Enclosed are rules, instructions for on-line entries, directions, and an order of events (rolling schedule will be employed) for The Virginia Independent Schools Athletic Association Track & Field Championships to be held at Sports Backers Stadium in Richmond, Virginia on Saturday, May 18, 2019.

The VISAA will be charging admission to this event. All spectators over the age of six will be charged admission. Players, coaches, officials, school administrators, and families of coaches involved in the contest will be admitted free but other school personnel will not be allowed in on passes. All other school personnel, faculty, students, etc. and spectators must pay admission. Admission fees are: $10.00 for individuals and $30.00 for families (2 adults plus children).

Entries for the 2019 VISAA Track & Field Championships are to be submitted on-line at https://va.milesplit.com. **THE DEADLINE FOR ENTRIES IS MIDNIGHT, WEDNESDAY, MAY 15, 2019.** 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 is entered in a running event at the deadline, scratching an athlete from that event will disqualify that athlete from further competition in the meet. 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 Zach Lampert at zlampert83@gmail.com.

We will have a Coaches Meetings at 10:00 AM, Saturday morning, at the Start/Finish line area – 1 representative from each school should be present to get final meet day instructions.

**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 (ZLAMPERT83@GMAIL.COM).**

**REMEMBER - ATHLETES MAY ONLY BE ENTERED INTO EVENTS FOR WHICH THEY HAVE MET THE 2019 QUALIFYING STANDARDS DURING THE 2019 SPRING SEASON. RELAY TEAMS MAY ONLY BE ENTERED IF THE TIME WAS ACCOMPLISHED WITH ATHLETES IN GRADES 8-12**

All entries must be completed on-line by MIDNIGHT, WEDNESDAY, MAY 15, 2019. No updated performances will be allowed beyond this date and time.

On-line entry instructions and rules are available online at: [http://www.visaa.org](http://www.visaa.org)

We look forward to a great day of competition,

Zach Lampert
Meet Director
VISAA Track & Field Championships
ELIGIBILITY [A]
Both school and individual eligibility rules are posted on the VISAA Website http://www.visaa.org/sports/indoor-track/ Additional questions in this area can be directed to the Executive Director of the VISAA, Richard Kemper. E-MAIL: rkemper@visaa.org, phone: 804-347-3238.

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

B-1 Run under the National Federation High School Athletic Association’s rules with certain modifications and clarifications.

B-2 No more than three athletes per school, who have achieved the 2019 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 proceeding their third running event.

B-4 For an athlete to compete in an individual event, that athlete must have achieved the 2019 qualifying standard in that event from the season in which the VISAA Track & Field Championships are contested.

B-5 All entries and scratches must be completed on-line by MIDNIGHT, WEDNESDAY, MAY 15, 2019. Late or additional entries will not be accepted. THERE WILL BE NO SUBSTITUTIONS OR UPDATED PERFORMANCES AFTER THE DEADLINE.

B-6 Both 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. NOTE: Field events may be contested with 4 throws and 4 jumps for each student-athlete, with no final flight, if the number of competitors warrant such a change.

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 who will be awards individual plaques for this honor. Selection of the awards for best field event and running event performers for the boys and girls in Division 1 and Division 2. Selection of the awards will be based on points scored (including relays). Plaques for the winning teams and the runners-up will also be awarded. All medals, ribbons, and awards must be picked up at the meet.

B-8 All first place finishers are deemed “All-State.” Second place finishers are deemed “2nd Team All-State.” Third place finishers 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 Any athlete scratched from a running event (not including relays) for which they have been declared after the deadline 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 10:00PM.

C-2 With the exception of relay lineups, 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 (with the exception of relays) 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.
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 these two events. 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 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. Coaches may escort runners to the bullpen area, but must refrain from coaching as set forth in Rule 3, Section 2, Article 4g of the National Federation Rule Book.

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 numbers, which should be worn and visible on the left hip. Shirts must be tucked in so that hip numbers are visible. Failure to report by final call will result in an automatic scratch and will result in the athlete being scratched from further competition.

D-7 Contestants in the jumps, vault, discus, and shot put, must report to the judge of the individual event 15 minutes prior to the time for the start of the event (first call). Failure to report by final call will result in an automatic scratch.

D-8 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 requires the athlete in the holding area (as opposed to checking out to warm up, get hip number 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 3 minutes for the St Christopher’s Indoor Facility. 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 have been 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-9 The boys’ high jump will start at 5’6” for Division 1 and 5’2” for Division 2 and will progress 2 inches to 6’6”, and then one inch to the finish, subject to peculiarities of the standards or the determination of the official. The girls’ high jump will start at 4’6” for Division 1 and 4’2” for Division 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 a 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-10 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-11 Please note that the long jump boards available are 8’0”, 12’0”, and 14’0” from the pit. Please note that the triple jump boards available are 24’0”, 30’0”, and 36’0” from the pit. There will be no minimum measure marks.

D-12 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-13 With the exception of the vaulting pole, meet management reserves the right to require teams to use equipment supplied by the games committee.

D-14 A rolling schedule will be employed throughout the meet.
### 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.

### HOW DO I REGISTER FOR A MEET?

**Online Meet Registration**

**by MileSplit**

**MileStat.com**

*a MileSplit.us affiliate*

**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.

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*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.*