

Updated: 12/4/17 Modified Regional Automatic Qualifiers in line with published state standards.

## **Region 5C Indoor Track and Field Championship**

Director: Bobby Krause ADSA, Falls Church High School [rlkrause@fcps.edu](mailto:rlkrause@fcps.edu) (703)207-4043

Location: Prince George's Sports and Learning Complex: 8001 Sheriff Rd, Hyattsville, MD

Date/Time: Day 1: Monday, February 12<sup>th</sup> 2018 Doors open @ 10:00am (scheduled end time 3:30pm)  
Day 2 (4x800 ONLY): Wednesday, February 14<sup>th</sup> 2018 Doors open @ 2:00pm  
\*\*\*Detailed schedule provided below\*\*\*

Format: Each District will get top 6 individuals plus qualifiers & top 3 relays plus qualifiers. Qualifying standards for the regional meet can be found in Appendix B Top 3 individuals and top 3 relays advance to state competition. State qualifying times will also advance competitors into the region championship.

Postponement: Snow dates may or may not be provided for the regional track and field championship at the sole discretion of Prince George's Sportsplex. Any changes to the event schedule will be shared as soon as possible with athletic directors as well as coaches. In the event that the championship is canceled, athletes will advance to the state championship based upon seeding as well as automatic qualifiers.

Officials: Set by Director in coordination with site director from the approved VHSL list.

**Entry** Entry for Regional championship will be done completely on Milestat. Entries for the meet will open on February 1<sup>st</sup> at 12:00pm and close February 8<sup>th</sup> at 6:00pm. Performance lists will be sent to coaches and posted on [www.fallschurchsports.org](http://www.fallschurchsports.org) by February 9<sup>th</sup> at 6:00pm. Scratches are allowed until February 11<sup>th</sup> at 9:00pm, no additions will be allowed after the initial closing. Events scratched by the 2/11 deadline

Event Scoring Top six individuals and top six relays will earn points towards the team score in the following format (10/8/6/4/2/1). The team with the most accumulated points at the end of the championship will be awarded the team title

Expenses: Per handbook financial structure.

Admissions: \$7.00 per day per person

Pass Policy: VHSL recognized passes only, to include Northwest pass.

Programs: The host school will provide the programs.

Spectator Seating: Spectators should enter the main entrance and sit on the side near the main entrance. Teams will enter at the back of the building at the designated team drop off area. Teams should sit on the side of the team entrance

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Dressing Rooms: There are no dressing rooms provided. Public restrooms are available for use.

Game Personnel: The site director will engage all supportive personnel.

Awards: Per handbook awards section. Top 3 individuals and top 3 relays will be awarded a medal

Concessions: Concessions will be available through the Prince George's Sportsplex staff.

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## Appendix A: Region 5C Indoor Track Championship Tentative Schedule

Monday February 12<sup>th</sup> 2018

9:00am	Doors open to event staff
10:00am	Doors open to athletes and coaches
11:00am	5C Boys Long Jump followed by 5C Boys Triple Jump
11:00am	5C Girls Triple Jump followed by 5C Girls Triple Jump
11:00am	5C Girls High Jump Followed by 5C Boys High Jump
11:00am	5C Girls Shot Put followed by 5C Boys Shot Put
11:30am	5C Boys Pole Vault followed by 5C Girls Pole Vault

Running Events will be Girls Followed by Boys

12:30pm	5C 55m. High Hurdle Finals
12:50pm	5C 55m. Dash Finals
1:05pm	5C 4x200 meter Relay
1:20pm	5C 1600 meter Run Finals
1:40pm	5C 500m Run Finals
2:00pm	5C 1000 meter Run Finals
2:20pm	5C 300 meter Run Finals
2:35pm	5C 3200 meter run Finals
3:00pm	5C 4x400m Relay Finals

Wednesday February 14<sup>th</sup> 2018

3:45pm	5C 4x800 meter relay Finals
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Girls Events	5A Northwest Regional Automatic Qualifier	
	Hand	Fully Automatic Timing (FAT)
Long Jump	15-7.5	
Triple Jump	33-1.75	
High Jump	4-9	
Shot Put	30-5.25	
Pole Vault	7-9	
55 meter hurdles		9.39
55 meter dash		7.61
300 meter dash		43.04
500 meter dash		1:24.26
1000 meter dash		3:14.56
1600 meter dash		5:33.40
3200 meter dash		12:11.80
800 meter relay		1:53.87
1600 meter relay		4:27.21
3200 meter relay		10:59.34
Boys Events	5A Northwest Regional Automatic Qualifier	
	Hand	Fully Automatic Timing (FAT)
Long Jump	19-9.5	
Triple Jump	40-11	
High Jump	5-7	
Shot Put	40-11.25	
Pole Vault	9-3	
55 meter hurdles		8.32
55 meter dash		6.74
300 meter dash		37.26
500 meter dash		69.88
1000 meter dash		2:43.58
1600 meter dash		4:36.83
3200 meter dash		10:04.96
800 meter relay		1:37.41
1600 meter relay		3:42.04
3200 meter relay		8:52.65

Appendix B: 2017-2018 Region 5A Northwest Automatic Qualifying standards