



ST. CHRISTOPHER'S INDOOR TRACK & FIELD INVITATIONAL



FRIDAY, JANUARY 24, 2020 and SATURDAY, JANUARY 25, 2020

**PLEASE NOTE THAT WE DO NOT HAVE ONSITE PARKING FOR LARGE BUSES.
DRIVERS OF LARGE BUSES MUST DROP AND GO.**

THIS MEET WILL BE SANCTIONED BY VIRGINIA AND BORDERING STATES WITH THE EXCEPTION OF MARYLAND. IF THERE ARE ANY QUESTIONS ABOUT ENTRIES, PLEASE E-MAIL ME AT WAREM@STCVA.ORG.

SCHEDULE OF EVENTS (TENTATIVE)

FRIDAY			SATURDAY		
4:00 PM	BOYS' LONG JUMP		10:00 AM	GIRLS' TRIPLE JUMP	
	GIRLS' LONG JUMP			BOYS' TRIPLE JUMP	
	GIRLS' HIGH JUMP			BOYS' SHOT PUT	
	GIRLS' POLE VAULT			BOYS' HIGH JUMP	
4:30 PM	GIRLS' 55M HURDLES	PRELIMS	10:30 AM	GIRLS' 4 X 200M RELAY	
4:45 PM	BOYS' 55M HURDLES	PRELIMS	11:00 AM	BOYS' 4 X 200M RELAY	
5:00 PM	GIRLS' 55M DASH	PRELIMS	11:30 AM	GIRLS' 1000M RUN	
5:15 PM	BOYS' 55M DASH	PRELIMS	11:50 AM	BOYS' 1000M RUN	
5:30 PM	GIRLS' 4 X 800M RELAY		12:10 PM	GIRLS' 300M DASH	
6:00 PM	BOYS' POLE VAULT		12:30 PM	BOYS' 300M DASH	
6:05 PM	BOYS' 4 X 800M RELAY			GIRLS SHOT PUT	
6:35 PM	GIRLS' 55M HURDLES	FINALS	12:50 PM	GIRLS' 500M DASH	
6:40 PM	BOYS' 55M HURDLES	FINALS	1:20 PM	BOYS' 500M DASH	
6:45 PM	GIRLS' 55M DASH	FINALS	1:50 PM	GIRLS' MILE RUN	
6:50 PM	BOYS' 55M DASH	FINALS	2:20 PM	BOYS' MILE RUN	
6:55 PM	GIRLS' TWO MILE RUN		2:50 PM	GIRLS' 4 X 400M RELAY	
7:20 PM	BOYS' TWO MILE RUN		3:30 PM	BOYS' 4 X 400M RELAY	

SECTIONS WILL BE RUN SLOW TO FAST WITH THE EXCEPTION OF THE TWO MILE WHICH WILL BE RUN FAST TO SLOW

ENTRY FEES

\$10.00 PER INDIVIDUAL ENTRY FOR EACH EVENT/\$30.00 PER RELAY PER GENDER

PAYMENT WILL BE DUE AFTER THE ACCEPTED LIST ENTRY LIST HAS BEEN POSTED. WE WILL ACCEPT PAYMENTS ON THE DAY OF THE MEET. WE MUST RECEIVE PAYMENT IN FULL ON OR BY THE DATE OF THE EVENT: FRIDAY, JANUARY 24, 2020. NON PAYMENT OF ENTRY FEES WILL DISQUALIFY SCHOOLS FROM FUTURE PARTICIPATION IN THE ST. CHRISTOPHER'S INDOOR TRACK & FIELD INVITATIONAL.

PLEASE MAKE CHECKS PAYABLE TO "ST. CHRISTOPHER'S SCHOOL".

CHECKS MAY BE DELIVERED BY HAND ON THE DAY OF THE MEET OR MAY BE MAILED TO:

STC INDOOR TRACK & FIELD INVITATIONAL
C/O MARSHALL WARE, MEET DIRECTOR
711 ST. CHRISTOPHER'S RD.
RICHMOND, VA. 23226

WE WILL ACCEPT THE TOP ATHLETES UP TO THE EVENT LIMITS AT THE CLOSE OF ENTRIES (SUNDAY, JAN. 19TH @ 6 P.M.). ACCEPTED ENTRIES WILL BE POSTED TO MILESTAT BY MONDAY, JAN. 20TH. ENTRY FEES WILL BE DUE WHEN ACCEPTED ENTRIES HAVE BEEN POSTED. TEAMS WILL NOT BE CHARGED FOR ATHLETES THAT ARE NOT ACCEPTED BUT ONCE ACCEPTED YOU WILL BE CHARGED WHETHER THAT ATHLETE COMPETES OR NOT.

BOYS – QUALIFYING STANDARDS/EVENT LIMITS

LONG JUMP	20-0 (27 ATHLETES)
TRIPLE JUMP	39-0 (27 ATHLETES)
SHOT PUT	40-0 (27 ATHLETES)
HIGH JUMP	5-10 (27 ATHLETES)
POLE VAULT	12-0 (16 ATHLETES)
55M HURDLES	9.50 (48 ATHLETES)
55M DASH	6.95 (48 ATHLETES)
300M DASH	39.00 (48 ATHLETES)
500M DASH	1:13.50 (48 ATHLETES)
1000M RUN	2:53.00 (48 ATHLETES)
MILE RUN	4:56.71 or 4:55.00 1600m time (48 ATHLETES)
TWO MILE RUN	10:33.65 or 10:30.00 3200m time (36 ATHLETES)
4 X 800M RELAY	(24 TEAMS)
4 X 400M RELAY	(36 TEAMS)
4 X 200M RELAY	(36 TEAMS)

GIRLS - QUALIFYING STANDARDS/EVENT LIMITS

LONG JUMP	15-0 (27 ATHLETES)
TRIPLE JUMP	32-0 (27 ATHLETES)
SHOT PUT	28-0 (27 ATHLETES)
HIGH JUMP	4-10 (27 ATHLETES)
POLE VAULT	9-0 (16 ATHLETES)
55M HURDLES	10.50 (48 ATHLETES)
55M DASH	8.00 (48 ATHLETES)
300M DASH	46.00 (48 ATHLETES)
500M DASH	1:30.00 (48 ATHLETES)
1000M RUN	3:28.00 (48 ATHLETES)
MILE RUN	6:00.08 or 5:58.00 1600m time (48 ATHLETES)
TWO MILE RUN	12:44.41 or 12:40.00 3200m time (36 ATHLETES)
4 X 800M RELAY	(24 TEAMS)
4 X 400M RELAY	(36 TEAMS)
4 X 200M RELAY	(36 TEAMS)

The number of athletes we will accept for each event is listed with the standards for each event. For each gender, there will be no more than two athletes per school per individual event and one relay allowed. **Athletes who have not met the standard should not be entered and will be scratched.**

All entries will be verified using MileSplit. **With the exception of relays, verified marks from the 2018-2019 season may be used for events. We will accept outdoor marks from the 2019 season for the 1600m/3200m and field events but not relays.** Relay splits are not acceptable marks in individual events.

Entries for the 2020 St. Christopher's School Indoor Track & Field Invitational are to be submitted online at THE MILESPLIT NETWORK (va.milesplit.com). You may enter a maximum of two athletes per event by the deadline. **THE DEADLINE FOR ENTRIES IS 6 PM, SUNDAY JANUARY 19, 2020.**

AT THE DEADLINE WE WILL ACCEPT THE TOP ENTRIES FOR EACH EVENT UP TO THE EVENT LIMIT. Accepted athletes and rankings will be posted to MileStat by Monday January 20, 2020. There will be no additions, substitutions, or updates allowed after registration is closed.

WEATHER/MEET CANCELLATION

IF WE CANCEL THE ENTIRE MEET DUE TO WEATHER, WE WILL REFUND THE FULL ENTRY FEE. IF THE MEET IS CANCELLED ON FRIDAY OR SATURDAY, WE WILL REFUND THE ENTRY FEES FOR THE CANCELLED DAY. IF WE RUN THE MEET THEN THERE WILL BE NO REFUNDS. A TEAM'S INABILITY TO PARTICIPATE WILL NOT BE CAUSE FOR A REFUND.