

2019 Bull Run District Track & Field Championships
Preliminary Meet Information

Tournament Date: Thursday, May 16, 2019

Site: Strasburg High School

Time: Meet begins with first call for field events at 3:00PM

Directors:

Matt Hiserman, AD, Strasburg HS

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Steve Geiman

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Coaches Meeting: Will begin promptly at 2:45 PM at the bullpen in the middle of the field

Shot/Discus Weigh ins: Will begin at 2:30 PM at the white building located by the tennis courts

Entry Forms: Entries are to be completed using the Milestat online entry system. Click on the link below to follow the directions. If you have any questions, please contact Steve Geiman at stevegeimanmgmt@gmail.com **Entries are open now**

<https://va.milesplit.com/meets/345276/info#.XM9ZgLfYrnE>

Entries: Each team may enter 3 competitors for each individual event. Schools may also enter ONE 4x800, ONE 4x100 and ONE 4x400 meter relay team. Schools may have more entries per event, provided all entrants have met Bull Run District Track & Field Standards for that event.

Scratches: may be made until **noon on Tuesday, May 14th**. Scratches can be made in running events at the meet with no penalty, as long as the athlete is entered in the legal number of running events. A scratched event counts as an entered event once entries are closed. An athlete can still run in other entered events including relays. Scratches may be made in **the field events** on the meet day also.

Awards & Scoring: 6 places will be scored on a 10-8-6-4-2-1 point system, the District will medal the Top 3 places in each event and award Male/Female MVP for Top Point Scorer. Team championship trophies will also be presented at the end of the meet.

Officiating Assignments: Strasburg HS will take care of running most of the field events, but will assign schools to help in the Shot and High Jump. We are asking that each school provide 2 coaches to be turn judges/exchange zone judges for the relay events. These people must be knowledgeable in the event they are running. Students may assist with tasks such as raking pits or rolling implements back. Assignments are as follows:

- Finish line & FAT timing: Steve Geiman
- Discus- Strasburg High School
- Shot- Central High School, **assistance from Madison County High School**
- Long/Triple Jumps- Boys- Strasburg, Girls- Strasburg
- High Jump- **George Mason High School will run**

- Exchange Zones 4 x100/Turn Judges 800, 1600, 3200: Help from coaches of all the schools in the district
- Hurdle Crew: Strasburg HS, Signal Knob MS Track, SHS Athletic Leadership Council

Admission: General Admission - \$7.00

Passes: The following passes will be honored: Bull Run District, VHSCA, VHSL Coaches Pass, VAASP, VIAAA, VHSL Principals Pass, and working press with identification. The Bull Run District does not accept VHSL State Event passes or County/School ID badges

Concessions: Will be available throughout the event, Chick-fil-a sandwiches will be available for sale in the concession stand and Zul's Frozen Lemonade (\$4.00 each)

Coaches Hospitality: Coaches will receive a meal ticket and can redeem it at the SHS Concession stand for dinner! Please send the total number of coaches to SHS so we can account for the dinners.

Times: All times must be converted to FAT times. This means, all hand times must be rounded up, and then (.24) is added, example: 12.51 becomes $12.6 + .24 = 12.84$. All converted times will end in 4.

Miscellaneous:

Participants must report to the bullpen (in the middle of the field) by second call. Absence for the 3rd call will result in a scratch for that event. Only athletes in the bullpen are permitted on the infield. All other coaches, athletes, and spectators must remain in the stands.

(See VHSL Guidelines for Participation Rules) athletes are permitted unlimited field entries and 3 running events, with the exception of athletes running the 3200m, who are restricted to two running events

CELL PHONES: Many of you have cell phones or pagers. The ringing of all cell phones/pagers can be very distracting for our competing athletes, particularly if it rings at the start of a race, approach or spin in the circle. It is a violation of NHFS rules for an athlete to be speaking on a phone in the competition area. An athlete may be disqualified for this violation. Meet management requests that you change the ring to silent or vibrate so that potential problems or distractions will not inhibit the performance of our meet participants.

Coaches: There will be no trials in any running event. All running events are finals including the sprints !!!

Bull Run District

Outdoor Track Meet

BOYS AND GIRLS TRACK AND FIELD CHAMPIONSHIPS

Strasburg High School, Strasburg, Virginia

May 16, 2019

Schedule of Events:

2:30 p.m.

Shot/Discus Weigh-ins

2:45 p.m.

Coaches Meeting at Bullpen

3:00

First Call for Girls Long Jump; Followed by Girls Triple Jump
Boys Long Jump; Followed By Boys Triple Jump
Boys Shot Put; Followed by Girls Shot Put
Girls High Jump; Followed by Boys High Jump
Girls Discus; Followed by Boys Discus

3:10 p.m.

FINAL CALL-All Field Events

3:15 p.m.

First call for running event finals (Girls 3200 M Relay)

3:20 p.m.

Second call for Girls 3200 M Relay, First call for Boys 3200 M Relay

3:25 p.m.

Final Call Girls 3200 M Relay, Second call for Boys 3200 M Relay

3:30 p.m.

Start of Girls 3200 M Relay, Final call for Boys 3200 M Relay

4:15 p.m

First call for Girls 100 M Hurdle Finals

4:25 p.m.

Final call for Girls 100 M Hurdle finals and National Anthem

4:30 p.m.

Girls 100 Meter Hurdle Finals
Boys 110 Meter Hurdle Finals

First Call for all Finals in the running events will be given two events prior to the event.

Girls 100 Meter Dash Finals
Boys 100 Meter Dash Finals
Girls 1600 Meter Run Finals
Boys 1600 Meter Run Finals
Girls 400 Meter Relay Finals
Boys 400 Meter Relay Finals
Girls 400 Meter Dash Finals
Boys 400 Meter Dash Finals

Second Call will be given prior to the event preceding.

Girls 300 Meter Int. Hurdles Finals
Boys 300 Meter Int. Hurdles Finals
Girls 800 Meter Run Finals
Boys 800 Meter Run Finals
Girls 200 Meter Dash Finals
Boys 200 Meter Dash Finals
Girls 3200 Meter Run Finals

Final Call will be given

as soon as the preceding event is completed.

Boys 3200 Meter Run Finals
Girls 1600 Meter Relay Finals
Boys 1600 Meter Relay Finals

**Bull Run District Track and Field
OUTDOOR STANDARDS FOR 2019**

Girls Event	Bull Run District	Region 2B	State Division 2
100 m Dash	14.11	13.34	13.06
200 m Dash	29.37	28.05	27.45
400 m Dash	1:08.58	1:03.76	1:03.13
800 m Run	2:48.26	2:33.34	2:30.60
1600 m Run	6:15.88	5:53.97	5:46.31
3200 m Run	13:59.73	12:58.87	12:26.08
100 m Hurdles	18.91	17.86	17.59
300 m Hurdles	55.43	51.89	50.15
4 x 100 m Relay	1 Team	54.30	51.93
4 x 400 m Relay	1 Team	4:30.43	4:23.17
4 x 800 m Relay	1 Team	11:31.64	10:51.45
High Jump	4-06.00	4-08.00	4-10.00
Pole Vault		6-06.00	6-09.00
Long Jump	14-06.00	15-07.00	16-02.25
Triple Jump	30-02.00	32-10.00	33-06.50
Shot Put	28-03.00	32-08.00	34-04.00
Discus	84-05.00	98-05.00	101-06.00
Boys Events	Bull Run District	Region 2B	State Division 2
100 m Dash	11.97	11.66	11.52
200 m Dash	24.52	23.42	23.30
400 m Dash	55.12	53.77	52.02
800 m Run	2:14.95	2:07.02	2:04.17
1600 m Run	5:04.45	4:50.59	4:41.79
3200 m Run	11:19.64	10:40.72	10:22.06
110 m Hurdles	18.35	17.49	17.24
300 m Hurdles	46.31	43.95	42.69
4 x 100 m Relay	1 Team	46.19	44.99
4 x 400 m Relay	1 Team	3:40.03	3:35.73
4 x 800 m Relay	1 Team	9:07.46	8:44.16
High Jump	5-06.00	5-08.00	5-10.00
Pole Vault		7-09.00	9-00.00
Long Jump	18-08.00	19-10.00	20-1.75
Triple Jump	38-02.00	40-08.00	41-08.50
Shot Put	40-06.00	44-00.00	45-02.25
Discus	113-00.00	125-05.00	129-06.00

For Hand times you must round up to the next Highest tenth then add .24 seconds to convert to FAT. **Example: 100 m hand time on watch 11.21 = 11.3 + 0.24 =11.54FAT**