

2012 Indoor Track State Championship
Meet Itinerary

Coaches: Dr. Gilchrist, Franks, Beyeah, Burgoyne, DiValentin, Hicks, Snead

Directions

Days Inn- Oyster Point
11829 Fishing Point Drive
Newport News, VA 23606
(757) 873-6700

Boo Williams Sportsplex
5 Armistead Pointe Pkwy
Hampton, VA 23666

Roster:

Carolyn Carlson- 4x800m Relay
Valerie Claunch
Kendall Cowne- 1000m Run
Lauren Crafton- Pole Vault
Samantha Lull- 4x800m Relay
Arthur McDuffy- Long Jump, Triple Jump

Sean McGorty- 1600m Run, 3200m Run
Logan Miller-1600m Run, 3200m Run
Eric Nguyen
Nora Raher- 4x800m
Miles Ramson- High Jump, 55m Hurdles
Alexandra Sieder- 4x800m Relay

Competing athletes/coaches will be given meal money for Friday & Saturday. Athletes may wish to bring extra money for t-shirts if they wish. The VHSL will also cover costs for transportation and hotel.

Thursday, February 24th

6:30 pm- Meet @ CHS- Load Vans
7:00 pm- Depart CHS
10:45 pm- Arrive at Days Inn- Oyster Point
12:00 pm- Lights Out

Friday, February 25th

Breakfast at Hotel
10:30 am- Depart for Boo Williams- Boys Triple Jump (Arthur)
12:00 pm- Boys Triple Jump (Arthur)
Girl Pole Vault (Lauren)- 2:00 pm?
12:00 pm- Lunch (TGI Fridays)
4:30 pm- Depart for Boo Williams
Kendall, Sean, Logan- Workout
6:45 pm- Boys 55m Hurdles Semis- Miles
7:30 pm- Girls 4x 800m Relay (Ally, Samantha, Carolyn, Nora)
8:45 pm- Dinner @ Rosalitas
10:30 pm- Return to Hotel
11:30 pm- Lights Out

Saturday, February 26th

Breakfast at Hotel
7:30 am- Depart Hotel to Boo Williams (Miles-HJ)
Arthur- LJ (After Girls LJ- 11:00???)
10:15 am - Everyone else-depart Hotel
1:15 pm- Boys 1600m Run (Sean & Logan)
2:00 pm- Girls 1000m Run (Kendall)
3:40 pm- Boys 3200m Run (Sean & Logan)
5:00 pm- Depart Boo Williams
Dinner en route
9:00 pm- Return to CHS

Order of Events and Time Schedule

Friday, February 24th, 2012

10:00 a.m. Packet Pick-up

11:00 a.m. Certify Girls and Boys Shot

Certify Boys Pole Vault

12:00 p.m. Boys Triple Jump (Arthur)

Girls High Jump

Boys Pole Vault followed by **Girls certification and vault (Lauren)**

Girls Shot followed by boys shot

5:00 p.m. Coaches Meeting

5:30 p.m. Hurdle Area open for warm-up

6:30 p.m. ****Girls 55 Meter Hurdles (Semifinals)**

6:45 p.m. **Boys 55 Meter Hurdles (Semifinals) (Miles)

7:00 p.m. ****Girls 55 Meter Dash (Semifinals)**

7:15 p.m. ****Boys 55 Meter Dash (Semifinals)**

7:30 p.m. Girls 4 X 800 Meter Relay FINALS (sections on time) (Ally, Samantha, Carolyn, Kendall)

8:10 p.m. Boys 4 X 800 Meter Relay FINALS (sections on time if needed)

Saturday, February 25, 2012

9:00 a.m. Boys High Jump (Miles)

Girls Long Jump followed by **Boys Long Jump (Arthur)**

11:20 a.m. Hurdle Area open for warm-up

11:50 a.m. National Anthem

12:00 p.m. ****55 Meter Hurdles Finals (Girls)**

12:10 a.m. ****55 Meter Hurdles Finals (Boys)**

12:20 a.m. ****55 Meter Dash Finals (Girls)**

12:30 p.m. ****55 Meter Dash Finals (Boys)**

12:40 p.m. 800 Meter Relay (Girls) (sections on time)

12:50 p.m. 800 Meter Relay (Boys) (sections on time)

1:00 p.m. 1600 Meter Run (Girls) Section I

1600 Meter Run (Girls) Section II

1:15 p.m. 1600 Meter Run (Boys) Section I (Logan?)

1600 Meter Run (Boys) Section II (Sean)

1:30 p.m. 500 Meter Run Finals (Girls) (Sections)

1:45 p.m. 500 Meter Run Finals (Boys) (Sections)

2:00 p.m. 1000 Meter Run (Girls) (Sections) (Kendall)

2:15 p.m. 1000 Meter Run (Boys) (Sections)

2:30 p.m. 300 Meter Dash Finals (Girls) (Sections)

2:45 p.m. 300 Meter Dash Finals (Boys) (Sections)

3:00 p.m. 3200 Meter Run (Girls) Section I

3200 Meter Run (Girls) Section II

3:25 p.m. 3200 Meter Run (Boys) Section I

3200 Meter Run (Boys) Section II (Sean, Logan?)

3:50 p.m. 1600 Meter Relay (Girls) (Sections)

4:00 p.m. 1600 Meter Relay (Boys) (Sections)

****TWO-HEAT FINALS/TOP 8 FINAL TIMES PLACE**

(TIMES 7-12 IN 1ST HEAT, TIMES 1-6 IN 2ND HEAT)