

REGION 3D OUTDOOR TRACK & FIELD CHAMPIONSHIPS PRE-TOURNAMENT REPORT 2026

To: Region 3D Athletic Directors, Principals and Head Track Coaches

From: Mike Hunter, Shane Guynn, Von Lewis CHS

Subject: Region 3D Outdoor Track and Field Championships

Date: Thursday, May 28, 2026
Friday, May 29, 2026 (Rain Date)

Location: Christiansburg High School

Entries; Entries will be through Snap Timing Entry Services (Details to Follow)
All times must be Verified on Snap Timing.

Time: 11:00 AM Start time

Admission: \$10.00

Passes: VHSCA, VHSL Coaches Pass, VIAAA, VATA, VSBA, Principals State Membership card.

Region Qualifiers: **Region 3D – 3 entries per event and 1 Relay entry, plus regional standards. If exceeding the 3 entry limit all entries must have the region standard. All Times submitted must be F.A.T. – to convert a hand time, round the tenths up if the hundredths is greater than 0 and then add 0.24 to that rounded time.**

State Qualifiers: **Class 3 – top 4 performers from each event plus those who have met the State Class 3 State qualifying standards for each event as published by VHSL.**

Concessions: Christiansburg High School Track Boosters

T-Shirt Sales: TBA

Format: Regional Tournament for Track and Field as defined by the Region 3D and VHSL Handbooks

Regional Standards: Attached

Order of Events: Standard order of events as listed in the NFHS rule book

REGION 3D OUTDOOR TRACK & FIELD CHAMPIONSHIPS PRE-TOURNAMENT REPORT 2026

- Officials:** The Starter and Referee must have the minimum of VHSL/NFHS certification. All other paid positions will be VHSL/NFHS or USATF Officials.
- Parking:** Please see diagram attached
- Spectators:** Spectators can watch the meet from either the home or visitor bleachers. **No spectators will be allowed on the infield.** Areas will be roped off to watch the Shot and Discus.
- Team Camps:** Team Tents will be allowed on the grassy areas outside of the fence around the track or outside of the roped areas on the throwing field. No tents in front of the Press Box
- Scoring:** 10-8-6-4-2-1 for both individual and relay events.
- Starting Heights:** The starting height at the pole vault and high jump will be determined using the qualifying standard and the field of entered athletes. The starting height will be emailed to the coaches after the meet has been seeded.
- Facility:** The CHS track is a 8 Lane Beynon surface.

REGION 3D OUTDOOR TRACK & FIELD CHAMPIONSHIPS PRE-TOURNAMENT REPORT 2026

Time Schedule:

- 9:30 AM** Weighing of implements and Weigh in of Pole Vaulters.
- 10:30 AM** Coaches meeting on the mid field.
- 11:00 AM** Field Events:
Girls/Boys Long Jump followed by Girls/Boys Triple Jump
Girls High Jump followed by Boys High Jump
Girls Discus followed by Boys Discus
Boys Shot Put followed by Girls Shot Put
Boys Pole Vault followed by Girls Pole Vault

Rolling Schedule: All Track events will be girls followed by Boys

- 2:00 PM** 4 X 800 m relay
100 m/110 m Hurdles
100 m dash
1600 m run
4 x 100 m relay
400 m dash
300 m Intermediate Hurdles
800 m run
200 m Dash
3200 m run
4 x 400 m relay
Awards

REGION 3D OUTDOOR TRACK & FIELD CHAMPIONSHIPS PRE-TOURNAMENT REPORT 2026

MALE EVENTS		REGION 3D	STATE CLASS 3
100 M DASH	3 entries	11.26	11.26
200 M DASH	3 entries	22.92	22.81
400 M RUN	3 Entries	51.70	50.98
800 M RUN	3 entries	2:03.73	2:00.01
1600 M RUN	3 entries	4:30.20	4:30.20
3200 M RUN	3 entries	10:01.13	9:42.58
110 M H HURDLE	3 entries	16.23	15.82
300 M I HURDLES	3 entries	42.91	41.15
HIGH JUMP	3 entries	5'10"	6'01.00"
POLE VAULT	3 entries	11'06"	12'00.00
LONG JUMP	3 entries	21'03.25	21'03.25
TRIPLE JUMP	3 entries	42'03"	43'04.00"
SHOT PUT	3 entries	47'00.75	47'00.75
DISCUS	3 entries	133'05	138'00.00
4 X 100 M RELAY	One Team	One Team	43.86
4 X 400 M RELAY	One Team	One Team	3:30.11
4 X 800 M RELAY	One Team	One Team	8:31.85
FEMALE EVENTS		REGION 3 D	STATE CLASS 3
100 M DASH	3 entries	13.17	12.85
200 M DASH	3 entries	26.70	26.27
400 M RUN	3 entries	1:01.37	1:00.34
800 M RUN	3 entries	2:28.02	2:22.95
1600 M RUN	3 entries	5:25.42	5:17.24
3200 M RUN	3 entries	12:31.00	11:38.94
100 M HURDLES	3 entries	16.99	16.34
300 M HURDLES	3 entries	49.49	47.87
HIGH JUMP	3 entries	4'10"	4'10.00"
POLE VAULT	3 entries	8'06"	9'00.00"
LONG JUMP	3 entries	16'03.25	16'06.00"
TRIPLE JUMP	3 entries	32'08.50	35'01.75"
SHOT PUT	3 entries	32'08	34'07.25"
DISCUS	3 entries	95'04"	105'07.00
4 X 100 M RELAY	One Team	One Team	51.13
4 X 400 M RELAY	One Team	One Team	4:12.49
4 X 800 M RELAY	One Team	One Team	10:07.64

- If the Region Standard was more difficult than the State Standard the State Standard will be used for Region 3D. If Using Region Standard for an entry all entries for that event must have achieved the standard.
- Region 3D standard were computed by Joe Curcio at SRHS
- State standards were provided by VHSL.

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CHS PARKING MAP

- Lot A - Spectator Parking/ Athlete Drop
Off at Stadium Entrance
- Lot B - CHS Athlete Parking
- Lot C - Spectator Parking
- Lot D - Spectator Parking
- Lot E - Bus Parking
- Lot F - Spectator Parking
- Lot G - Not Accessible
- Lot H - Not Accessible
 - No parking in church parking lot across the street or along main road

