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# VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION TRACK & FIELD CHAMPIONSHIPS

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SPORTSBACKERS STADIUM • MAY 19, 2018

Dear Coach,

Enclosed are rules, instructions for on-line entries, directions, order of events and a **TEMPORARY TIME SCHEDULE** for The Virginia Independent Schools Athletic Association Track & Field Championships to be held at Sportsbackers Stadium in Richmond, VA on May 19, 2018.

Entries for the VISAA Indoor Track & Field Championships are to be submitted on-line at <http://va.milesplit.com/meets/136715-visaa-track-field-championships>. **THE DEADLINE FOR ENTRIES IS MIDNIGHT, WEDNESDAY MAY 16<sup>TH</sup>, 2018.** There will be no entries, substitutions, or updates after the entry deadline. You may enter a maximum of three athletes per event by the deadline. **Athletes must be in grades 8 through 12.** If an athlete remains entered in a running event after the deadline, scratching an athlete from that event will disqualify that athlete from further competition in the meet. **There will a coaches meeting at 9:15 Saturday morning.** Coaches should pick up their team packets from the press box upon arrival. Performance lists will be posted **Thursday May 17<sup>th</sup>** on Milestat.com and emailed to coaches emails registered on milestat.com (in some cases these may be adjusted as performances are verified) (<http://va.milesplit.com>) All scratches after the deadline, with the exception of field events (see Rules, Sec. C-3), will mean that athlete is scratched from all proceeding events. Please read the rules for a more thorough explanation. If there are questions about entries, please e-mail MEET DIRECTOR Marshall Ware at [warem@stcva.org](mailto:warem@stcva.org).

**PASSWORD FOR ENTRIES: VISAA2018**

**ENTRIES/SEEDING:** Because we are using the entry system from Milestat.com, entries for the various events will be automatically filled in from the database maintained by the Milesplit/Milestat.com site. A coach will not be allowed to enter a mark that is not in that database. While this does make things easier for coaches and meet directors because it eliminates the necessity of verifying times, it will be a problem for coaches attempting to enter marks from meets that have not been reported to Milestat.com. **ALL MEET DIRECTORS AND COACHES: REPORT YOUR RESULTS TO MILESTAT.COM OR E-MAIL THE FULL RESULTS TO THE VISAA MEET DIRECTOR ([WAREM@STCVA.ORG](mailto:WAREM@STCVA.ORG)).**

**ALL TEAMS MUST DESIGNATE THEMSELVES AS DIVISION 1 or DIVISION 2 WHEN REGISTERING ON MILESTAT**

**REMINDER - ATHLETES MAY ONLY BE ENTERED INTO EVENTS THEY HAVE MET THE 2018 QUALIFYING STANDARD DURING THE 2018 SPRING SEASON.**

All entries must be completed on-line by **MIDNIGHT, WEDNESDAY, MAY 16<sup>th</sup>, 2018.** No updated performances will be allowed beyond this date and time.

On-line entry instructions, rules, and time schedule are available online at:  
<http://www.visaa.org/sports/track-field/>

Marshall T. Ware, Jr., Meet Director  
VISAA Track & Field Championships

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# RULES AND REGULATIONS FOR THE VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION TRACK & FIELD CHAMPIONSHIPS

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## 2018

1. Student-athletes will need to meet the 2018 Qualifying standards to compete at the VISAA Outdoor Track & Field Championships. Student-athletes performances will need to be achieved during the 2018 Spring season. (see F 2017 Qualifying Standards Division 1 & Division 2)
2. The VISAA will award state championships in two divisions to be based on a schools enrollment numbers. The meet will operate as two separate championships with separate sections and flights for each event where Division 1 schools will compete against only Division 1 schools and Division 2 schools will compete against only Division 2 schools. Each Division will be scoring eight places with the winners of each event being awarded individually. The team with the most points in the Division 1 events will be "Division 1 State Champions" and the team with the most points from Division 2 events will be "Division 2 State Champions." Individual awards such as "Most Valuable Field Event Performer" and "Most Valuable Running Event Performer" will be awarded separately to student-athletes from Division 1 and Division 2.
3. We will no longer be contesting NON-SCORING sections of the sprint races or morning sections of the 3200-Meters
4. A Coach's meeting will be conducted at 9:15AM Saturday morning where 1 coach from each team will be expected to attend.
5. The Field event area's will have designated coaching area's where 1 coach from each team competing in a flight/event will be able to position themselves. Coaches must stay within this coaching area during the event.
6. There will be no minimum measurement marks in the field events
7. There will be 8-minutes between flights and at which time if all athletes are present and ready the officials will be given the instructions to move along to the next flight/final.
8. **A Final time schedule will be published by Friday morning based on the entries that are received.**
9. Division 2 and Division 1 will compete together in the following events; High Jump, Pole Vault
10. The Games committee will reserve the right to make an adjustment to the time schedule based on the number of entries after the registration deadline. The FINAL SCHEDULE that is published by Friday morning will move up to 20-minutes ahead of schedule or as a rolling schedule if time and weather is a factor.
11. Division 2 field events will have preliminary and finals.

## ELIGIBILITY [A]

Both school and individual eligibility rules are posted on the VISAA Website. Additional questions in this area can be directed to the Executive Director of the VISAA, Richard Kemper e-mail: [rkemper@visaa.org](mailto:rkemper@visaa.org), phone: 804-347-3238.

## NUMBERS OF ENTRIES, SCORING, ENTRY FEE, AWARDS, ENTRY DEADLINE, RULES [B]

- B-1 Run under the National Federation or State High School Athletic Association's rules with certain modifications and clarifications.
- B-2 No more than three athletes per school, who have achieved the 2017 qualifying standard may be entered in each individual event.
- B-3 Each contestant may compete in an unlimited number of field events and up to three running events including relays. If an athlete competes in more than three running events, including relays, they will be disqualified from any and all events that follow their third running event.
- B-4 For an athlete to compete in an individual event, that athlete must have achieved the 2018 qualifying standard in that event from the season in which the VISAA Track & Field Championships is contested.
- B-5 All entries and scratches must be completed on-line by MIDNIGHT, WEDNESDAY MAY 16<sup>th</sup>, 2018. Late or additional entries will not be accepted. THERE WILL BE NO SUBSTITUTIONS OR UPDATED PERFORMANCES AFTER THE DEADLINE.
- B-6 Both for Division 1 and Division 2 scoring will be as follows; FIRST PLACE, 10 points; SECOND PLACE, 8 points; THIRD PLACE, 6 points; FOURTH PLACE, 5 points; FIFTH PLACE, 4 points; SIXTH PLACE, 3 points; SEVENTH PLACE, 2 points; EIGHTH PLACE, 1 point (including all relays). Nine competitors will qualify for the finals in the shot put, discus, long jump, and triple jump (Division 2 field events will be contested with 4 throws and 4 jumps for each student-athlete, with no "final" flight)
- B-7 For all events, medals will be awarded to the top three places, and ribbons will be awarded for fourth through eighth place. All ribbons and medals will be distributed at the meet and will be available when the results have been posted. At the conclusion of the meet, the Meet Director will announce the best field event and running event performers for the boys and girls in Division 1 and Division 2. Selection of the awards for best field event and running event performers will be based on points

scored (including relays). Plaques for the winning teams and the runners-up will also be awarded. Plaques will be engraved and sent via UPS to the schools after the meet.

- B-8 All first places in Division 1 and Division 2 are deemed "All-State." Second places are deemed "2nd Team All-State." Third places are deemed "Honorable Mention All-State."
- B-9 The Games Committee and its function as stated in the National Federation of High School Rules Rule 3 Section 2 will be comprised of the State Track & Field Sports Committee. The Games Committee will also act as the Jury of Appeals.

### SCRATCHES ON THE DAY OF THE MEET, POLE VAULT CARDS [C]

- C-1 After the deadline, any athlete scratched from a running event for which they have been declared will be barred from competing in any other proceeding event.\* There will be no entries, substitutions, or updates accepted after the deadline. Please note that the deadline for entering up to three athletes per event is the previous Wednesday at midnight.
- C-2 There will be no entry changes on the day of the meet.
- C-3 An athlete declared for a running event is barred from further competition in the meet if he or she scratches from any running event for which he or she has been declared or if the athlete fails to compete with a good faith effort in the event for which they are declared. If an athlete is declared for a field event, they may scratch from that field event if a coach or team representative reports the scratch to the official of the field event before the event begins (preferably at first call).
- C-4 All coaches with athletes participating in the pole vault will be asked to sign a card that attests to the fact that the competitor is on a pole that is manufactured at the proper weight for the competitor.

### CONDUCT OF THE MEET [D]

- D-1 Semi-finals and finals will be conducted in the 100m/110m Hurdles and 100m Dash. Eight athletes will advance to the finals in the 100m/110m Hurdles and 100m Dash. The formula for advancement to the finals will be:
- If two heats, the first three places in each heat will qualify for the finals plus the next two fastest times.
  - If three heats, the first two places in each heat will qualify for the finals plus the next two fastest times.
  - If four heats, first place in each heat will qualify for the finals plus the next four fastest times.
- D-2 Finalists in the 100m/110m Hurdles and 100m Dash, will be seeded in sections and lanes according to their semifinal times with preference for lanes for the finals first given to those advancing by place and then by those advancing by time.
- D-3 In the 200m, Dash, 300m Intermediate Hurdles, 400m Dash, 800m Run, 1600m Run, 3200m Run, and relays the Meet Director will seed sections and lanes on the basis of entry times. Submitted hand-times will be converted to FAT.
- D-4 Coaches and athletes not currently competing in a field event are not allowed on the infield except those coaches who are inside the designated coaching boxes for each field event.
- D-5 If a fall occurs on the first curve of any of the races, the race is to be called back, unless run in individual lanes.
- D-6 Competitors will be asked to report to their event 15 minutes before their event is to begin (first call). Runners will be assigned hip numbers, which should be worn and visible on the left hip. Shirts must be tucked in so that hip numbers are visible.
- D-7 When an athlete properly checks out for a running event he or she should be given reasonable time to return immediately after the conclusion of that event. "Properly checks out" is defined as when the clerk required the athlete in the holding area (as opposed to checking out to warm up, get hip numbers 15 minutes ahead of time, etc.) and "reasonable time" is the time it takes to walk back to the field event. It does not include recovery, coaching, etc., but does allow for change of appropriate equipment, such as shoes, which would constitute a time frame of 5 minutes for the Sportsbackers Stadium facility (Outdoor Championships only). An athlete who is competing in another event has the responsibility of being at the start line for their running event on time and should not be penalized for not being at the clerking areas by final call as long as they have been checked in at first call and received their lane assignment. In accordance with NFHS rules (Rule 7, Section 2) for conduct of the horizontal jumps and throwing events, the event official may change the order of competition in the preliminaries and/or finals to accommodate those who may be excused to participate in other events. In the horizontal jump events, any reasonable request for change in order should be granted. The judge may choose to permit a competitor in the horizontal or vertical jumps to take preliminary trials or finals trials in succession or out of order. In the high jump and pole vault, even if an athlete is properly checked out with the event official and the proper check out time (as defined above) has expired, the bar will be moved up to the next height. If the athlete has failed to return in the allotted time and all other competitors have passed, failed, or cleared the existing height, the crossbar will be raised to the next height and the event official will automatically pass the excused athlete to the new height.

- D-8 The boys' high jump will start at (Division 1- 5'6") (Division 2 – 5'2") and will progress 2 inches. For the boys, the bar will continue at one inch increments after 6'6" to the finish of event, subject to peculiarities of the standards or the determination of the official. The girls' high jump will start at (Division 1 -4'6") and (Division 2 – 4'2"), and will progress 2 inches to 5'6", and then one inch to the finish, subject to peculiarities of the standards or the determination of the official. *All Division 1 and Division 2 athletes will compete together with Division 2 athletes coming in at their opening heights and Division 1 athletes coming in at their opening heights as long as they are above 5'6" for boys or 4'6" for girls.*
- D-9 The pole vault will start at 9'0" for the boys and 6'0" for the girls in both Division 1 and Division 2. For the boys, the height of the bar will progress 6 inches to 15'0", and then 3 inches to the finish, subject to peculiarities of the standards or the determination of the official. For the girls, the height of the bar will progress 6 inches to 11'0" and then 3 inches to the finish, subject to peculiarities of the standards or the determination of the official. All athletes are required to use poles specifically designed to carry their weight. Vaulters using a pole rated for less than their weight will be disqualified.
- D-10 Shot puts and discs will be weighed before the competition begins. Any shot puts or discs deemed illegal will be confiscated and may be picked up by a coach at the conclusion of the meet.
- D-11 With the exception of the vaulting pole, meet management reserves the right to require teams to use equipment supplied by the games committee.
- D-12 *Please note that the long jump boards available are 8'0", 12'0" and 14'0" from the pit.*
- D-13 *Please note that the triple jump boards available are 24'0", 30'0" and 36'0" from the pit. There will be no minimum measurement marks.*
- D-14 The Games committee will reserve right to make an adjustment to the time schedule based on the number of entries after the registration deadline. The FINAL SCHEDULE that is published by Friday morning will move up to 20-minutes ahead of schedule or as a rolling schedule if time and weather is a factor.

## CONDUCT OF THE PARTICIPANTS [E]

- E-1 Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.
- PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.**
- E-2 Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school.
- PENALTY: Disqualification from that event.**
- E-3 In a relay event, the baton shall not be thrown following the finish of any relay.
- PENALTY: Disqualification of the relay team from the event.**

## 2018 QUALIFYING STANDARDS FOR DIVISION 1 & DIVISION 2 [F]

F-1 To compete the 2018 VISAA Outdoor Track & Field Championships all students-athletes will have to have met the 2018 qualifying standard for each event they are entering and it will have been achieved during the 2018 spring season.

	D1	D2
Girls High Jump	4-6	4-2
Boys High Jump	5-8	5-2
Girls Long Jump	14-3	12-9
Boys Long Jump	18-6	17-3
Girls Shot Put	25-0	22-6
Boys Shot Put	37-0	31-10
Girls Triple Jump	30-0	27-0
Boys Triple Jump	36-00	35-00
Girls Discus	70-0	61-6
Boys Discus	100-0	80-11
Girls Pole Vault	6-0	6-0
Boys Pole Vault	9-0	9-0
Girls 100M Hurdles	19.50	21.00
Boys 110m Hurdles	19.00	20.00
Girls 100M Dash	13.80	14.20
Boys 100M Dash	11.50	12.10
Girls 4x800m Relay	N/A	N/A
Boys 4x800m Relay	N/A	N/A
Girls 1600M	6:09.50	6:09.50
Boys 1600M	4:59.00	5:06.00
Girls 4x100m Relay	N/A	N/A
Boys 4x100m Relay	N/A	N/A
Girls 400	1:09.00	1:09.00
Boys 400	56.40	57.20
Girls 300mH	56.00	61.75
Boys 300mH	49.20	53.00
Girls 800M	2:42.40	2:46.00
Boys 800M	2:11.50	2:20.00
Girls 200M	28.50	29.70
Boys 200M	23.90	25.25
Girls 3200M	13:35.00	14:00.00
Boys 3200M	11:15.00	11:45.00
Girls 4x400m Relay	N/A	N/A
Boys 4x400m Relay	N/A	N/A

F2 All field events both Division 1 and Division 2 will be run as trials and finals where applicable.

F3 The boys and girls High Jump and Pole Vault events will be run simultaneously.

F4 There are no minimum marks for field events.



VIRGINIA INDEPENDENT SCHOOLS  
ATHLETIC ASSOCIATION  
TRACK & FIELD CHAMPIONSHIPS



SPORTSBACKERS STADIUM • MAY 19, 2018

**TIME SCHEDULE**

**ALL EVENTS WILL BE RUN DIVISION 2 FIRST FOLLOWED BY DIVISION 1 – UNLESS NOTED OTHERWISE**

- 9:00 REPORT ALL SCRATCHES TO THE OFFICIALS IN THE PRESS BOX (FIELD EVENTS SCRATCHES CAN BE DONE AT THE FIELD EVENT)
- 9:15 COACH'S MEETING (1 COACH FROM EACH TEAM)
- GIRLS — LONG JUMP (DIVISION 1 FIRST), POLE VAULT (BOTH DIVISIONS), DISCUS (DIVISION 1 FIRST)
- BOYS — LONG JUMP (DIVISION 1 FIRST), SHOT PUT (DIVISION 2 FIRST), HIGH JUMP (BOTH DIVISIONS)
- FOLLOWED BY**
- GIRLS — TRIPLE JUMP (DIVISION 1 FIRST), SHOT PUT (DIVISION 1 FIRST), HIGH JUMP (BOTH DIVISIONS)
- BOYS — TRIPLE JUMP (DIVISION 1 FIRST), DISCUS (DIVISION 2 FIRST), POLE VAULT (BOTH DIVISIONS)
- 11:00 GIRLS 100 METER HIGH HURDLE. DIVISION 1 – SEMIFINALS
- 11:10 BOYS 110 METER HIGH HURDLE. DIVISION 1 – SEMIFINALS
- 11:20 GIRLS — 100 METER DASH SEMIFINALS (DIVISION 2 FOLLOWED BY DIVISION 1)
- 11:30 BOYS — 100 METER DASH SEMIFINALS (DIVISION 2 FOLLOWED BY DIVISION 1)
- 11:50 GIRLS — 4 X 800 METER RELAY (SECTIONS ON TIME)
- 12:15 BOYS — 4 X 800 METER RELAY (SECTIONS ON TIME)
- 12:40 GIRLS — 100 METER HURDLES DIVISION 2 – TIMED FINALS
- 12:45 GIRLS — 100 METER HURDLE DIVISION 1 FINALS
- 12:50 BOYS — 110 METER HIGH HURDLES DIVISION 2 – TIMED FINALS
- 12:55 BOYS — 110 METER HIGH HURDLES DIVISION 1 FINALS
- 1:05 GIRLS — 100 METER DASH FINALS (DIVISION 2 FOLLOWED BY DIVISION 1)
- 1:10 BOYS — 100 METER DASH FINALS (DIVISION 2 FOLLOWED BY DIVISION 1)
- 1:15 GIRLS — 1600 METER RUN (SECTIONS ON TIME)
- 1:35 BOYS — 1600 METER RUN (SECTIONS ON TIME)
- 1:55 GIRLS — 4 X 100 METER RELAY (SECTIONS ON TIME)
- 2:05 BOYS — 4 X 100 METER RELAY (SECTIONS ON TIME)
- 2:15 GIRLS — 400 METER RUN (SECTIONS ON TIME)
- 2:35 BOYS — 400 METER RUN (SECTIONS ON TIME)
- 2:55 GIRLS — 300 METER INTERMEDIATE HURDLE FINAL (SECTIONS ON TIME)
- 3:10 BOYS — 300 METER INTERMEDIATE HURDLE FINAL (SECTIONS ON TIME)
- 3:25 GIRLS — 800 METER SECTIONS (SLOW THEN FAST)
- 3:45 BOYS — 800 METER SECTIONS (SLOW THEN FAST)
- 4:05 GIRLS — 200 METER DASH FINALS (SLOW THEN FAST)
- 4:20 BOYS — 200 METER DASH FINALS (SLOW THEN FAST)
- 4:35 GIRLS — 3200 METER RUN
- 5:05 BOYS — 3200 METER RUN
- 5:40 GIRLS — 4 X 400 METER RELAY (SECTIONS ON TIME)
- 6:00 BOYS — 4 X 400 METER RELAY (SECTIONS ON TIME)

## HOW DO I REGISTER FOR THE MEET?

### **STEP #1 LOGIN OR REGISTER**

You must have a username and password for Milesplit. To get that, if you don't have one, click register in the top right gray MileSplit bar directly under the Universal Sports logo and search box.

### **STEP #2 CLAIM YOUR TEAM**

If you haven't already set this up, you must be registered as a coach or team administrator to register for a meet. In order to get set up, you go to your team page, and at the top right, click "Claim This Team." Choose either that you want to be a coach or team administrator. Follow the instructions on that page. Apply and submit. Once you do that and you are approved (usually within a few hours), you will receive a confirmation e-mail and you will be set to go to the next step.

### **STEP #3 UPDATE YOUR ROSTER**

If your team's roster is not already up-to-date, now is a good time to get any corrections made and add any additional athletes to it. Go to your team page, login, and you will see a button that says "TEAM ADMINISTRATION" to the right of your team's name. Click that and then click roster on left hand toolbar. Enter or update your roster, adding any new athletes. To move graduated athletes to "ALUMNI," simply add their graduation year and hit save.

### **STEP #4 ENTER THE MEET**

Go to the season calendar and click on the green meet registration button of the meet you want to enter. Read and follow the instructions carefully and fill out the form completely. Once entered, you will see all of the available events/races listed. To enter an athlete into their respective events/races, click the "EDIT ENTRIES" link next to the event. On the following page, check the athletes you would like to enter (seed times will be automatically entered from the Milesplit database)\* and click the save button at the bottom. Do this for each event/race. You will be able to change and update these entries until the entry deadline.

\* *Seed marks are automatically entered for each athlete from the Milesplit database. If an athlete has a seed mark from a meet that was not recorded into the Milestat database, you will have to e-mail the results of that meet to the meet director.*