

# 40<sup>th</sup> Annual Draper Track & Field Invitational

## St. Stephen's & St. Agnes School

### May 5 and May 6, 2023

Meet Website: [www.sssas.org/signature-events/draper-track-field](http://www.sssas.org/signature-events/draper-track-field)

Changes for 2023 are in **YELLOW**.

#### **Entry Fee:**

The fee to participate in the meet is \$250 for a single sex team, \$350 for a co-ed team, or \$25 per athlete/relay (for teams of 6 athletes or less). **The fee must be received by May 1, 2023.** Please make checks out to 'St. Stephen's & St. Agnes School' with Draper in the memo. Checks can be mailed to:

St. Stephen's & St. Agnes School-Draper

Attn.: Shannon Fusina

1000 St. Stephen's Rd.

Alexandria, VA 22304

#### **Entries/Entry Limit**

We are using athletic.net – all coaches **must submit entries online**. If you need instructions for using athletic.net please send a request via email. **You will be able to enter your athletes on the**

**athletic.net website until May 3 at 11:59pm.** Athletes may participate in a maximum of four events (including relays). Schools may enter two athletes in each individual event (except for one athlete in the freshman mile) and one team in each relay.

**We are limiting the long and triple jump to one jumper per school + the next best distances for a maximum of 30 entries.** **Please submit your long and triple jump entries (up to 2) BY EMAIL to**

**Shannon Fusina by email ([sfusina@sssas.org](mailto:sfusina@sssas.org)) by Monday, May 1 at 11:59pm.** We will **notify coaches by email communication on Tuesday, May 2** which 30 jumpers have been accepted.

Coaches of accepted jumpers can then enter the accepted athletes on athletic.net. Jumpers added to athletic.net that are not accepted by the deadline will be removed.

#### **Minimum Standards**

The following field event standards (the distances *not* in parenthesis) must be achieved at a meet prior to May 3. **These will be checked randomly.** If an athlete's effort cannot be verified, then that athlete will be disqualified from all events in the meet.

Girls HJ:	4'2"	Boys HJ:	5'4"
Girls Shot Put:	20' (26')	Boys Shot Put:	32' (38')
Girls Discus:	55' (70')	Boys Discus:	75' (90')
Girls 1600m Run:	6:45	Boys 1600m Run:	5:15
Girls 3200m Run:	13:30	Boys 3200m Run:	11:00

The high jump will be open at the height listed above. **In the shot put and discus, an athlete's first fair throw will be measured. In the long and triple jump, an athlete's first fair jump will be measured.** Any subsequent attempts for both throws and jumps that do not meet the standards in parenthesis will not be measured. In the 3200m run, any athlete who has not completed the race by 14:30 (girls) or 12:00 (boys) will be removed from the track.

### **AP/SAT Conflict:**

Unfortunately, we cannot accommodate athletes who are taking an AP exam or the SAT. Coaches should check the meet schedule before entering athletes who are taking these exams.

### **Parking:**

One bus from each school is allowed on campus. Others must park in the surrounding neighborhood. Please remind drivers to observe the posted parking regulations.

### **Athletic Trainers:**

Athletic Trainers will be located adjacent to the equipment shed near the finish line. Please see an official at the finish tent if you need an athletic trainer and cannot locate one.

### **Uniforms/Clothing:**

All athletes must have a school issued uniform. Uniforms on relay athletes must be identical. **¼ inch spikes only** are allowed on track. Hip numbers are attached to the left hip and cannot be covered by the jersey.

### **Personal/Team Articles:**

St. Stephen's & St. Agnes School cannot assume responsibility for any lost or stolen articles. Please turn in any found articles to the press box. If you lose anything, you may check for it at the press box at the end of the meet each day. Boom boxes are not allowed at the meet. Talking/texting/watching video on a cell phone is not allowed on the infield during competition.

### **Infield:**

**There will be limited access to the infield. No spectators will be allowed on the infield; coaches and athletes only.** Athletes should not be on the infield unless they are warming up/cooling down for an event. We will be monitoring infield access closely due to the safety hazard of discus being on the field. Food and drink, other than water, are not allowed on the infield. **MP3 players, mobile phones, or any other electronic devices are not allowed on the infield.** Any athlete found in violation of the above rules will be subject to disqualification. **Outlets by the scoreboard are NOT to be used by any athlete, spectator, or coach.** Any athlete caught using these outlets will be subject to disqualification.

### **Field Events:**

#### **Check-In:**

Athletes must check-in at the field event site by the second call; this applies to **ALL FLIGHTS**. (Exceptions can be made at the discretion of the meet director). Any athlete who has not reported within 60 seconds after the third/final call will be disqualified from the event.

#### **Weigh-In:**

All throwing implements must be weighed and approved. The weigh-in judge will be available at a to be determined location from 12:45-1:55pm on Friday and 12:00-1:00pm on Saturday. **The location of the implement weigh-in will be confirmed and sent out the week of the event.** Please ask an official if you are unsure of where the weigh-in table is located. Implements weighed on Friday are eligible for use on Saturday. **Please be aware that any discus made of rubber will not be allowed.**

### **Long Jump/Triple Jump:**

Boys long jump will occur on Friday starting at 2:10pm. Girls triple jump will immediately follow. Girls long jump will occur on Saturday starting at 1:15pm. Boys triple jump will immediately follow. All jumping events will take place on the runway inside the track behind the high jump apron.

### **Special Field Event Information:**

Athletes should scratch from the field events at the field event site. There will be 10 minutes between flights for warm-up. Athletes have 60 seconds to make their attempt once their name has been called. Finals for field events will begin 10 minutes after they are announced over the PA system.

### **Check-Out:**

If athletes have to check-out from a field event to go to a running event, they have 10 minutes after the **completion** of their running event to return to the field event. **If they do not notify the official that they have returned within 10 minutes, they forfeit any remaining attempts.**

In the Long Jump, Triple Jump, Shot Put, and Discus, if the athlete is gone when all athletes complete the flight, he/she forfeits any remaining attempt even if the 10 minutes have not expired. (In the case of a delay on the track, this will be up to the Head Jumping Judge's discretion to keep the pit open longer.) In prelims, jumps/throws can be taken out of order to get them in before an athlete checks out. In finals, athletes must complete in flight order and an athlete who checks out and returns late is only allowed his or her remaining attempts (if any).

In the high jump, if the athlete is gone when all jumpers present have completed jumps at the height, the bar will go up even if the 10 minutes have not expired.

## **Running Events**

### **False Starts:**

According to NFHS Rules, athletes will be disqualified from an event with 1 false start (Rule 5-7-4). However, the starter may choose to re-run the event in certain circumstances.

### **Check-In:**

Athletes must check-in at the tent behind the 100m start by the second call. Any athlete who has not reported within 60 seconds after the third/final call will be disqualified from the event. Athletes will be sorted by heat/section and then escorted to the start line. **Upon completing the race, athletes must immediately gather their warm-ups and exit the infield area;** they should not stay in the infield.

### **Blocks and Batons:**

The meet will provide blocks and batons, but you may bring and use your own if you choose. Blocks will be allowed in races under 400m in the prelims and at/under 400m in the finals. (*In other words, blocks will not be allowed in the 400m prelims.*)

### **The Draper Invitational Freshman Mile:**

Each school may enter **1 boy** and **1 girl** in the Draper Invitational Freshman Mile. There will be a boys section and a girls section. This event will be **non-scoring**, but medals will be given.

### **All Events:**

#### **Advancement:**

In events with prelims, 12 athletes will be chosen to move on to the timed finals. Prelims will be seeded based on entry time and Finals will be seeded slowest to fastest qualifying times. In field events (except high jump), the top 9 performers will advance for three more attempts.

#### **Protest Procedure:**

If you would like to protest any decision of a judge, you must first complete the protest form and bring your protest form to the Meet Director. If the Meet Director deems it necessary, he will convene the Jury of Appeals. The appealing coach must pay \$20 for any appeal requiring a photo read. If the appeal results in a decision change, the fee will be refunded. Please note that some decisions cannot be appealed. See the National Federation of State High School Associations Rules Book for more information (Rule 3-5.4). All protests must be made within 30 minutes after the posting of results.

#### **Rules and Scoring:**

National Federation of State High School Associations rules will be followed for scoring with certain modifications. First place through either place will be awarded the following points: 10-8-6-5-4-3-2-1.

#### **Medals and Trophies:**

Awards and medals (given to top three finishers in individual events and the top three relay teams) can be picked up from the press box at the end of the meet. Trophies for the top three teams and the Athlete of the Meet (one boy and one girl) will be presented during the awards ceremony at the end of the meet. The Athletes of the Meet will be the athletes (boy and girl) who accumulate the most points during the meet.

#### **Results:**

Results will be posted live on the Blue Ridge Timing Website and will be updated frequently throughout the duration of the meet. (<http://www.blueridgetiming.com/2023-results.html>) Draper specific meet link will be live closer to the event.

### **Inclement Weather Policy:**

For the latest update, please check email and have athletes/families check our school website ([www.sssas.org](http://www.sssas.org)). If inclement weather is forecasted, regular emails regarding updated schedules or policies will be shared.

# 2023 Draper Track & Field Invitational Meet Schedule

## Friday Schedule – May 5, 2023

12:45-1:55	Weigh-in of Implements
1:30	<i>Coaches Meeting at the Check-In Tent</i>
2:10	Girls Discus
	Boys Shot Put
	Girls High Jump
	Boys Long Jump (Girls Triple Jump to follow)
2:15	Girls 100 Meter Hurdles Prelims
	Boys 110 Meter High Hurdles Prelims
2:45	Girls 100 Meter Dash Prelims
	Boys 100 Meter Dash Prelims
3:15	Girls 400 Meter Run Prelims
	Boys 400 Meter Run Prelims
4:00	Girls 3200 Meter Run Finals
	Boys 3200 Meter Run Finals
5:00	Girls 300 Meter Low Hurdles Prelims
	Boys 300 Meter Intermediate Hurdles Prelims
5:45	Girls 200 Meter Dash Prelims
	Boys 200 Meter Dash Prelims

## Saturday Schedule – May 6, 2023

12:00-1:00pm	Weigh-in of Implements
12:30	<i>Coaches Meeting at the Check-In Tent</i>
1:00	Girls 4x800 Meter Relay
	Boys 4x800 Meter Relay
1:15	Boys Discus
	Girls Shot Put
	Boys High Jump
	Girls Long Jump (Boys Triple Jump to follow)
1:30	Girls 100 Meter Hurdles Finals
	Boys 110 Meter High Hurdles Finals
1:45	Girls 100 Meter Dash Finals
	Boys 100 Meter Dash Finals
2:00	Girls Draper Invitational Freshman Mile
	Boys Draper Invitational Freshman Mile
2:30	Girls 4x200 Meter Relay
	Boys 4x200 Meter Relay
3:00	Girls 1600 Meter Run Finals
	Boys 1600 Meter Run Finals
3:45	Girls 4x100 Meter Relay
	Boys 4x100 Meter Relay
4:15	Girls 400 Meter Run Finals
	Boys 400 Meter Run Finals
4:30	Girls 300 Meter Low Hurdles Finals
	Boys 300 Meter Intermediate Hurdles Finals
4:45	Girls 800 Meter Run Finals
	Boys 800 Meter Run Finals
5:15	Girls 200 Meter Dash Finals
	Boys 200 Meter Dash Finals
5:30	Girls 4x400 Meter Relay
	Boys 4x400 Meter Relay



PRESENTATION OF TEAM AWARDS AND ATHLETES OF THE MEET