

7th Annual CASSEL'S XBC TRACK EXPERIENCE

- When:** Saturday, April 28, 2012
- Where:** CHANTILLY HIGH SCHOOL
4201 Stringfellow Road
Chantilly, VA 20151
- Who:** 40 teams (per gender) from Virginia, Maryland, Washington, D.C., North Carolina and Tennessee. Only the first 40 teams (per gender) committing to the meet will be accepted. Please commit early, with an email to the meet director MTGilchrst@aol.com. Private schools must be cleared by Coach Gilchrist prior to entries, to avoid any sanctioning issues.
- Entries:** 1 relay per team in each event, and 2 individuals per team in each event. All Entries must be done via Milestat (www.milestat.com). Entries are contingent upon receipt of entry check; password for entries will be granted by Dr. Gilchrist upon receipt of payment. Entries are due by Tuesday, April 22 at 12:00 NOON. NOTE: A third individual may be requested by phone to Dr. Gilchrist, if you have three that can provide a legitimate, verifiable performance by www.Milestat.com.
- Entry Fee:** \$165 per gender or \$275 per team (Boys and Girls team combined). Please make checks payable to Chantilly HS Track. For smaller teams, individuals may be entered for \$15 per person/per event or \$25 per relay.
- Scratches:** Scratches and substitutions may be emailed to MTGilchrst@aol.com by Thursday, April 26, 2012 by **9:00 AM** for correct entry listing in meet program. There will be changes allowed on the day of the meet (Saturday) from 8:00 AM-9:00 AM. The only changes allowed will be substitutions and scratches. There will be no additional entries accepted at this time.
- Field Events:** There will be three attempts given to athletes in the long jump, triple jump, shot put, and the discus throw. Finals for the top seven will follow each event. Flight order in these events will go from lowest seeds to the highest seeds. Opening heights: BHJ: 5' 6"; GHJ: 4' 6"; BPV: 8' 6"; GPV: 7' 0". **Vaulters will be weighed prior to competition, to ensure proper pole use.**
- Track events:** Heat order will be fastest seeded section first. The performance lists will be posted on www.milestat.com and www.chargercctrack.com prior to the meet.
- Lunch:** There will be lunch provided to coaches and officials at 12:30 pm on Saturday.
- Awards:** Medals will be given to the top 6 per event/ top 3 relay teams. A team trophy will be presented to the boys and girls winners and runners up overall. A Boys and Girls Running and Field MVP award will also be selected.
- Results:** Results and pictures will be posted at www.milestat.com and www.chargercctrack.com
- T-Shirts:** Shirts will be sold for \$15 each throughout the meet.

Concessions: A variety of hot & cold concessions throughout the meet.

Admission: \$5 per person, free for children 5 and under, or senior citizens.

Meet Director: Dr. Matt Gilchrist (703) 861-9642- MTGilchrst@aol.com

Title Sponsor: Check out Cassels Sports & Awards for team spirit packs, awards, etc. Call (703) 435-4446 or check <http://www.virginia-sports-awards-promotionalproducts.com/>.

NOTE: All Heats (for running events only) will go from top-seeded to lowest seeded athletes. As mentioned, throws and horizontal jumps will go from lowest seeds to the highest seeds, followed by finals. Coaches, please enter your athletes at realistic seeds to ensure that the best athletes have the opportunity to compete against one another. All events will go on a rolling basis.

MORNING EVENTS:

7:30 Registration begins; Weigh-in for pole vaulters.

8:15 Coaches Meeting

**8:30 Girls Shot Put followed by Boys Shot Put
Boys Discus followed by Girls
Girls Long Jump followed by Girls Triple Jump
Boys Long Jump followed by Boys Triple Jump
Boys High Jump followed by Girls High Jump
9:00 Girls Pole Vault followed by Boys Pole Vault**

8:30 Girls 3200m Run

9:15 Boys 3200m Run

10:00 ** Girls 100 Meter Low Hurdles Preliminary

10:20 ** Boys 110 Meter High Hurdles Preliminary

10:40 ** Girls 100 Meter Dash Preliminary

11:00 ** Boys 100 Meter Dash Preliminary

11:20 Girls 1600m Run (unseeded heats- top 2 in afternoon)

11:35 Boys 1600m Run (unseeded heats-top 2 in afternoon)

11:50 ** Girls 200 Meter Dash Preliminary

12:10 ** Boys 200 Meter Dash Preliminary

**** Top-12 times will advance to a 2-heat final.**

1:15 PM(Singing of national anthem; presentation of Boone Cox Memorial Scholarship)

Girls 4x800m Relay

Boys 4x800m Relay

Girls 100m Hurdles (2-heat final)

Boys 110m Hurdles (2-heat final)

Girls 100m Dash (2-heat final)

Boys 100m Dash (2-heat final)

Girls 1600m Run (top 2 heats only)

Boys 1600m Run (top 2 heats only)

Girls 4x100m Relay

Boys 4x100m Relay

Girls 400m Dash

Boys 400m Dash

Girls 300m Hurdles

Boys 300m Hurdles

Girls 800m Run

Boys 800m Run

Girls 200m Dash (2-heat final)

Boys 200m Dash (2-heat final)

Girls Freshman 1600m Run

Boys Freshman 1600m Run

Girls 4x400m Relay

Boys 4x400m Relay