

2025 SOUTHWEST DISTRICT OUTDOOR TRACK & FIELD CHAMPIONSHIPS
Wednesday, May 21, 2025

Dear Visiting Teams, Coaches, and Administrators:

Virginia High School administration and coaches would like to welcome you to our campus for the Southwest District Track and Field Championships. This packet includes meet information, parking, and a facility diagram to help you have a fun and safe visit. Please take the time to read through this information and share it with your assistant coaches, teams, and team supporters.

Please inform your teams/team supporters of where things are and the timeframes:

- **Bullpen (athlete check-in) Tent**
 - **ALL events listen for announcement of 1st , 2nd, final calls**
 - If an athlete has not checked in by final call, they will be scratched from event.
 - On second call, athletes are to stay in bull pen.
 - Running Clerks will take ALL athletes in event to the event start.
 - Once athlete has finished their event, return to bull pen/retrieve belongings, leave inner field, and go back to team camp area.
- **Bathrooms/Concessions** (See attached facility Map)
- **Live Results** posted on the milestat page/ trojantiming.com
 - If there is a lag in results, please be patient and have grace.
 - If a result is incorrect, please speak with Mr. Johnson-Trojan Timing/Coach Z- Meet Director.

Please ensure your athletes and team supporters understand and abide by the VHSL rules and regulations established. **Zero tolerance** for any taunting and/or unsportsmanlike conduct. Please inform your coaches, athletes, and team supporters that if they utilize **any unsportsmanlike conduct**, they will be asked to leave the stadium.

Please encourage your team and team supporters to throw away trash, this is a HUGE help to our custodial staff at the conclusion of the meet. It is very much appreciated. If there is anything you need, please don't hesitate to ask.

BEST OF LUCK TO YOU AND YOUR ATHLETES!

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GENERAL INFORMATION

Location: Virginia High School – Bristol, VA

Parking: (SEE ATTACHED FACILITY MAP)

- The parking lot closest to the track is for **HANDICAP (30 SPOTS)/VENDORS/EMS ONLY**.
 - o CARS park along the street and in the upper parking lots. (Long Crescent Drive)
 - o BUSES park up top in the parking lots- or in bus lanes (Green Acres Road).

Entry Information: (Please be as accurate as possible so that we can run full heats in each event.)

- **Schools participating:**

- o Graham
- o Lebanon
- o Marion
- o Richlands
- o Tazewell
- o VA High

- **Limitations:**

- o Individual Events:
 - Each school may only enter 3 athletes per individual event unless **they have met the district standard**. If more than 3 athletes in an individual event are entered, all of them must have achieved the district standard for that event. (Ex: boys LJ standard 16-8, school has 5 boys over 16-8. Enter those 5 in LJ)
- o 1 relay per team/per event.
- o Athlete Participation Limit: (3 running events and unlimited field events)
 - ***MUST have participated in the event in 2024 regular season documented sanctioned meet.***

- **Deadline:** **Monday, May 19th @ noon.**

- o Enter the meet using online entry at milesplit

- **Scratches:**

- o Running events must be received by 4pm on Tuesday, May 20th.
- o Field events at coaches meeting on the day of the meet.

- **Timing and Results:**

- o Timing will be F.A.T. using Trojan Timing system. Results posted live on milesplit & Trojantiming.com.

Scoring/Awards:

- Individual events (10,8,6,4,2,1) Relays (10,8,6,4,2)
- Top three event finishers will receive medals, 4th-6th place will receive ribbons.
- Top scoring team and runner up in girls/boys overall team score will receive plaques.
- Top girl/boy athlete of meet

****MEDALS WILL BE GIVEN OUT TO ATHLETES @ END OF EACH EVENT****

Regional Qualifiers: A schools entry list must show those participants who place first, second, third, fourth, fifth, or sixth in a district meet or those who are certified by the district director as having met regional or state standards in a sanctioned meet involving four or more schools. A schools entry list must also show those relay teams that place first, second, third, or fourth in a district meet or who are certified as having met state standards in the district meet, or who are certified by the district director as having met state standards in a sanctioned meet involving four or more schools.

Admission: \$8.00 (cash only). * PRICE MAY CHANGE DUE TO SWVA ADMIN MEETINGS*

Concessions/Bathrooms: Located in VHS "Brick Hallway". See attached Facility Map (ORANGE STAR)

****DO NOT WEAR SPIKES into VHS****

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Meet Guidelines

Field Events:

- Throws:
 - Shot and Discus: 4 throws/ NO finals/ NO minimums

Only **approved** shotput and discus are to be in the throw area. Weigh-ins will occur at the Bearcat Tower (4:00-4:15)

- Jumps:
 - Long Jump: 4 jumps/ NO finals/ NO minimums
 - Triple Jump: 4 jumps/ NO finals/ NO minimums
 - High Jump: Starting Heights (HS Girls: 4-2, HS Boys: 5-2)

Running Events:

- All running events will be finals.
- Only 1/4-inch spikes can be worn.
- Eight lane track, rubberized surface, one LJ/TJ pits, HJ apron outside track.

2025 Outdoor Standards *TBA*

Event	District Standards		Region 2D Standards		STATE Standards	
	Girls	Boys	Girls	Boys	Girls	Boys
100m						
200m						
400m						
800m						
1600m						
3200m						
100H/110H						
300H						
4x100 Relay						
4x400 Relay						
4x800 Relay						
Long Jump						
Triple Jump						
High Jump						
Shot Put						
Discus						

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SCHEDULE OF EVENTS (Updated Time Schedule shared once entries close)

4:00 COACHES MEETING/ Packet Pickup @ Bullpen Tent (located on inner field)

4:15 SWD Senior Athlete Recognition @ finish line

** Coaches send names/info of their schools SR Athletes by entry deadline**

****FIELD EVENTS- see assignments below****

4:30 Girls: Discus, High Jump, Long Jump
Boys: Shot, Long Jump
Girls: Shot, Triple Jump
Boys: Discus, High Jump, Triple Jump

****RUNNING EVENTS:**

4:30 4x800 Relay (Girls/Boys) *combined*
5:10 3200m (Girls/Boys) *combined*
5:30 100m Hurdles (Girls)
5:35 110m Hurdles (Boys)
5:40 100m (Girls/Boys)
5:50 1600m (Girls/Boys)
6:00 4x100m Relay (Girls/Boys)
6:10 400m (Girls/Boys)
6:20 300m Hurdles (Girls/Boys)
6:25 800m (Girls/Boys) *combined*
6:30 200m (Girls/Boys)
6:40 4x400m Relay (Girls/Boys) *combined*
6:50 Team Awards (Top Girls/Boys) (Runner-up Girls/Boys) (Top Girl/Boy)

COACHING ASSIGNMENTS

Field Events10-minute warm-up period- Start field events @ 4:30****

- **Shot Put:** Richlands
- **Discus:** Tazewell (Coach Young) **Marion Throws Coach Help Out**
- **Long Jump:**
 - o Girls: Tazewell (Coach Coleman)
 - o Boys: Graham/Lebanon
- **Triple Jump:**
 - o Girls: Graham/Lebanon
 - o Boys: Tazewell (Coach Coleman)
- **High Jump:** Marion

Relay Exchange Zones: Richlands/ Lebanon /Graham (flags in yellow cart at white tent)

Hurdle/Block Crew: VA (Coach Chelsea)

Athletic Trainer: Wyatt Kohl

Athletic Director: Brad Harper

Meet Director: Zachlynn Lallande “Coach Z”

Meet Starter/Referee: TBA

Athlete Check-in: TBA

Running Clerks: Coach Roe

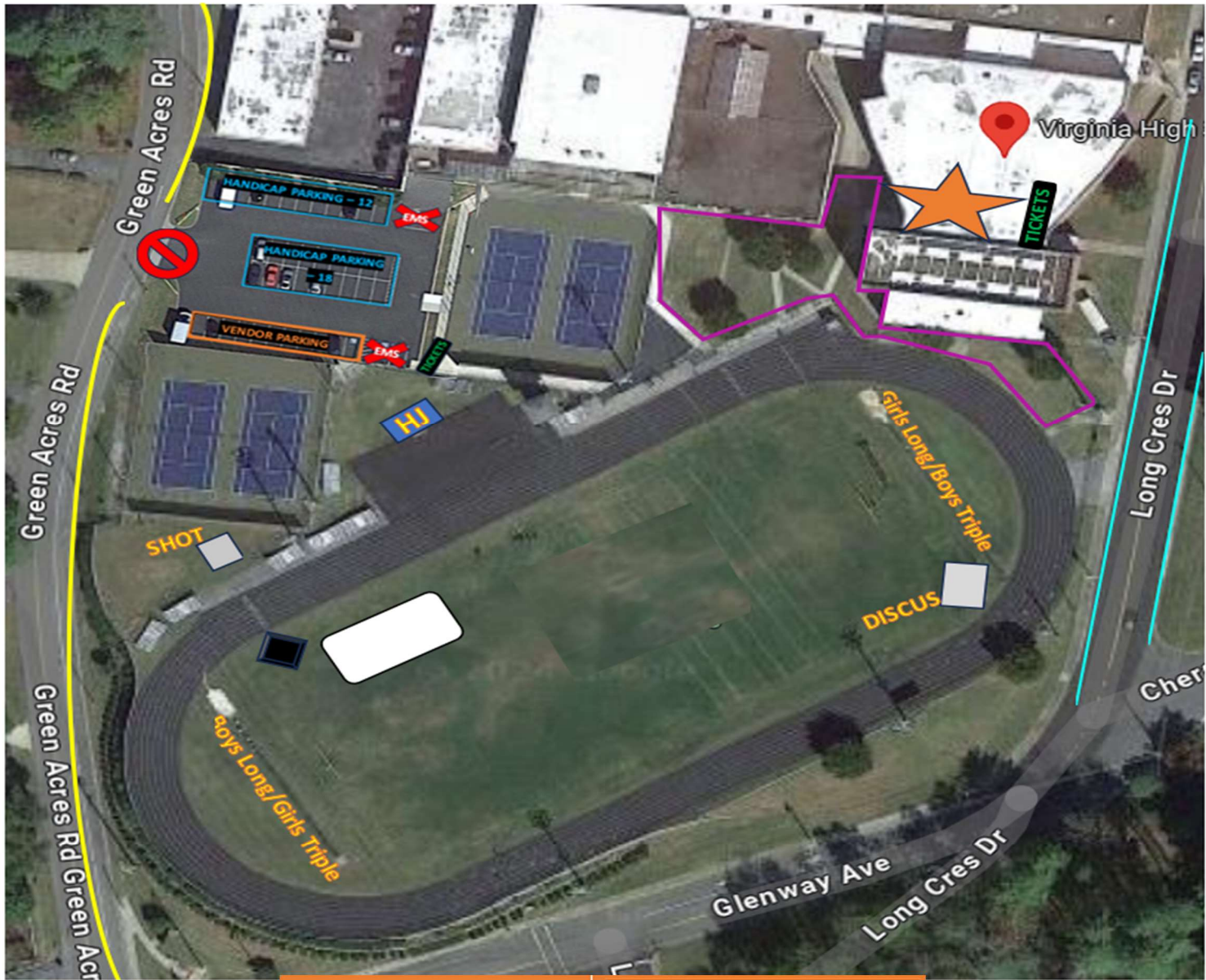
Games Committee: Athletic Director/Meet Starter/Tazewell/Marion

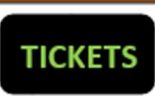
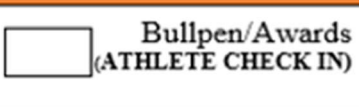
50/50 Raffle: TBA

Awards Coordinator: TBA

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FACILITY MAP



	EMS/VENDOR HANDICAP (30 spots) Parking ONLY		Restrooms Concessions
	Car Parking ONLY (Long Cres Dr)		Implement Weigh In @ Tower
	Bus Parking ONLY (Green Acres Rd)		Team Camp Area <i>Bleachers = Spectators</i>
	Ticket Gate Entry/Exit		Bullpen/Awards (ATHLETE CHECK IN)
			Meet Timer Meet Starter