Jump

RUNNING TRIALS

12:00 p.m.	*Girls 55m Hurdle (Semi-Finals)
12:10 p.m.	*Boys 55m Hurdle (Semi-Finals)
12:20 p.m.	*Girls 55m Dash (Semi-Finals)
12:30 p.m.	*Boys 55m Dash (Semi-Finals)

*** HEAT WINNERS + 8 FASTEST TIMES ADVANCE TO FINALS**

RUNNING FINALS

1:00 p.m.	Girls 3200m Relay
1:15 p.m.	Boys 3200m Relay
1:25 p.m.	**Girls 55m Hurdle Finals
1:35 p.m.	**Boys 55m Hurdle Finals
1:45 p.m.	**Girls 55m Dash Finals
1:55 p.m.	**Boys 55m Dash Finals
2:05 p.m.	Girls 800m Relay - Sections on Time
2:15 p.m.	Boys 800m Relay - Sections on Time
2:25 p.m.	Girls 1600m Run - Section I Girls 1600m Run - Section II
2:35 p.m.	Boys 1600m Run - Section I Boys 1600m Run - Section II
2:45 p.m.	Girls 500m Run - Sections on Time
2:55 p.m.	Boys 500m Run - Sections on Time
3:05 p.m.	Girls 1000m Run - Sections on Time
3:15 p.m.	Boys 1000m Run - Sections on Time
3:25 p.m.	Girls 300m Dash - Sections on Time
3:35 p.m.	Boys 300m Dash - Sections on Time
3:45 p.m.	Girls 3200m Run - Section I Girls 3200m Run - Section II
4:10 p.m.	Boys 3200m Run - Section I Boys 3200m Run - Section II
4:35 p.m.	Girls 1600m Relay - Sections on Time
4:50 p.m.	Boys 1600m Relay - Sections on Time
5:05 p.m.	Presentation of Awards

****TWO-HEAT FINALS/TOP 8 FINAL TIMES PLACE (TIMES 7-12 IN 1ST HEAT, TIMES 1-6 IN 2ND HEAT)**

**2008-09 INDOOR TRACK & FIELD STANDARDS
GIRLS**

EVENTS	DISTRICT		REGIONAL		STATE	
	HAND HELD	FAT	HAND HELD	FAT	HAND HELD	FAT
Long Jump			16'8"			
Triple Jump			34'7.5"			
High Jump			5'0"			
Shot Put			33'3"			
Pole Vault			9'4"			
55m Hurdles				9.28		
55m Dash				7.58		
300m Dash				42.76		
500m Dash				1:20.08		
1000m Run				3:06.72		
1600m Run				5:19.52		
3200m Run				11:43.01		
800m Relay				1:50.63		
1600m Relay				4:11.33		
3200m Relay				9:55.54		

BOYS

EVENTS	DISTRICT		REGIONAL		STATE	
	HAND HELD	FAT	HAND HELD	FAT	HAND HELD	FAT
Long Jump			20'9"			
Triple Jump			41'11"			
High Jump			6'0"			
Shot Put			45'11"			
Pole Vault			11'11"			
55m Hurdles				8.33		
55 Dash				6.74		
300m Dash				36.92		
500m Dash				1:08.25		
1000m Run				2:39.50		
1600m Run				4:33.09		
3200m Run				9:48.81		
800m Relay				1:35.91		
1600m Relay				3:34.41		
3200m Relay				8:20.10		