



GENERALS

STUDENT ACTIVITIES OFFICE

Washington-Lee High School ✦ 1300 North Quincy Street ✦ Arlington, Virginia 22201 ✦ (703) 228-6204

Notes: Indoor Track Reminders for Thomas Jefferson Complex 2006-07

Welcome to Thomas Jefferson Middle School for the indoor track regular season meets. In order to preserve this facility it is necessary that all groups adhere to the following rules

Athletes/Coaches:

- Absolutely, **No** spikes allowed. This includes shoes that are classified as indoor spike shoes w/ hard, aggressive indoor plates. Automatic DQ from the remaining events of that meet will occur if improper shoes are worn.
 - Items/equipment are not to be dragged across the floor, including HJ equipment. Teams assigned to remove equipment must put it away at the corner behind the 55-hurdle start line.
 - No tape is allowed
 - No food, gum or drink are allowed on the competition area, water is acceptable in closed containers
 - No Smoking
 - No balloons are allowed. Do not throw or kick of ball or other objects while in the competition area.
 - Only operation staff is allowed under the bleacher units
 - No hanging on the rims of the basketball goals
 - Proper respect and courtesy is expected of guests toward the track/facility staffs
 - Athletes should not approach the scorer's table at any time for race time information
 - Athletes must stay in the track area. Athletes may **not go** into the recreation center areas
 - Do not get on the wrestling mats for any reason
1. Clarification: **Do not open the side doors on the track at any time unless there is an emergency.**

2. Restrooms are open on the outside wall of the track opposite the entry doors.

Track rule reminders:

- No jewelry allowed unless a religious or medical symbol which must be taped to the body.
- Athletes may not take off shirts in the competitive area
- JV 55-meter dash runners should meet at the end of the track near the stationary bike/restroom sign area.

Meet Information:

The doors open at 5 PM please do not arrive sooner than this time.

Please provide 3 timers & qualified judges for your events as assigned.

The more volunteer timers we have the better. Timers will take the runner's tag and record the time for that athlete.

We intend to hold the meet w/ the same number of athletes' entries as we have had in the past for the December meets. (Rational: We need to determine the length of the first meets as we pay overtime wages for the custodial staff). Keeping our time-constraints in mind, we find we can add more entries in January, this may be done at the coaches meeting prior to the start of these later meets. (We have unlimited 55JV)

Line up you runners fast to slower. The clerk will match up the runners. All runners will be timed.

Each school may have 1 scoring team & 6 non-scoring teams in the 4x200, Coaches are asked to time their non-scoring teams. (Only the 1st place teams scores). This is a break time for our judges.

Coaches may enter a maximum of seven runners in the 500 & 300, no exceptions. The top three score in this event. If time does not permit the last entries will not be allowed to run.

If we do not start the 4 x 400 relay by **9:45 PM** (girls) **9:55** (boys) teams will be limited to one entry. This information will be announced by 9:30. Otherwise each team may enter **up to two** teams.

Entry cards should be typed, legible and in an appropriate size for scoring efficiency and ease of removal from track shirts

No Shot or High Jump practice after the end of each event.

Good Sportsmanship is a very important component of competition. We expect that your athletes are courteous to other competitors & officials at all times during the meet.

Contact Information:

Washington-Lee Coordinator for TJ meets: Karen Taylor, DSA
703-228-6204

Weather/Cancellation Hotline: 703-228-6220