



VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION TRACK & FIELD CHAMPIONSHIPS



SPORTSBACKERS STADIUM

FRIDAY MAY 17, 2024 DIVISION II
SATURDAY MAY 18, 2024 DIVISION I

Dear Coach,

Enclosed are rules, instructions for on-line entries, directions, order of events and qualifying standards for the Virginia Independent Schools Athletic Association Track & Field Championships to be held at Sportsbackers Stadium in Richmond, VA on Friday May 17, 2024 (Division II) and Saturday May 18, 2024 (Division I)

Entries for the VISAA Outdoor Track & Field Championships are to be submitted on-line at www.milestat.com

DEADLINES FOR ENTRIES (ENTRIES WILL OPEN ON MAY 1)

DIVISION II	TUESDAY MAY 14, 2024	8:00PM
DIVISION I	TUESDAY MAY 14, 2024	8:00PM

There will be no entries, substitutions, or updates after the entry deadline. You may enter a maximum of three athletes per event by the deadline. **Athletes must be in grades 8 through 12.** If an athlete remains entered in a running event after the deadline, scratching an athlete from that event will disqualify that athlete from further competition in the meet.

Entry fee will be \$10.00 / athlete per athlete per event and \$25.00/relay per gender with a maximum of \$175.00 per school per gender. This is a fee for submitting entries and not a competition fee. Fee's will not be refunded if a student-athlete is unable to compete. Invoices will be sent after Entries are complete. Please make checks payable to: VISAA C/O Adam Brick and mailed to 344 Maple Avenue Vienna, VA 22180

Coaches Meetings:

10:45AM Friday May 17, 2024 Division II
10:45AM Saturday May 18, 2024 Division I

All meet information will be sent electronically before the competition. Performance lists will be posted **Wednesday May 15** on Milestat.com and emailed to coaches emails registered on milestat.com (in some cases these may be adjusted as performances are verified and final field sizes are confirmed) (<http://va.milesplit.com>) All scratches after the deadline, with the exception of field events (see Rules, Sec. C-3), will mean that athlete is scratched from all proceeding events. Please read the rules for a more thorough explanation. If there are questions about entries, please e-mail MEET DIRECTOR Zach Lampert at zlampert83@gmail.com

IMPORTANT REMINDERS

- The Games Committee will have a process, based on team size, of assigning teams to certain areas for team setup areas.
- Online tickets will be purchased through a link sent at a later date. Tickets will also be available to purchase at the gate.
- **STUDENT-ATHLETES MUST HAVE MET THE QUALIFYING STANDARD DURING THE SPRING 2024 SEASON. PERFORMANCES FROM THE 2024 INDOOR SEASON WILL NOT BE ACCEPTED.**
- **Students may be invited to fill competitive fields that are outside the Qualifying standard so coaches are encouraged to enter students who they wish to have the chance to compete if field size allows.**
- **"POLAR BEAR" MEET RESULTS FROM THE WINTER SEASON WILL NOT BE ELIGIBLE FOR ENTRY**
- **ALL PERFORMANCES THAT MEET THE STANDARD MUST HAVE BEEN COMPLETED WHILE REPRESENTING THEIR SCHOOL**
- **FAT times will only be accepted for the VISAA Championships meet.**

RULES AND REGULATIONS

VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION

TRACK & FIELD CHAMPIONSHIPS

PASSWORD FOR ENTRIES: VISAA2024

ENTRIES/SEEDING: Because we are using the entry system from Milestat.com, entries for the various events will be automatically filled in from the database maintained by the Milesplit/Milestat.com site. A coach will not be allowed to enter a mark that is not in that database. While this does make things easier for coaches and meet directors because it eliminates the necessity of verifying times, it will be a problem for coaches attempting to enter marks from meets that have not been reported to Milestat.com. **ALL MEET DIRECTORS AND COACHES: REPORT YOUR RESULTS TO MILESTAT.COM OR E-MAIL THE FULL RESULTS TO THE VISAA MEET DIRECTOR** Zach Lampert at zlampert83@gmail.com

2024

1. Student-athletes will need to meet the 2024 Qualifying standards to compete at the VISAA Outdoor Track & Field Championships. Student-athletes qualifying performances will need to be achieved during the 2024 Spring season. In some cases a student-athlete entry may be accepted if falls outside the standard if field size allows.
2. The VISAA will award state championships in two divisions to be based on a schools enrollment numbers. The meet will operate as two separate championships on separate days. Each Division will be scoring eight places with the winners of each event being awarded individually. The team with the most points in the Division 1 championships will be "Division 1 State Champions" and the team with the most points from the Division 2 championships will be "Division 2 State Champions." Individual awards such as "Most Valuable Field Event Performer" and "Most Valuable Running Event Performer" will be awarded separately to student-athletes from Division 1 and Division 2.
3. Most Field event area's may have designated coaching area's where 1 coach from each team competing in a flight/event will be able to position themselves. Coaches must stay within this coaching area during the event. This will apply to the Discus, Shot Put, High Jump and Pole Vault events.
4. There will be up to 10-minutes between flights and at which time if all athletes are present and ready the officials will be given the instructions to move along to the next flight/final.
5. A Final time schedule will be published by Thursday morning for both Championships based on the entries that are received.
6. The Games committee will reserve the right to make an adjustment to the time schedule based on the number of entries after the registration deadline. The FINAL SCHEDULE that is published by Thursday morning will move up to 20-minutes ahead of schedule or as a rolling schedule if time and weather is a factor.
7. All field events will have preliminary and finals. If the field sizes are below the amount needed to have a preliminary trials then these events will be run as finals without trials.

ELIGIBILITY [A]

Additional questions in this area can be directed to the Executive Director of the VISAA, Adam Brick e-mail: abrick@visaa.org

NUMBERS OF ENTRIES, SCORING, ENTRY FEE, AWARDS, ENTRY DEADLINE, RULES [B]

- B-1 Run under the National Federation or State High School Athletic Association's rules with certain modifications and clarifications.
- B-2 No more than three athletes per school, who have achieved the 2024 Outdoor qualifying standard.
- B-3 Each contestant may compete in an unlimited number of field events and up to three running events including relays. If an athlete competes in more than three running events, including relays, they will be disqualified from any and all events that follow their third running event.
- B-4 For an athlete to compete in an individual event, that athlete must have achieved the 2024 qualifying standard or have been specifically invited by the Games Committee. A student-athlete will have had to have met the standard while competing for their school and will should be a member of the track & field team for this spring season. They also should have competed in at least 1 meet representing their school.
- B-5 All entries and scratches must be completed on-line by deadlines listed above. Late or additional entries will not be accepted. THERE WILL BE NO SUBSTITUTIONS OR UPDATED PERFORMANCES AFTER THE DEADLINE
- B-6 For both Division 1 and Division 2 scoring will be as follows; FIRST PLACE, 10 points; SECOND PLACE, 8 points; THIRD PLACE, 6 points; FOURTH PLACE, 5 points; FIFTH PLACE, 4 points; SIXTH PLACE, 3 points; SEVENTH PLACE, 2 points; EIGHTH PLACE, 1 point (including all relays). Nine competitors will qualify for the finals in the shot put, discus, long jump, and triple jump

- B-7 For all events, medals will be awarded to the top four places. All medals will be distributed throughout the meet and will be available after the final race results have been verified. At the conclusion of the meet, the Meet Directors will announce the best field event and running event performers for the boys and girls in Division 1 and Division 2. Selection of the awards for best field event and running event performers will be based on points scored (including relays). Plaques for the winning teams and the runners-up will also be awarded and presented following the final event.
- B-8 All first places in Division 1 and Division 2 are deemed "All-State." Second places are deemed "2nd Team All-State." Third places are deemed "Honorable Mention All-State."
- B-9 The Games Committee and its function as stated in the National Federation of High School Rules Rule 3 Section 2 will be comprised of the State Track & Field Sports Committee. Members of the Games Committee in attendance at each Championships will also act as the Jury of Appeals.

SCRATCHES ON THE DAY OF THE MEET [C]

- C-1 After the deadline, any athlete scratched from a running event for which they have been declared will be barred from competing in any other proceeding event. There will be no entries, substitutions, or updates accepted after the deadline. Please note that the deadline for entering up to three athletes per event is the previous Wednesday at midnight.
- C-2 There will be no entry changes on the day of the meet.
- C-3 An athlete declared for a running event is barred from further competition in the meet if he or she scratches from any running event for which he or she has been declared or if the athlete fails to compete with a good faith effort in the event for which they are declared. If an athlete is declared for a field event, they may scratch from that field event if a coach or team representative reports the scratch to the official of the field event before the event begins (preferably at first call).

CONDUCT OF THE MEET [D]

- D-1 Semi-finals and finals will be conducted in the 100m/110m Hurdles and 100m Dash. Eight athletes will advance to the finals in the 100m/110m Hurdles and 100m Dash. The formula for advancement to the finals will be:
- If two heats, the first three places in each heat will qualify for the finals plus the next two fastest times.
 - If three heats, the first two places in each heat will qualify for the finals plus the next two fastest times.
 - If four heats, first place in each heat will qualify for the finals plus the next four fastest times.
- D-2 Finalists in the 100m/110m Hurdles and 100m Dash, will be seeded in sections and lanes according to their semifinal times with preference for lanes for the finals first given to those advancing by place and then by those advancing by time.
- D-3 In the 200m Dash, 300m Intermediate Hurdles, 400m Dash, 800m Run, 1600m Run, 3200m Run, and relays the Meet Director will seed sections and lanes on the basis of entry times.
- D-4 Coaches and athletes not currently competing in a field event are not allowed on the infield except those coaches who are inside the designated coaching boxes for each field event.
- D-5 If a fall occurs on the first curve of any of the races, the race is to be called back, unless run in individual lanes.
- D-6 Competitors will be asked to report to their event 10 minutes before their event is to begin. Runners will be assigned hip numbers at check in, which should be worn and visible on the left hip. Shirts must be tucked in so that hip numbers are visible.
- D-7 When an athlete properly checks out from a field event for a running event he or she should be given reasonable time to return immediately after the conclusion of that event. "Properly checks out" is defined as when the clerk required the athlete in the holding area (as opposed to checking out to warm up, get hip numbers 5 minutes ahead of time, etc.) and "reasonable time" is the time it takes to walk back to the field event. It does not include recovery, coaching, etc., but does allow for change of appropriate equipment, such as shoes, which would constitute a time frame of 5 minutes for the Sportsbackers Stadium facility (Outdoor Championships only). An athlete who is competing in another event has the responsibility of being at the start line for their running event on time and should not be penalized for not being at the clerking areas by final call as long as they have been checked in at first call and received their lane assignment. In accordance with NFHS rules (Rule 7, Section 2) for conduct of the horizontal jumps and throwing events, the event official may change the order of competition in the preliminaries and/or finals to accommodate those who may be excused to participate in other events. In the horizontal jump events, any reasonable request for change in order should be granted. The judge may choose to permit a competitor in the horizontal or vertical jumps to take preliminary trials or finals trials in succession or out of order. In the high jump and pole vault, even if an athlete is properly checked out with the event official and the proper check out time (as defined above) has expired, the bar will be moved up to the next height. If the athlete has failed to return in the allotted time and all other competitors have passed, failed, or cleared the existing height, the crossbar will be raised to the next height and the event official will automatically pass the excused athlete to the new height.

- D-8 The boys' high jump will start at (Division I - 5-8) (Division II - 5-4) and will progress 2 inches. For the boys, the bar will continue at one inch increments after 6'6" to the finish of event, subject to peculiarities of the standards or the determination of the official. The girls' high jump will start at (Division I -4-6) and (Division II – 4-4), and will progress 2 inches to 5'6", and then one inch to the finish, subject to peculiarities of the standards or the determination of the official.
- D-9 The pole vault will start at 9'0" for Division I boys and 8'-6" for Division II boys and 6'0" for the girls in both Division I and Division II. For the boys, the height of the bar will progress 6 inches to 15'0", and then 3 inches to the finish, subject to peculiarities of the standards or the determination of the official. For the girls, the height of the bar will progress 6 inches to 11'0" and then 3 inches to the finish, subject to peculiarities of the standards or the determination of the official. All athletes are required to use poles specifically designed to carry their weight. Vaulters using a pole rated for less than their weight will be disqualified.
- D-10 Shot puts and Discs will be weighed before the competition begins. Any shot puts or discs deemed illegal will be confiscated and may be picked up by a coach at the conclusion of the meet.
- D-11 With the exception of the vaulting pole, meet management reserves the right to require teams to use equipment supplied by the games committee.
- D-12 *Please note that the long jump boards available are 8'0", 12'0" and 14'0" from the pit.*
- D-13 *Please note that the triple jump boards available are 24'0", 30'0" and 36'0" from the pit.*
- D-14 The Games committee will reserve right to make an adjustment to the time schedule based on the number of entries after the registration deadline. The FINAL SCHEDULE that is published by Thursday morning will move up to 20-minutes ahead of schedule or as a rolling schedule if time and weather is a factor.

FACILITY PROTOCOLS [E]

- E-1 Team areas will be pre-determined and allotted to teams based on numbers of entries and will be assigned by the Games Committee.
- E-2 Spectators will be instructed to enter at the Main Gate and will need to purchase tickets in advance through the Sportsbackers event website which will be sent closer to the competition. Tickets will also be available at the stadium.
- E-3 Spectators will not be permitted on the Track level or inside the infield.
- E-5 Concessions will be available onsite

2024 QUALIFYING STANDARDS FOR DIVISION I & DIVISION II [F]

F-1 To compete in the 2024 VISAA Outdoor Track & Field Championships all students-athletes will have to have met the 2024 qualifying standard for each event they are entering and it will have been achieved during the 2024 spring season.

	DI	DII
Girls High Jump	4-6	4-4
Boys High Jump	5-9	5-4
Girls Long Jump	15-0	14-0
Boys Long Jump	19-10	18-6
Girls Shot Put	25-11	25-5
Boys Shot Put	41-6	38-0
Girls Triple Jump	29-4	28-6
Boys Triple Jump	38-10.5	35-2
Girls Discus	75-7.5	67-0
Boys Discus	110-0	95-0
Girls Pole Vault	6-0	6-0
Boys Pole Vault	9-0	8-6
Girls 100M Hurdles	20.04	20.79
Boys 110m Hurdles	18.69	20.00
Girls 100M Dash	13.88	14.10
Boys 100M Dash	11.50	12.00
Girls 4x800m Relay	12:00.0	12:40.0
Boys 4x800m Relay	9:28.0	10:28.0
Girls 1600M	5:51.01	5:59.50
Boys 1600M	4:47.00	4:56.23
Girls 4x100m Relay	59.78	1:01.36
Boys 4x100m Relay	49.08	52.55
Girls 400	1:08.25	1:07.25
Boys 400	55.69	55.59
Girls 300mH	57.68	58.60
Boys 300mH	46.50	46.50
Girls 800M	2:41.18	2:42.50
Boys 800M	2:10.71	2:11.50
Girls 200M	28.89	29.20
Boys 200M	23.25	24.02
Girls 3200M	14:01.05	14:05.27
Boys 3200M	11:04.19	11:09.63
Girls 4x400m Relay	4:45.50	5:05.0
Boys 4x400m Relay	3:55.0	4:08.49



VIRGINIA INDEPENDENT SCHOOLS
ATHLETIC ASSOCIATION
TRACK & FIELD CHAMPIONSHIPS



SPORTSBACKERS STADIUM • FRIDAY MAY 17, 2024

DIVISION II

TIME SCHEDULE

ORDER OF EVENTS – GIRLS FOLLOWED BY BOYS

10:15AM REPORT ALL SCRATCHES TO THE OFFICIALS AT THE FINISH LINE (FIELD EVENTS SCRATCHES CAN BE DONE AT THE FIELD EVENT)

10:45AM COACH'S MEETING (1 COACH FROM EACH TEAM)

11:00AM GIRLS — LONG JUMP, POLE VAULT, DISCUS

11:00AM BOYS — LONG JUMP, SHOT PUT, HIGH JUMP

FOLLOWED BY

GIRLS —TRIPLE JUMP, SHOT PUT, HIGH JUMP

BOYS —TRIPLE JUMP, DISCUS, POLE VAULT

ORDER OF RUNNING EVENTS – GIRLS FOLLOWED BY BOYS

1:00 100 METER HIGH HURDLE - SEMIFINALS

110 METER HIGH HURDLE. – SEMIFINALS

1:10 100 METER DASH SEMIFINALS

100 METER DASH SEMIFINALS

1:25 4 X 800 METER RELAY (SECTIONS ON TIME)

4 X 800 METER RELAY (SECTIONS ON TIME)

2:00 100 METER HURDLE FINALS

110 METER HIGH HURDLES FINALS

2:10 100 METER DASH FINALS

100 METER DASH FINALS

2:15 1600 METER RUN (SECTIONS ON TIME)

1600 METER RUN (SECTIONS ON TIME)

2:35 4 X 100 METER RELAY (SECTIONS ON TIME)

4 X 100 METER RELAY (SECTIONS ON TIME)

2:50 400 METER RUN (SECTIONS ON TIME)

400 METER RUN (SECTIONS ON TIME)

3:05 300 METER INTERMEDIATE HURDLE FINAL (SECTIONS ON TIME)

300 METER INTERMEDIATE HURDLE FINAL (SECTIONS ON TIME)

3:15 800 METER SECTIONS (SECTIONS ON TIME)

800 METER SECTIONS (SECTIONS ON TIME)

3:25 200 METER DASH FINALS (SECTIONS ON TIME)

200 METER DASH FINALS (SECTIONS ON TIME)

3:40 3200 METER RUN

3200 METER RUN

4:10 4 X 400 METER RELAY (SECTIONS ON TIME)

4 X 400 METER RELAY (SECTIONS ON TIME)



VIRGINIA INDEPENDENT SCHOOLS
ATHLETIC ASSOCIATION
TRACK & FIELD CHAMPIONSHIPS



SPORTSBACKERS STADIUM • SATURDAY MAY 18, 2024

DIVISION I

ORDER OF EVENTS – GIRLS FOLLOWED BY BOYS

- 10:15AM REPORT ALL SCRATCHES TO THE OFFICIALS AT THE FINISH LINE (FIELD EVENTS SCRATCHES CAN BE DONE AT THE FIELD EVENT)
- 10:45AM COACH'S MEETING (1 COACH FROM EACH TEAM)
- 11:00AM GIRLS — LONG JUMP, POLE VAULT, DISCUS
- 11:00AM BOYS — LONG JUMP, SHOT PUT, HIGH JUMP
- FOLLOWED BY**
- GIRLS —TRIPLE JUMP, SHOT PUT, HIGH JUMP
- BOYS —TRIPLE JUMP, DISCUS, POLE VAULT

ORDER OF RUNNING EVENTS – GIRLS FOLLOWED BY BOYS

- 1:00 100 METER HIGH HURDLE - SEMIFINALS
110 METER HIGH HURDLE. – SEMIFINALS
- 1:10 100 METER DASH SEMIFINALS
100 METER DASH SEMIFINALS
- 1:25 4 X 800 METER RELAY (SECTIONS ON TIME)
4 X 800 METER RELAY (SECTIONS ON TIME)
- 1:50 100 METER HURDLE FINALS
110 METER HIGH HURDLES FINALS
- 2:05 100 METER DASH FINALS
100 METER DASH FINALS
- 2:15 1600 METER RUN (SECTIONS ON TIME)
1600 METER RUN (SECTIONS ON TIME)
- 2:45 4 X 100 METER RELAY (SECTIONS ON TIME)
4 X 100 METER RELAY (SECTIONS ON TIME)
- 3:00 400 METER RUN (SECTIONS ON TIME)
400 METER RUN (SECTIONS ON TIME)
- 3:10 300 METER INTERMEDIATE HURDLE FINAL (SECTIONS ON TIME)
300 METER INTERMEDIATE HURDLE FINAL (SECTIONS ON TIME)
- 3:25 800 METER SECTIONS (SECTIONS ON TIME)
800 METER SECTIONS (SECTIONS ON TIME)
- 3:40 200 METER DASH FINALS (SECTIONS ON TIME)
200 METER DASH FINALS (SECTIONS ON TIME)
- 3:50 3200 METER RUN
3200 METER RUN
- 4:20 4 X 400 METER RELAY (SECTIONS ON TIME)

HOW DO I REGISTER FOR THE MEET?

STEP #1 LOGIN OR REGISTER

You must have a username and password for Milesplit. To get that, if you don't have one, click register in the top right gray MileSplit bar directly under the Universal Sports logo and search box.

STEP #2 CLAIM YOUR TEAM

If you haven't already set this up, you must be registered as a coach or team administrator to register for a meet. In order to get set up, you go to your team page, and at the top right, click "Claim This Team." Choose either that you want to be a coach or team administrator. Follow the instructions on that page. Apply and submit. Once you do that and you are approved (usually within a few hours), you will receive a confirmation e-mail and you will be set to go to the next step.

STEP #3 UPDATE YOUR ROSTER

If your team's roster is not already up-to-date, now is a good time to get any corrections made and add any additional athletes to it. Go to your team page, login, and you will see a button that says "TEAM ADMINISTRATION" to the right of your team's name. Click that and then click roster on left hand toolbar. Enter or update your roster, adding any new athletes. To move graduated athletes to "ALUMNI," simply add their graduation year and hit save.

STEP #4 ENTER THE MEET

Go to the season calendar and click on the green meet registration button of the meet you want to enter. Read and follow the instructions carefully and fill out the form completely. Once entered, you will see all of the available events/races listed. To enter an athlete into their respective events/races, click the "EDIT ENTRIES" link next to the event. On the following page, check the athletes you would like to enter (seed times will be automatically entered from the Milesplit database)* and click the save button at the bottom. Do this for each event/race. You will be able to change and update these entries until the entry deadline.

* *Seed marks are automatically entered for each athlete from the Milesplit database. If an athlete has a seed mark from a meet that was not recorded into the Milestat database, you will have to e-mail the results of that meet to the meet director.*