

# **2018-2019 VHSL Region 5C Indoor Track and Field Championship**

**Director:** Bobby Krause ADSA, Falls Church High School  
rlkrause@fcps.edu (703)207-4043(office) (703)475-6268(mobile)

**Location:** Prince Georges Sports and Learning Complex: 8001 Sheriff Rd, Hyattsville, MD

**Date/Time:**

Day 1: Monday, February 11th 2019 Doors open @ 10:00am (scheduled end time 3:30pm)

Day 2 (4x800 ONLY): Wednesday, February 13th 2019 Doors open @ 2:00pm

\*\*\*Detailed schedule provided below\*\*\*

**Format:** Each District will send 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 VHSL state competition. State qualifying times will also advance competitors into the region championship.

**Entry for Regional championship:** will be done completely on Milestat. Entries for the meet will open on February 1st at 12:00pm and close February 7th at 6:00pm. Password for entries on milestat is "5CRegion" (case sensitive). Performance lists will be sent to coach's (email provided through milestat) and posted on milestat.com by February 8th at 6:00pm. Scratches are allowed up until the start of the meet however no additions will be allowed after the initial closing. Milestat direct link: <https://md.milesplit.com/meets/336901/info#.XBEgfGhKjIU>

**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

**Admissions:** \$7.00 per day per person

**Dressing Rooms:** No locker rooms will be provided, athletes should arrive to the facility ready to compete.

**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. Personnel will be present to direct teams. Teams should sit on the side of the team entrance.

**Awards:** Trophies will be provided to the champion and runner-up boys and girls teams. Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> places in all events.

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

### **Monday February 11th 2019**

9:00am Doors open to event staff only

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 Long Jump

11:00am 5C Girls High Jump Followed by 5C Boys High Jump

11:00am 5C Boys Shot put followed by 5C Girls Shot Put

11:30am 5C Girls Pole Vault followed by 5C Boys 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 1600 meter Run Finals

1:20pm 5C 4x200 meter Relay

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 13th 2019**

3:45pm 5C 4x800 meter relay

**Appendix B: Automatic Qualifying Standards for Region 5C Championship**

<b>Girls Event</b>	<b>Region 5C</b>
Long Jump	15-3
Triple Jump	32-8.25
High Jump	4-9
Pole Vault	7-6
Shot Put	29-5.5
55 m. Hurdles	9.45
55m. Dash	7.63
300m Dash	43.94
500m. Run	1:24.68
1000m. Run	3:16.12
1600m. Run	5:37.21
3200m. Run	12:19.23
800m. Relay	1:54.15
1600m. Relay	4:33.45
3200m. Relay	10:58.25
<b>Boys Events</b>	
	<b>Region 5C</b>
Long Jump	19-9.25
Triple Jump	40-6.75
High Jump	5-7
Pole Vault	9-6
Shot Put	40-4.5
55 m. Hurdles	8.37
55m. Dash	6.77
300m Dash	37.41
500m. Run	1:10.26
1000m. Run	2:44.19
1600m. Run	4:39.07
3200m. Run	10:06.08
800m. Relay	1:37.94
1600m. Relay	3:44.15
3200m. Relay	8:52.14