



VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION INDOOR TRACK & FIELD CHAMPIONSHIPS



AT ST. CHRISTOPHER'S SCHOOL • FEBRUARY 17, 2024

Enclosed are rules, instructions for on-line entries, directions, and an order of events with time schedule for The Virginia Independent Schools Athletic Association Indoor Track & Field Championships to be held at St. Christopher's School in Richmond, Virginia on Saturday, February 17, 2024. The field house at St. Christopher's School is a 200m track with an encapsulated rubber surface. Spikes are acceptable but must be 1/4" or less. There is no food or drink allowed in the field house.

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).

TICKETS FOR THE VISAA STATE CHAMPIONSHIPS MUST BE PURCHASED THROUGH the link below. There will be no capacity limitations. Tickets are now available <https://gofan.co/event/1403969?schoolId=VISAA>

THERE WILL NOT BE THE ABILITY TO PAY CASH AT THE VENUE ON MEET DAY HOWEVER YOU ARE ABLE TO PURCHASE TICKETS UP UNTIL AND THROUGHOUT THE MEET.

Entries for the 2024 VISAA Indoor Track & Field Championships are to be submitted on-line. Details listed below

DEADLINE FOR ENTRIES IS 9:00PM, WEDNESDAY FEBRUARY 14, 2024. 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. B-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 at warem@stcva.org.

We will have a Coaches Meetings at 10:15AM 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 (WAREM@STCVA.ORG)**

The Indoor Qualification Standards for the 2023-2024 Championships can be found at www.visaa.org

Performances for qualification for the 2024 Indoor Championships must be achieved during the Winter 2023-2024 Season only and must be achieved at an INDOOR COMPETITION

All entries must be completed on-line by 9:00PM, WEDNESDAY, FEBRUARY 14, 2024. No updated performances will be allowed beyond this date and time.

We look forward to a great day of competition

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

ELIGIBILITY

Both school and individual eligibility rules apply for this Championship.

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

- A-1 Run under the National Federation High School Athletic Association's rules.
- A-2 No more than three athletes per school may be entered in each individual event.
- A-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.
- A-4 All entries and scratches must be completed on-line by 9:00PM, WEDNESDAY FEBRUARY 14, 2024. Late or additional entries will not be accepted. THERE WILL BE NO SUBSTITUTIONS OR UPDATED PERFORMANCES AFTER THE DEADLINE.
- A-5 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, long jump, and triple jump.
- A-6 For all events, medals will be awarded to the top four places. All 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 present final point tallies for Individual events to the Sports Chair to select the best field event and running event performers for the boys and girls who will be awarded individual plaques for this honor. Selection of the awards for best field event and running event performers will be based on points (including relays). Plaques for the winning teams and the runners-up will also be awarded at the competition.
- A-7 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."
- A-8 Additional Entry Fee for entries to the Indoor Championships. (This fee will be \$10.00 per entry and \$25.00 per relay event per gender - Maximum 200.00 per school per gender). Invoices will be sent at the conclusion of the championships.

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

- B-1 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 9:00PM.
- B-2 With the exception of relay lineups, there will be no entry changes on the day of the meet.
- B-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).
- B-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.

[C] CONDUCT OF THE MEET

- C-1 Semi-finals and finals will be conducted in the 55m Hurdles and 55m Dash. The formula for advancement to the finals will be based on winners of each heat advancing, followed by the next fastest times that fill the 8 lanes. If there is more than 8 heats in the preliminary heats advancement will be based on time.
- C-2 Finalists in the 55m Hurdles and 55m Dash will be seeded in lanes according to their semifinal times.

- C-3 In the 300m, 500m, 1000m, 1600m, 3200m, and relays the meet director will seed sections and lanes on the basis of submitted times.
- C-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.
- C-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.
- C-6 Competitors will be asked to report to their event 20 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.
- C-7 Contestants in the jumps, vault, and shot put, must report to the judge of the individual event 20 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.
- C-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 6, 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.
- C-9 The boys' high jump will start at 5'6" 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 4'4", and will progress 2 inches to 5'4", and then one inch to the finish, subject to peculiarities of the standards or the determination of the official.
- C-10 The pole vault will start at 9'6" for the boys and 6'0" for the girls. For the boys, the height of the bar will progress 6 inches to 14'0", 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 10'0" 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.
- C-11 **In the boys and girl long jump, only the 12'0" board will be used. In the girls' long jump, athletes may use the 6'0" or 12" board. In the boys and girls triple jump, the boards that will be used are 24', 32' and 40' for girls and 32' and 40' for boys**
- C-12 Shot puts will be weighed. Any shot puts deemed illegal will be confiscated and may be picked up by a coach at the conclusion of the meet.
- C-13 With the exception of the vaulting pole, meet management reserves the right to require teams to use equipment supplied by the games committee.
- C-14 The meet will run according to the schedule and will get no further ahead than 15 minutes unless weather conditions make it necessary to adopt a rolling schedule.
- C-15 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 15-minutes ahead of schedule or as a rolling schedule if time and weather is a factor.

[D] CONDUCT OF THE PARTICIPANTS

- D-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.**
- D-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.**

D-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.**

OTHER INFORMATION FOR COACHES

VISAA ADMISSION POLICY

All spectators over the age of six will be charged admission. Players, coaches, cheerleaders, school administrators and families of coaches involved in the contest will be admitted free but other school personnel, etc. will not be allowed in on passes. All other school personnel, faculty, students etc. and spectators must pay admission.

\$10.00 – INDIVIDUALS

\$30.00 – FAMILY RATE (2 ADULTS PLUS CHILDREN)

THE TRACK

The indoor track at St. Christopher's School is a 200m encapsulated rubber surface. Spikes of 1/4-inch or less are acceptable.

THE INFIELD

The infield is open to officials and field event participants only. Field event participants are defined as those athletes currently competing. Athletes who have completed their event will be asked to leave the infield. Athletes waiting for their flight WILL NOT be permitted on the infield until their flight has been called. It is important that the athletes understand and obey this rule. Coaches are asked to set an example by remaining off the infield and away from the finish line officials. Please remember to advise your team of this restriction.

WARMING UP

The track is not open for warming up. Athletes may warm-up on the outdoor track located behind the field house. Please ask your athletes to clear the track upon first call for the running events.

PROBLEMS/ISSUES/CORRECTIONS

The games committee will address problems that arise during the meet. If you have an issue with officiating, corrections to posted results, or anything that needs to be addressed during the meet, please report them to Marshall Ware or Gene Bruner. We will handle the problems if, and when they arise.

WEATHER

If weather makes it necessary to postpone the meet, we will endeavor to have the meet on the following day (Sunday). If we are unable to conduct the meet on that day, we will inform the teams of the next available date as soon as it is determined. If during the meet, the weather makes it necessary to finish the meet as early as possible, we will adopt a rolling schedule. A rolling schedule means that as soon as an event is completed the next event will begin.

PARKING

There is no parking available at St. Christopher's for large buses. Large buses may drop off and pick up only. You will need to have your bus driver drop off the team at the athletic center and return later to pick up the team. St. Christopher's is located in a residential neighborhood and for this meet to continue, it is important that we respect those that live around the school.

Minibuses may park in the lower school lot off Pepper Avenue and the corner of Maple Avenue and Fergusson Rd. It is a short walk from there to St. Christopher's Rd. and the athletic center.

For parking, see attached map.

DIRECTIONS TO ST. CHRISTOPHER'S SCHOOL

FROM WASHINGTON, D.C. AND POINTS NORTH: Take I-95 south to exit 79 (I-64 west). Take I-64 west to exit 183A (Glenside Drive south). Follow Glenside to Three Chopt Road. Turn left on Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

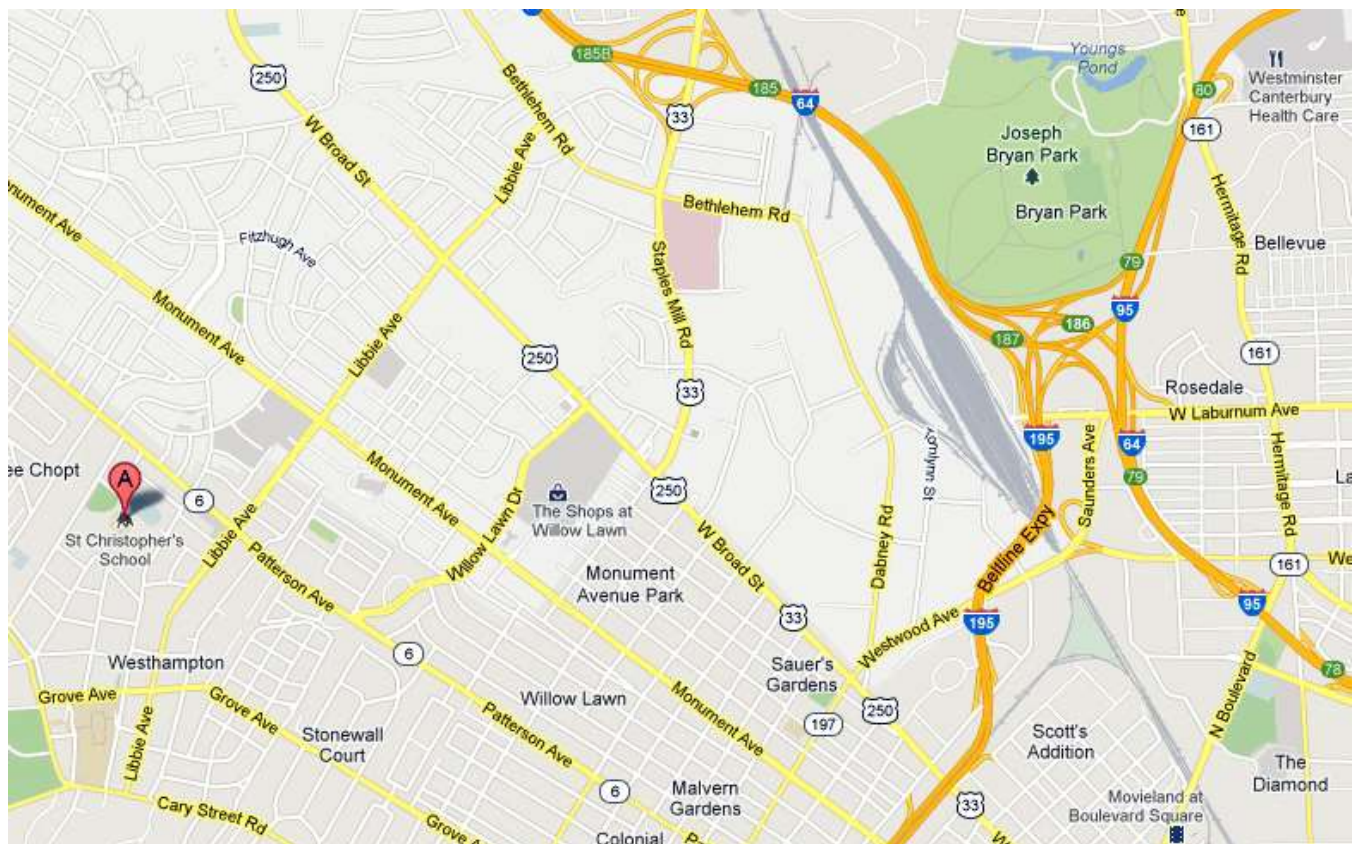
FROM PETERSBURG AND POINTS SOUTH: Take I-95 north to exit 74A (Downtown Expressway, I-195). Follow I-195 toward Charlottesville. Exit at Patterson/Grove Avenues, bear right onto Thompson Street and turn right onto Grove Avenue. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.

FROM WILLIAMSBURG AND POINTS EAST: Take I-64 west and exit on I-195 south (Downtown Expressway). Exit at Grove/Cary Street, turn right off exit, right at stop sign and left onto Grove. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.

FROM CHARLOTTESVILLE AND POINTS WEST: Take I-64 east to exit 183A (Glenside Drive south). Turn right and follow Glenside to Three Chopt Road. Turn left onto Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

FROM TAPPAHANNOCK ON 360 WEST: Take Route 360 west to I-64 west. Take I-64 west through Richmond to exit 183A (Glenside Drive south). Follow Glenside to Three Chopt Road. Turn left on Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

FROM DANVILLE ON 360 EAST: Take Route 360. Take Route 288 north ramp toward Route 76 north (Powhite Parkway). Merge onto Route 288 north and take Powhite Parkway exit. Cross the James River, then stay in left lane. Exit at Patterson/Grove Avenues, bear right onto Thompson Street and turn right onto Grove Avenue. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.



HOW DO I REGISTER FOR A 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.*



VIRGINIA INDEPENDENT SCHOOLS
ATHLETIC ASSOCIATION
INDOOR TRACK & FIELD CHAMPIONSHIPS



AT ST. CHRISTOPHER'S SCHOOL • FEBRUARY 17, 2024

TIME SCHEDULE

THE MEET WILL RUN ACCORDING TO THE TIME SCHEDULE AND WILL GET NO FURTHER AHEAD THAN 15 MINUTES UNLESS WEATHER CONDITIONS MAKE IT NECESSARY TO GO TO A ROLLING SCHEDULE. A ROLLING SCHEDULE MEANS THAT EACH EVENT WILL BEGIN AS SOON AS THE PREVIOUS EVENT HAS BEEN COMPLETED.

- TIME SCHEDULE WILL BE ADJUSTED IF NECESSARY BASED ON ENTRIES AND WILL BE COMMUNICATED BY FRIDAY FEBRUARY 16 •

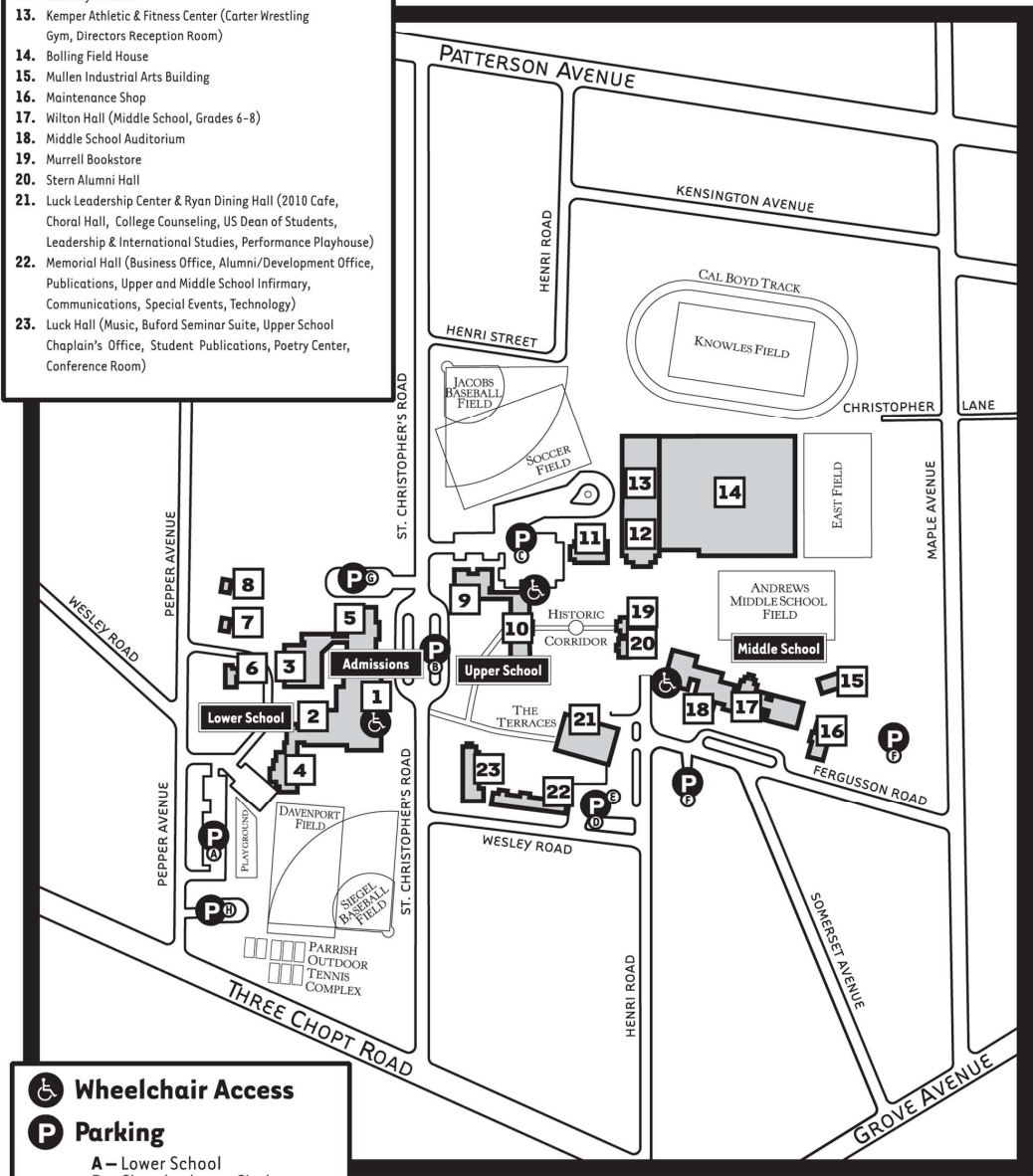
10:15	COACHES MEETING AT START LINE	
10:30	GIRLS — LONG JUMP, POLE VAULT	
	BOYS — LONG JUMP, HIGH JUMP, SHOT PUT	
11:30	GIRLS — 55 METER HIGH HURDLES	SEMIFINALS
11:45	BOYS — 55 METER HIGH HURDLES	SEMIFINALS
NOON	GIRLS — 55 METER DASH	SEMIFINALS
	GIRLS — TRIPLE JUMP, HIGH JUMP, SHOT PUT	
	BOYS — TRIPLE JUMP, POLE VAULT	
12:15	BOYS — 55 METER DASH	SEMIFINALS
12:30	GIRLS — 4 X 800 METER RELAY	SECTIONS ON TIME
12:45	BOYS — 4 X 800 METER RELAY	SECTIONS ON TIME
1:00	GIRLS — 55 METER HIGH HURDLES	FINALS
1:05	BOYS — 55 METER HIGH HURDLES	FINALS
1:10	GIRLS — 55 METER DASH	FINALS
1:15	BOYS — 55 METER DASH	FINALS
1:20	GIRLS — 1600 METER RUN	SECTIONS ON TIME
1:45	BOYS — 1600 METER RUN	SECTIONS ON TIME
2:10	GIRLS — 4 X 200 METER RELAY	SECTIONS ON TIME
2:25	BOYS — 4 X 200 METER RELAY	SECTIONS ON TIME
2:40	GIRLS — 500 METER DASH	SECTIONS ON TIME
3:00	BOYS — 500 METER DASH	SECTIONS ON TIME
3:20	GIRLS — 1000 METER RUN	SECTIONS ON TIME
3:40	BOYS — 1000 METER RUN	SECTIONS ON TIME
4:00	GIRLS — 300 METER DASH	SECTIONS ON TIME
4:20	BOYS — 300 METER DASH	SECTIONS ON TIME
4:40	GIRLS — 3200 METER RUN	ONE SECTION
5:00	BOYS — 3200 METER RUN	ONE SECTION
5:20	GIRLS — 4 X 400 METER RELAY	SECTIONS ON TIME
5:30	BOYS — 4 X 400 METER RELAY	SECTIONS ON TIME



St. Christopher's School

Educating Boys For Life

1. McVey Hall (Admissions Office, Lower School)
2. Lower School Gymnasium
3. Lower School (Grades K-5, Main Entrance and Offices, Morgan Auditorium & Lower School Infirmary)
4. Reynolds Gymnasium (Extended Day)
5. Henderson Hall (Extended Day)
6. Junior Kindergarten (703 Pepper Avenue)
7. Little Saints (707 Pepper Avenue)
8. Extended Day Woodworking & Classroom
9. Gottwald Science Center (Schroeder Environmental Policy Center)
10. Chamberlayne Hall (Upper School, Grades 9-12, Headmaster's Office)
11. Upper School Chapel
12. Scott Gymnasium
13. Kemper Athletic & Fitness Center (Carter Wrestling Gym, Directors Reception Room)
14. Bolling Field House
15. Mullen Industrial Arts Building
16. Maintenance Shop
17. Wilton Hall (Middle School, Grades 6-8)
18. Middle School Auditorium
19. Murrell Bookstore
20. Stern Alumni Hall
21. Luck Leadership Center & Ryan Dining Hall (2010 Cafe, Choral Hall, College Counseling, US Dean of Students, Leadership & International Studies, Performance Playhouse)
22. Memorial Hall (Business Office, Alumni/Development Office, Publications, Upper and Middle School Infirmary, Communications, Special Events, Technology)
23. Luck Hall (Music, Buford Seminar Suite, Upper School Chaplain's Office, Student Publications, Poetry Center, Conference Room)



Wheelchair Access

Parking

- A - Lower School
- B - Chamberlayne Circle
- C - Upper School Student Parking
- D - Administration
- E - Student
- F - Middle School
- G - Extended Day/Admissions
- H - Tennis Courts