

**2012 CONCORDE DISTRICT
INDOOR TRACK & FIELD CHAMPIONSHIP**

DATE: January 26 & February 2, 2012

DIRECTOR: Jonathan Frohm / DSA Herndon High School

SITE: Prince George's County Sports and Learning Complex

ENTRY

DEADLINE: **ALL ENTRIES, using milestat.com ARE DUE NO LATER THAN Sunday Jan. 22nd: 9 PM!!! NO EXCEPTIONS.**

- EVERY ENTRY MUST HAVE A LEGITIMATE PERFORMANCE LISTED.

An entry of no mark (NM) or no distance (ND) or no height (NH) will be acceptable in the Long Jump, Triple Jump, and Pole Vault. This is to acknowledge that the majority of schools in the district only have one meet at Episcopal this year, and therefore are limited in opportunities to compete in those three events. It is required, however, that any athlete entering the above events with no mark/distance/height must have competed for their team in at least one meet during the regular season. Any school that enters an athlete in the Long Jump, Triple Jump, or Pole Vault with no mark/distance/height will be limited to the three entries given for the event.

The Games Committee reserves the right to place an athlete, regardless of entry time, into an appropriate heat/flight based upon skill-performance level.

SCRATCH PROCESS: Due to Jonathan Frohm at jmfrohm@fcps.edu no later than 3 p.m. on Monday, January 23rd.

COACHES MEETING : **WE WILL HAVE A COACHES' MEETING ON MONDAY, JANUARY 23rd AT 6PM @ HERNDON HIGH SCHOOL (room. 181). YOU ARE REQUIRED TO BRING ALL MEET RESULTS AS YOU MAY BE REQUIRED TO PROVIDE PROOF OF PERFORMANCE FOR EACH ENTRY.**

STANDARDS: Included

ENTRIES: Each school may enter 3 individuals in each event. However, a school may enter more than 3 individuals in an event providing ALL individuals entered in that event meet the District Standard.

An entry of no mark (NM) or no distance (ND) or no height (NH) will be acceptable in the Long Jump, Triple Jump, and Pole Vault. All OTHER NO-TIME, NO-HEIGHT, NO DISTANCE ENTRIES WILL BE DISREGARDED WITHOUT NOTICE!

ADMISSION: \$6.00

EQUIPMENT: Each school will furnish its own batons, shot, discus, and vaulting poles. Starting blocks will be provided.

RULES: 2011 edition National Federation rule Book and the 11-12 Edition of the VHSL Handbook.

NOTE: The one minute rule will apply in all Field Events. Except pole vault which is 1.5 min.

SCORING: 10-8-6-4-2-1

CALL FOR EVENTS:

First call--15 minutes prior to the scheduled time of event

Second call--10 minutes prior.

Third call--5 minutes prior.

Athletes should report at First Call. In events run by heats, all starters must report to the clerk at the check-in area before the first heat is run. Failure to report at the time will result in a scratch. Each individual declared for participation must actually participate.

SCRATCHES: Any scratches, in any running event, after the coaches' meeting, will disqualify an athlete from all subsequent running events. When a contestant who has qualified in a preliminary, withdraws from competition, no substitute will be allowed. If an athlete is excused from an event by the athletic trainer or physician appointed by the games committee, that athlete will be eligible for any and all other events if later cleared by same. 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 in which he is entered, he/she shall make advance arrangements with the official in charge to complete his/her trials after the track event. **NO TRACK EVENT WILL BE HELD UP BECAUSE OF A FIELD EVENT.**

INDIVIDUAL

PARTICIPATION: In one meet, a contestant may compete in any number of field events, but shall be limited to participation in only three running events. With the change in format it is possible for an athlete to complete in the 4x800, 1600, and the 3200 provided the three events are not all in the same day.

UNIFORMS: Team members shall wear the school uniform. A competitor must be in the proper track uniform and wearing his contestant number before he/she will be permitted to compete. Numbers, when worn shall be attached to the front of the shirt for all events.

**CONTROL OF
THE FIELD:**

Each coach is asked to keep his/her squad in the stands, off the track, and out of the infield, except when an individual is competing or warming-up. The only people allowed on the infield are those with identification tags indicating an official capacity in the meet. All others may be disqualified.

AWARDS:

Individual medals for all events will be presented shortly after that event is completed. Team awards will be presented as soon as all results have been tabulated after the 1600 meter relay.

