

# PROCEDURES FOR INDOOR TRACK MEETS @ EPISCOPAL HIGH SCHOOL FIELD HOUSE

## PARKING

- All buses must unload on Braddock Road then park in the bus lanes at T.C. Williams High School. Buses should return to the Braddock Road side of Episcopal HS at 1:00 pm for athlete pick-up.
- **Buses are NOT permitted on the Episcopal campus.**
- Parents may park at Minnie Howard School directly across from Episcopal on Braddock Road. Also, the parking garage at TCW may be used if necessary. *Parking is not permitted on the Episcopal campus, including parent timer, etc.*

## FIELD HOUSE

- Opens at 6:30 am. First event starts at 7:20 – 3200m Relay.
- **Athletes, coaches and spectators are not permitted in other buildings on the Episcopal campus.**
- Restrooms are located inside the field house and three port-a-johns are located outside the field house at the shot put end of the field house.

## TEAM RESPONSIBILITIES

- Bring all first aid supplies, including ice.
- Bring toilet tissue.
- Provide 3 timers with watches and coverage (including score sheets) for your assigned event(s).
- 1/8" spikes (7mm) or less pyramid or needle shaped are permitted.
- Athletes are NOT permitted to warm up on the outside track or anywhere on campus. **Athletes may only warm up off campus.** Exit guard gate entrance turn left onto Braddock Rd. Ft. Ward Park is about a block on the right.
- No throwing or kicking balls, Frisbees, hackey sacks, etc.
- Exit field house ASAP at conclusion of meet.
- Everyone must clean up their team area before leaving.

## MISC.

- Admission charge is \$5.00.
- Parents and spectators should stay in the stands and are not permitted on the floor of the field house except to access the concession stand.
- DSA should provide faculty complimentary tickets for those individuals timing or working events, otherwise \$5.00 admission will be charged.
- Athletic Trainer located at the south end of the field house.

**Please remember that we are guests of Episcopal High School and our student athletes should act accordingly, always observing good rules of sportsmanship.**

**THANK YOU FOR YOUR COOPERATION**  
**TC WILLIAMS HS SPORTS HOTLINE (703) 824-6869**

## ORDER OF EVENTS @ EPISCOPAL 2011 - 2012

Field House opens at 6:30 a.m.

### FIELD EVENTS

- 7:30 a.m.** Girls - **High Jump** (all teams all Jumpers) - starting height 4'2" (raise 2")  
(After Girls-HJ) Boys - **High Jump** (all teams all Jumpers) - starting height 5'2" (raise 2")
- 7:30 a.m.** Boys - **Long Jump** (3-Scorers per team)  
(After Boys-LJ) Girls - **Long Jump** (3-Scorers per team)  
(After Girls-LJ) Boys - **Triple Jump** (3-Scorers per team)  
(After Boys-TJ) Girls - **Triple Jump** (3-Scorers per team)  
(After Girls-TJ) **Open Pit - Long Jump** (1 Hour Boys & Girls together)  
(After Open -LJ) **Open Pit - Triple Jump** (1 Hour Boys & Girls together)
- 7:30 a.m.** Boys - **Shot Put** (3-Scorers per team separate by meet).  
(After Boys-SP) Girls - **Shot Put** (3-Scorers per team separate by meet)  
(After Girls-SP) **Open - Shot Put** (1 Hour Boys & Girls together)
- 7:30 a.m.** Girls - **Pole Vault** (Limit 5 vaulters per school)-Opening Height 6'6"(raise 6")  
(After Girls-PV) Boys - **Pole Vault** (Limit 5 vaulters per school)-Opening Height 8'6"(raise 6")  
(Reverse order of PV in Jan.)

### RUNNING EVENTS (Rolling Schedule)

- 7:20 a.m.** Girls – **3200m Relay** (2 Teams)  
Boys – **3200m Relay** (2 Teams)
- Only scoring Athletes MAY use starting BLOCKS in the 55m Dash - Non scorers will run first !!!
- Girls - **55 meter Hurdles** (3 @ Quad-meet) scorers per school \*\*\*  
Boys - **55 meter Hurdles** (3 @ Quad-meet) scorers per school \*\*\*  
Girls - **55 meter Dash** (3 @ Quad-meet) scorers per school \*\*\*  
Boys - **55 meter Dash** (3 @ Quad-meet) scorers per school \*\*\*  
Girls – **800m Relay** (5 teams per school-1<sup>st</sup> team only scores)  
Boys – **800m Relay** (5 teams per school-1<sup>st</sup> team only scores)  
\*\*Girls - **1600 meter Run** (First 3 from each team score)  
\*\*Boys - **1600 meter Run** (First 3 from each team score)  
Girls - **500 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
Boys - **500 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
\*\*Girls - **1000 meter Run** (3 scorers per school)  
\*\*Boys - **1000 meter Run** (3 scorers per school)  
Girls - **300 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
Boys - **300 meter Dash** (3 scorers per school & 5 Non-scorers per school)  
\*\*Girls - **3200 meter Run** (First 3 from each team score) (1 section only)  
\*\*Boys - **3200 meter Run** (First 3 from each team score) (1 section only)  
Girls – **1600m Relay** (2 teams per school IF we start after 12:45pm)  
Boys – **1600m Relay** (2 teams per school IF we start after 12:55pm)

\*\*Distance Races: Only 3 athletes can run 2 open distance races.  
Everyone else can only run 1 open distance race.

\*\*\* Tri meets – 55D & 55H – 4 varsity runners per school only 3 score  
-- run JV first followed by Varsity

**Limit 14 non-scorers per school in 55 Dash**