



**ST. CHRISTOPHER'S SCHOOL
INDOOR TRACK & FIELD INVITATIONAL**



Friday, January 30, 2009
Saturday, January 31, 2009

Dear Coach,

Enclosed are instructions for on-line entries, directions, and an order of events with time schedule for The St. Christopher's School Indoor Track & Field Invitational to be held at St. Christopher's School in Richmond, Virginia on Friday, January 30, 2009 and Saturday, January 31, 2009. The field house at St. Christopher's School is a 200m track with an encapsulated rubber surface. Spikes are acceptable but must be 1/4" or less. There is no food or drink allowed in the field house.

Entries for the 2009 St. Christopher's School Indoor Track & Field Invitational are to be submitted on-line at www.directathletics.com. You may enter a maximum of two athletes per event by the deadline. The deadline for entries is noon, Monday, January 26, 2009. There will be no additions, substitutions, or updates allowed after registration is closed.

WE WILL ACCEPT A MAXIMUM OF 50 BOYS' TEAMS AND 50 GIRLS' TEAMS. A TEAM IS ENTERED WHEN A CHECK IS RECEIVED. VERBAL COMMITMENTS ARE NOT A GUARANTEE THAT YOUR TEAM WILL HAVE A PLACE IN THIS MEET.

Entry lists/rankings will be posted by midnight on Tuesday, January 27, 2009 at Milestat.com. If there are questions about entries please e-mail me at warem@stcva.org.

For all events, medals will be awarded to the top three places. Coaches or a designated team representative may collect medals after the results for an event have been posted.

In order to ensure fair and proper seeding, all hand-times will be converted to FAT. Only FAT times should be entered to the hundredth decimal place; hand-times should be entered to the tenth decimal place and be accompanied by an "h" (ex. 55m Dash: Gene Bruner: 6.6h). Athletes entered in individual events must have achieved the minimum standard for that event. If they have a time/distance for that event from the current indoor season, that should be their entry time. If they have not achieved the minimum standard for an event in the current season, but did meet the standard the previous indoor season, then you may enter them with the time from that season. Please do not enter athletes in individual events with marks from outdoors. **THE FASTEST SECTIONS WILL BE VERIFIED AND SEEDED WITH TIMES FROM THE CURRENT INDOOR SEASON ONLY. TRANSLATED: ONLY ATHLETES WITH QUALIFYING MARKS FROM THE 2008-2009 INDOOR SEASON WILL BE IN THE FASTEST SECTIONS.** Relay splits are not acceptable marks in individual events. **Entered athletes who have not met the minimum standard for an individual event by the entry deadline will be scratched from that event.**

For clerical purposes, **all entries must be completed on-line by NOON, MONDAY, JANUARY 21, 2008.** No additions or updated performances will be allowed beyond this date and time.

Fees are: \$15.00 per athlete up to 5 athletes. \$25.00 per relay team. \$115.00 per team/per gender (more than 5 athletes). **Relays are included in the full team cost.** *EX. For a team bringing a boys' team with three relays and a girls' team with three relays, the total cost would be \$230.00.* **Please make checks payable to "St. Christopher's School" and send them to:**

***STC Indoor Track & Field Invitational
c/o Marshall Ware
711 St. Christopher's Rd.
Richmond, VA 23226***

We look forward to a couple of days of great competition,

Marshall T. Ware, Jr.
Meet Director
St. Christopher's School Indoor Track & Field Invitational



**ST. CHRISTOPHER'S SCHOOL
INDOOR TRACK & FIELD INVITATIONAL**



Friday, January 30, 2009
Saturday, January 31, 2009

SCHEDULE OF EVENTS
TENTATIVE (MAY CHANGE AFTER ALL ENTRIES HAVE BEEN SUBMITTED)

FRIDAY			SATURDAY		
4:00 PM	GIRLS' 55M HURDLES	PRELIMS	10:00 AM	GIRLS' 800M RELAY	FINALS
	BOYS' LONG JUMP	PRELIMS/FINALS		GIRLS' TRIPLE JUMP	PRELIMS/FINALS
	GIRLS' LONG JUMP	PRELIMS/FINALS		BOYS' TRIPLE JUMP	PRELIMS/FINALS
	GIRLS' HIGH JUMP	FINALS		BOYS' HIGH JUMP	FINALS
	GIRLS' POLE VAULT	FINALS		BOYS' SHOT PUT	PRELIMS/FINALS
4:20 PM	BOYS' 55M HURDLES	PRELIMS	10:30 AM	BOYS' 800M RELAY	FINALS
4:40 PM	GIRLS' 55M DASH	PRELIMS	11:00 AM	GIRLS' 1000M RUN	FINALS
5:10 PM	BOYS' 55M DASH	PRELIMS	11:30 AM	BOYS' 1000M RUN	FINALS
5:40 PM	GIRLS' 3200M RELAY	FINALS	NOON	GIRLS' 300M DASH	FINALS
6:10 PM	BOYS' 3200M RELAY	FINALS	12:30 PM	BOYS' 300M DASH	FINALS
	BOYS' POLE VAULT	FINALS	1:00 PM	GIRLS' 500M DASH	FINALS
6:50 PM	GIRLS' 55M HURDLES	FINALS		GIRLS' SHOT PUT	PRELIMS/FINALS
6:55 PM	BOYS' 55M HURDLES	FINALS	1:30 PM	BOYS' 500M DASH	FINALS
7:00 PM	GIRLS' 55M DASH	FINALS	2:00 PM	GIRLS' 1600M RUN	FINALS
7:05 PM	BOYS' 55M DASH	FINALS	2:40 PM	BOYS' 1600M RUN	FINALS
7:10 PM	GIRLS' 3200M RUN	FINALS	3:20 PM	GIRLS' 1600M RELAY	FINALS
7:50 PM	BOYS' 3200M RUN	FINALS	3:50 PM	BOYS' 1600M RELAY	FINALS

QUALIFYING STANDARDS

BOYS		GIRLS	
Long Jump	19-0	Long Jump	14-0
Triple Jump	38-0	Triple Jump	30-0
High Jump	5-10	High Jump	4-10
Pole Vault	12-0	Pole Vault	9-0
Shot Put	40-0	Shot Put	25-0
55m High Hurdles	9.50	55m High Hurdles	10.50
55m Dash	7.00	55m Dash	8.20
300m Dash	40.00	300m Dash	47.00
500m Dash	1:15.00	500m Dash	1:30.0
1000m Run	2:55.00	1000m Run	3:30.0
1600m Run	5:00.00	1600m Run	6:00.0
3200m Run	10:45.00	3200m Run	13:00.0

TWO ATHLETES PER EVENT AND 1 RELAY TEAM PER RELAY EVENT.



ST. CHRISTOPHER'S SCHOOL INDOOR TRACK & FIELD INVITATIONAL



Friday, January 30, 2009
Saturday, January 31, 2009

ELIGIBILITY

- A competitor who has graduated from high school may not compete.
- A competitor may not have turned 19 until after August 1, 2008
- Under no circumstances will an athlete be allowed to participate unattached in any event.

NUMBERS OF ENTRIES, SCORING, ENTRY FEE, AWARDS, ENTRY DEADLINE, RULES

- Run under the National Federation or State High School Athletic Association's rules.
- No more than two athletes per school may be entered in each event (with the obvious exception of the relays where each school may enter one team).
- Each contestant may compete in an unlimited number of field events and up to three running events including relays.
- All entries and scratches must be completed on-line by **NOON, MONDAY, JANUARY 26, 2009**. Late or additional entries will not be accepted. **THERE WILL BE NO SUBSTITUTIONS OR UPDATED PERFORMANCES AFTER THE DEADLINE.**
- Medals for first place through third place, including relays; ribbons for fourth through eighth.

- Fees are: \$15.00 per athlete up to 5 athletes. \$25.00 per relay team. \$115.00 per team/per gender (more than 5 athletes). Relays are included in the team cost. *EX. For a team bringing a boys' team with three relays and a girls' team with three relays, the total cost would be \$230.00. Please make checks payable to "St. Christopher's School" and send them to:*

*STC Indoor Track & Field Invitational
c/o Marshall Ware
711 St. Christopher's Rd.
Richmond, VA 23226*

CONDUCT OF THE MEET

- **Semi-finals, and finals will be conducted in the 55m Hurdles and 55m Dash. The top 8 times for each event will qualify for the finals.**
- Finalists in the 55m Hurdles and 55m Dash will be seeded in lanes according to their qualifying times.
- In the 300m, 500m, 1000m, 1600m, 3200m, and relays the games committee will seed sections and lanes on the basis of submitted times. **All hand-times will be converted to FAT.**
- **Coaches and athletes (not currently competing in a field event) are not allowed to remain on the infield.** Coaches may escort runners to the bullpen, but must refrain from coaching as set forth in Rule 4, Section 5, Article 8 of the National Federation Rule Book.
- 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.
- Competitors will be asked to report to their event approximately 20 minutes before their event is to be run. They will be assigned numbers, which should be worn and visible on the left hip. Shirts must be tucked in so that hip numbers are visible.
- **All coaches with athletes participating in the pole vault will be asked to sign a card that attests to the fact that the competitor is on a pole that is manufactured at the proper weight for the competitor.**
- Contestants in the jumps, vault, and shot put, must report to the judge of the individual event 20 minutes prior to the time for the start of the event. Failure to report will result in an automatic scratch.
- An athlete taking part in more than one of the events that are being run simultaneously, will have to move with reasonable speed from one event to another. The speed will be determined by the decision of the judges of the events and explained to the competitors before the event begins. No event should be delayed because an athlete is not present to take his try by the time all others in his group have completed their tries.
- The boys' high jump will start at 5'8" and will progress 2 inches to 6'8", and then one inch to the finish, subject to peculiarities of the equipment which may cause the judge to modify the rule. The girls' high jump will start at 4'8", and will progress 2 inches to 5'8", and then one inch to the finish, subject to

peculiarities of the equipment which may cause the judge to modify the rule. An excused athlete may reenter the high jump but will have to reenter at the current height of the bar if the official has determined that a reasonable time has passed before raising the bar.

- The pole vault will start at 11'6" for the boys and 8'6" for the girls. 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 equipment. For the girls, the height of the bar will progress 6 inches to 12'0" and then 3 inches to the finish, subject to the peculiarities of the equipment. All athletes are required to use poles specifically designed to carry their weight. Vaulters using a light pole will be disqualified. An excused athlete may reenter the pole vault but will have to reenter at the current height of the bar if the official has determined that a reasonable time has passed before raising the bar.
- Shot puts will be weighed. Any shot put found to be underweight will be confiscated and can be picked up by a team coach after the conclusion of the event.
- Meet management reserves the right to require teams to use equipment provided with the exception of the vaulting pole provided by meet management.
- **In the long jump, the first legal jump for all competitors will be measured and recorded. After that, a minimum jump of 19'0" for the boys' long jump and 14'0" for the girls' long jump will be necessary to be measured as an official jump. Any jump that does not make the mark after the first legal jump will count as an unmeasured foul. *Please note that the long jump boards are 6'0" and 12'0" from the pit.***
- **In the triple jump, the first legal jump for all competitors will be measured and recorded. After that, a minimum jump of 38'0" for the boys' triple jump and 30'0" for the girls' triple jump will be necessary to be measured as an official jump. Any jump that does not make the mark after the first legal jump will count as an unmeasured foul. *Please note that the triple jump boards are 24'0", 30'0" and 36'0" from the pit.***
- **In the shot put, the first legal throw for all competitors will be measured and recorded. After that, a minimum throw of 40'0" for the boys' shot put and 25'0" for the girls' shot put will be necessary to count as an official throw. Any throw that does not make the mark will count as an unmeasured foul.**
- **The meet will run according to the schedule and will get no further ahead than ten minutes unless weather conditions make it necessary to adopt a rolling schedule.**

CONDUCT OF THE PARTICIPANTS

- Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.
PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.
- Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school.
PENALTY: Disqualification from that event.
- In a relay event, the baton shall not be thrown following the finish of any relay.
PENALTY: Disqualification of the relay team from the event.

THE TRACK

The indoor track at St. Christopher's School is a 200m encapsulated rubber surface. Spikes of 1/4-inch or less are acceptable.

INFIELD

The infield is open to officials and field event participants only. It is important that the athletes understand and obey this rule. Coaches are asked to set an example by remaining off the infield and away from the finish line officials. Please remember to advise your team of this restriction.

WARMING UP

Once cleared to begin competition, the track is not open for warming up. Athletes may warm-up on the outdoor track located behind the field house. Please ask your athletes to clear the indoor track upon first call for the running events.

PROBLEMS/ISSUES/CORRECTIONS

The games committee will address problems that arise during the meet. If you have an issue with officiating, corrections to posted results, or anything that needs to be addressed during the meet, please report them to Marshall Ware or Gene Bruner. We will handle the problems if, and when they arise.

WEATHER

If during the meet, the weather makes it necessary to finish the meet as early as possible, we will adopt a rolling schedule. A rolling schedule means that as soon as an event is completed the next event will begin. If the meet is cancelled due to weather issues, it will not be rescheduled.

PARKING

For parking, see attached map.

DIRECTIONS TO ST. CHRISTOPHER'S SCHOOL

FROM WASHINGTON, D.C. AND POINTS NORTH: TAKE I-95 south to exit 79 (I-64 west). Take I-64 west to exit 183A (Glenside Drive south). Follow Glenside to Three Chopt Road. Turn left on Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

FROM PETERSBURG AND POINTS SOUTH: Take I-95 north to exit 74A (Downtown Expressway, I-195). Follow I-195 toward Charlottesville. Exit at Patterson/Grove Avenues, bear right onto Thompson Street and turn right onto Grove Avenue. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.

FROM WILLIAMSBURG AND POINTS EAST: Take I-64 west and exit on I-195 south (Downtown Expressway). Exit at Grove/Cary Street, turn right off exit, right at stop sign and left onto Grove. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.

FROM CHARLOTTESVILLE AND POINTS WEST: Take I-64 east to exit 183A (Glenside Drive south). Turn right and follow Glenside to Three Chopt Road. Turn left onto Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

FROM TAPPAHANNOCK ON 360 WEST: Take Route 360 west to I-64 west. Take I-64 west through Richmond to exit 183A (Glenside Drive south). Follow Glenside to Three Chopt Road. Turn left on Three Chopt Road. Stay in left lane and turn left onto Patterson Avenue. Turn right onto St. Christopher's Road and continue to campus.

FROM DANVILLE ON 360 EAST: Take Route 360. Take Route 288 north ramp toward Route 76 north (Powhite Parkway). Merge onto Route 288 north and take Powhite Parkway exit. Cross the James River, then stay in left lane. Exit at Patterson/Grove Avenues, bear right onto Thompson Street and turn right onto Grove Avenue. Continue to end of Grove Avenue and turn right onto Three Chopt Road. Turn right onto St. Christopher's Road and continue three blocks to campus.

HOTELS WITHIN 3 MILES OF ST. CHRISTOPHER'S SCHOOL

COURTYARD BY MARRIOTT RICHMOND WEST

6400 WEST BROAD STREET
RICHMOND, VA 23230
PHONE: (804) 282-1881; (800) 321-2211

CROWNE PLAZA RICHMOND WEST

6531 WEST BROAD STREET
RICHMOND, VA 23230
PHONE: (804) 285-9951
FAX: (804) 673-9632

EXECUTIVE INN/INN OF VIRGINIA

5215 WEST BROAD STREET
RICHMOND, VA 23230
PHONE: (804) 289-9814; (804) 288-2800

RESIDENCE INN BY MARRIOTT

2121 DICKENS ROAD
RICHMOND, VA 23230
PHONE: (804) 285-8200

DAYS INN WEST BROAD RICHMOND

2100 DICKENS ROAD
RICHMOND, VA 23230
PHONE: (804) 282-3300
FAX: (804) 288-2145

HOLIDAY INN CROSSROADS

2000 STAPLES MILL ROAD
RICHMOND, VA 23230
PHONE: (804) 359-6061
FAX: (804) 359-3177

SUPER 8 RICHMOND BROAD ST.

7200 WEST BROAD STREET
RICHMOND, VA 23294
PHONE: (804) 672-8128

COMFORT INN EXECUTIVE CENTER

7201 WEST BROAD STREET
RICHMOND, VA 23294
PHONE: (804) 672-1108
FAX: (804) 755-1625

FAIRFIELD INN BY MARRIOTT

7300 WEST BROAD STREET
RICHMOND, VA 23294
PHONE: (800) 228-2800; (804) 672-8621

RAMADA INN WEST

1500 E. RIDGE ROAD
RICHMOND, VA 23219
PHONE: (804) 285-9061
FAX: (804) 28-0104

SHERATON RICHMOND WEST HOTEL

6624 WEST BROAD STREET
RICHMOND, VA 23230
PHONE: (804) 285-2000; (800) 325-3535
FAX: (804) 285-2000

STUDIOPLUS I-64 WEST BROAD STREET

6807 PARAGON PLACE
RICHMOND, VA 23230
PHONE: (804) 285-7050

EXTENDED STAY AMERICA

6811 PARAGON PLACE
RICHMOND, VA 23230
PHONE: (804) 285-2065

BEST WESTERN EXECUTIVE HOTEL

7007 WEST BROAD STREET
RICHMOND, VA 23294
PHONE: (804) 672-7007

EMBASSY SUITES HOTEL RICHMOND — COMMERCE CENTER

2925 EMERYWOOD PARKWAY
RICHMOND, VA 23294
PHONE: (804) 672-8585

SUBURBAN EXTENDED STAY HOTEL

7831 SHRADER ROAD
RICHMOND, VA 23294
PHONE: (804) 273-6100



HOW TO SUBMIT ONLINE ENTRIES



STEP 1 — ACCESSING YOUR DIRECT ATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field team and know your username and password:

1. Go to www.directathletics.com
2. In the login box, enter your username and password and click Login

Remember that your password is case-sensitive.

If you do not know your username and password:

1. Go to www.directathletics.com
2. Click on the link "New User? Click HERE."
3. Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS:** You control only one gender at a time, so you will complete the below steps for your men's team, and then switch to your women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field

Team: Western Guilford (M)

This indicates that you are controlling the Western Guilford men's team (M=Men). To switch to your women's team, you would select "Western Guilford (W)."

STEP 2 — SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

1. Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
2. If you have used DirectAthletics before, you will see your existing athletes on your roster. New users should click the green "Add Athletes" link.
3. Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
4. Enter your athletes' First Name, Last Name, and School Year and click "Submit."
5. You may add, edit or delete athletes on your Team Roster at any time by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3 — SUBMITTING ONLINE MEET ENTRIES

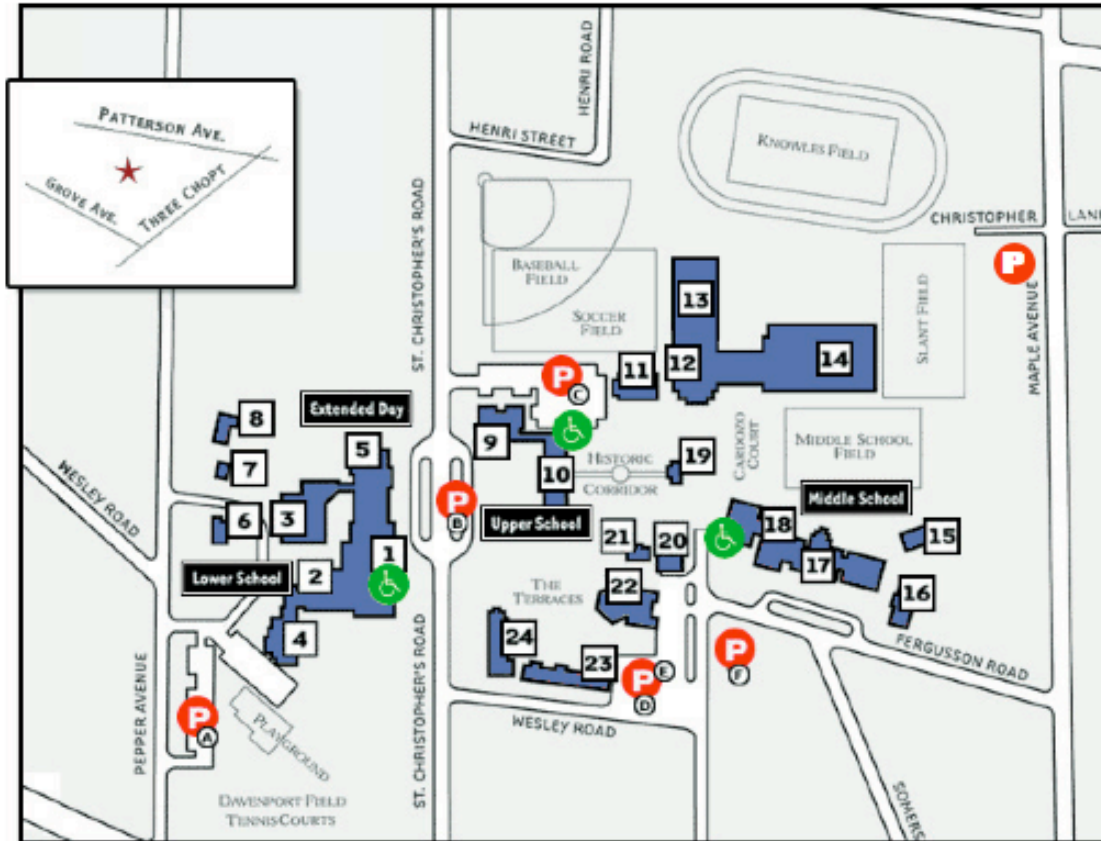
After your athletes are added to your roster, **you still must submit your entries.**

1. In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
2. If prompted, choose an entry method. We highly recommend using the NEW, "Enter by Athlete" method.
3. Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
4. When you are finished with your entries, click the "Finish" link.
5. You will see a list of your current, submitted entries. Click the appropriate link to receive and e-mail confirmation or a printable confirmation.
6. To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

St. Christopher's School



711 St. Christopher's Road, Richmond, VA 23226
(804) 282-3185



1. McVey Hall (Admissions Office, Lower School)
2. Lower School Gymnasium
3. McVey Hall (Lower School, Grades K-5, Entrance, Offices & Morgan Auditorium, Lower School Infirmary)
4. Reynolds Gymnasium (Extended Day)
5. Extended Day Classrooms
6. Junior Kindergarten (703 Pepper Avenue)
7. Little Saints (707 Pepper Avenue)
8. Extended Day Woodworking (709 Pepper Avenue)
9. Gottwald Science Center
10. Chamberlayne Hall (Upper School, Grades 9-12, Headmaster's Office)
11. Upper School Chapel
12. Scott Gymnasium
13. Athletic & Fitness Center

14. Field House
15. Mullen Industrial Arts Building
16. Maintenance Shop
17. Wilton Hall (Middle School, Grades 6-8)
18. Middle School Auditorium
19. Murrell Bookstore
20. Herrington Hall
21. Stern Alumni Hall
22. Williams Dining Hall
23. Memorial Hall (Business Office, Alumni/Development Office, Guidance Conference Room, Publications, Upper and Middle School Infirmary, Marketing, Technology, Summer Institute)
24. Luck Hall (Music, Buford Seminar Suite, Chaplain's Office, Poetry Center, Student Publications)

P PARKING

- A** - Lower School
- B** - Chamberlayne Circle
- C** - Upper School
- D** - Administration
- E** - Student
- F** - Middle School