

2022 Occoquan Region Indoor Track and Field Tournament

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Date	Time	Event	Location
2/11/2022	4:45pm	DAY ONE	Robinson Secondary School
2/12/2022	10:00am	DAY TWO	Robinson Secondary School

The coaches meeting will be held virtually on **Thursday, February 10**. A calendar invite will be sent out closer to the date.

ENTRY DEADLINE: ALL ENTRIES must be submitted on www.milestat.com. Entries will all be due by 11:59 PM on Monday, February 7, 2022 on milestat.com. Entries submitted into milestat.com are the team's official entry and the responsibility of the Head Coach. If athletes are erroneously omitted into milestat.com, it will disqualify their participation in the event.

ENTRIES:

- Top 6 in each individual event from the Patriot and National District meets.
- Each team is permitted 1 relay team for each relay event.
- Athletes who have reached an automatic Occoquan Region standard, not in the Top 6, through a performance in a meet that season, including a performance achieved at the District meet.
- Next (x) number of performances from National/Patriot District meets to reach a maximum of 24 for each event.
- Top 6 in each district will be permitted to use their season best performance, due to tremendous variance in District meet venues. Any advancers beyond Top 6 use their District meet performance.
- In case of any ties, such as in field events, field size is limited to the top marks that will keep each event to 24 or less athletes.
- Athletes may be over-entered heading into the scratch meeting, but must be legally entered by the conclusion of the scratch meeting.
- *All usable regular season performances MUST be in the milestat.com or athletic.net databases PRIOR to the start of the District Championships in order to be used.*

EVENT LIMITATION: In one meet a contestant may compete in any number of field events, but shall be limited to participation in only three running events. Exception, a contestant who competes in the 3200-meter run may compete in only one other running event on the same day. In a two-day meet, a competitor in the 3200m run may compete in three running events, so long as they don't compete in all three on the same day.

STANDARDS: Refer to Page. 4

AWARDS: Medals to top 3 individuals -individual medals will be given to coaches at the conclusion of the meet. The Region Championship Team and Runner-Up will be presented and awarded as soon as all results have been tabulated.

NOTE: THE VHSL NOW ADVANCES THE TOP 3 INDIVIDUALS AND THE TOP 3 RELAYS FROM THE REGION MEET TO THE STATE MEET.

ADMISSION: General admission will be \$7.00 for adults and \$5.00 for students

PASSES: Accepted in accordance with Occoquan Region Handbook

SCRATCH PROCESS: We will have a SCRATCH MEETING ON February 7, 2022. RESULTS THAT ARE NOT IN MILESTAT MUST BE VERIFIED. If the result populates in the milestat database it will be considered verified automatically.

SCRATCHES: Any scratches in any seeded or sectioned event following the coaches' scratch deadline date will not disqualify an athlete from all subsequent running events, but will count against the athletes 3 event running total. When a contestant who has qualified in a preliminary withdraws from competition, no substitute will be allowed. If an athlete is excused from an event by the athletic trainer or physician appointed by the games committee, that athlete will be eligible for any and all other events if later cleared by the same. No event in the meet is to be held up because a participant is engaged in another event. If a contestant is entered in a field event in which he is entered, he/she shall make advance arrangements with the official in charge to complete his/her trials after the track event. NO TRACK EVENT WILL BE HELD UP BECAUSE OF A FIELD EVENT.

EQUIPMENT: Each school will furnish its own batons, shot, discus, and vaulting poles. Starting blocks will be provided, but schools are encouraged to bring their own blocks.

RULES: 2021 Edition National Federation rule Book and the 2021-22 edition of the VHSL Handbook.

NOTE: The one minute rule will apply in all Field Events.

SCORING: 10-8-6-4-2-1 for all events.

CALL FOR EVENTS: First call--15 minutes prior to the scheduled time of event. Second call--10 minutes prior. Third call--5 minutes prior. **Athletes should report at First Call. In events run by heats, all starters must report to the clerk at the check-in area before the first heat is run. Failure to report at the time will result in a scratch. Each individual declared for participation will have that event count against their event total, regardless of whether or not they compete in the event.**

INDIVIDUAL PARTICIPATION: In one meet, a contestant may compete in any number of field events, but shall be limited to participation in only three running events. If one of the running events is the 3200 meter, an athlete may only run in one other event on the same day as the 3200 on the day the 3200 is contested.

FINAL ADVANCEMENT: The winner of each semifinal heat Advancement and the next (X) fastest times (number needed to complete the 8 finalists) will advance to the final. Seeding for Formula finals will be based on place then time from semifinals.

UNIFORMS: Team members shall wear the school uniform. A competitor must be in the proper track uniform and wearing his/her contestant number before he/she will be permitted to compete. Numbers, when worn, shall be attached to the front of the shirt for all events.

CONTROL OF THE FIELD: Each coach is asked to keep his/her squad in the stands, off the track, and out of the

infield, except when an individual is competing or warming-up. The only people allowed on the infield are those with identification tags indicating an official capacity in the meet and coaches in appropriately identified coaching areas or boxes. All others may be disqualified.

COVID GUIDELINES:

- Social distance should be maintained throughout the meet.
- To limit contact: athletes should provide/retrieve their own implements.
- Athletes must have their own, labeled, 32oz water bottle.
- Athletes and coaches will avoid unnecessary contact such as high-fives or fist bumps.
- Athletes will not shake hands after races/events.

Indoor Track Patriot Region Schedule 2021-22

Location: Robinson Secondary School

Scoring: 10-8-6-4-2-1 for all events

Athletes: Top 6 in each individual event from the Patriot and National District meets. Athletes who have reached an automatic Occoquan Region standard through a performance in a meet that season, including a performance achieved at the District meet.

Advancement: Top 3 in each individual and top 3 relays will advance to the State Championship.

Relays: Each team is permitted 1 relay in each of the relay events.

Field Events: Three jumps/throws in the trials and three jumps/throws in the finals.

Friday, February 11th 2022

4:45pm 55m Hurdles Prelims

5:00pm 55m Dash Prelims

5:15pm 4x800m Relay FINAL

5:40pm 55m Dash FINAL

5:45pm 55m Hurdles FINAL

Saturday, February 12th 2022

9:00am Stadium Opens

10:00am Field Events

Girls Long Jump (Runway 1) Boys Long Jump (Runway 2)

Boys Triple Jump (Runway 1) Girls Triple Jump (Runway 2)

Boys Shot Put followed by Girls Shot Put

Boys High Jump followed by Girls High Jump

Girls Pole Vault followed by Boys Pole Vault (Indoors)

Running Finals

12:30pm 4x200m Relay FINAL

12:40pm 1600m FINAL

1:05pm 500m FINAL

1:25pm 1000m FINAL

1:40pm 300m FINAL

1:50pm 3200m FINAL

2:40pm 4x400m Relay

3:00pm Awards

Results will be posted on...www.milestat.com

State Standards

State Meet Dates: 2/25 and 2/26

Boys Indoor Track Standards				Girls Indoor Track Standards			
Boys Events	Occoquan Region	2020 6th Place	2021 Standard	Girls Events	Occoquan Region	2020 6th Place	2021 Standard
55m Hurdles	8.20	8.38	8.23	55m Hurdles	9.14	9.72	9.24
55m Dash	6.74	6.73	6.74	55m Dash	7.46	7.53	7.47
300m Dash	37.02	36.93	37.01	300m Dash	42.63	43.34	42.75
500m Dash	1:08.98	1:09.28	1:09.03	500m Dash	1:21.37	1:23.86	1:21.79
1000m Run	2:41.22	2:43.03	2:41.52	1000m Run	3:10.62	3:12.95	3:11.01
1600m Run	4:37.46	4:33.73	4:36.84	1600m Run	5:26.80	5:23.79	5:26.30
3200m Run	9:59.76	10:01.34	9:59.86	3200m Run	11:38.53	11:50.70	11:40.56
High Jump	5'9"	5'11"	5'9"	High Jump	4'9"	4'8"	4'8"
Pole Vault	11'3"	12'3"	11'3"	Pole Vault	8'0"	9'0"	8'0"
Long Jump	20'2.25"	19'6.5"	20'0.75"	Long Jump	16'2.25"	16'1"	16'2"
Triple Jump	41'9.5"	41'4"	41'8.5"	Triple Jump	33'6.5"	32'7.75"	33'4.5"
Shot Put	43'1.5"	41'1.75"	42'9.5"	Shot Put	33'2"	30'6.5"	32'8.75"
4x200m Relay	n/a	n/a	n/a	4x200m Relay	n/a	n/a	n/a
4x400m Relay	n/a	n/a	n/a	4x400m Relay	n/a	n/a	n/a
4x800m Relay	n/a	n/a	n/a	4x800m Relay	n/a	n/a	n/a