



ST. CHRISTOPHER'S SCHOOL INDOOR TRACK & FIELD INVITATIONAL



FRIDAY, JANUARY 24, 2020
SATURDAY, JANUARY 25, 2020

Coaches,

We look forward to having your athletes at the St. Christopher's Indoor Track & Field Invitational. There are some details that you will need to be aware of and make your team aware of before you get here.

- **TEAMS SHOULD NOT ARRIVE BEFORE 3:00 PM FRIDAY. FIELD HOUSE DOORS WILL NOT OPEN BEFORE 3:00 PM ON FRIDAY AND 9 AM ON SATURDAY.**
- **THERE IS NO BUS PARKING AVAILABLE AT ST. CHRISTOPHER'S SCHOOL DURING THIS TRACK MEET. BUSES MAY DROP OFF AND PICK UP ONLY. YOU WILL NEED TO HAVE YOUR BUS DRIVER DROP OFF THE TEAM AT THE ATHLETIC CENTER AND RETURN LATER TO PICK UP THE TEAM. ST. CHRISTOPHER'S IS LOCATED IN A RESIDENTIAL NEIGHBORHOOD AND FOR THIS MEET TO CONTINUE, IT IS IMPORTANT THAT WE RESPECT THOSE THAT LIVE AROUND THE SCHOOL.**
- **SUGGESTED LOTS FOR MINIBUS AND VAN PARKING HAVE BEEN CIRCLED IN RED ON THE ATTACHED MAP. AS WE ARE A SCHOOL, MORE SPACES WILL BE AVAILABLE LATER IN THE DAY.**
- **ONCE INSIDE THE ATHLETIC CENTER, TEAMS WILL BE HOUSED IN THE FIELD HOUSE AND FIELD HOUSE BALCONY AREA. THERE WILL BE CONCESSIONS OFFERED UPSTAIRS IN THE ATHLETIC CENTER AND T-SHIRTS IN THE LOBBY. THERE ARE PORT-A-JOHNS LOCATED OUTSIDE THE FIELD HOUSE NEXT TO THE OUTDOOR TRACK. RESTROOMS ARE LOCATED UPSTAIRS AND OFF THE NORTH END OF THE FIELD HOUSE (OPPOSITE THE FINISH LINE AREA). PLEASE ASK YOUR ATHLETES TO RESTRICT THEMSELVES TO THESE AREAS THROUGHOUT THE WEEKEND WHEN INSIDE THE ATHLETIC CENTER.**
- **ATHLETES MAY WEAR SPIKES IN THE FIELD HOUSE ONLY. SPIKES ARE NOT ALLOWED IN ANY OTHER INDOOR SPACES.**
- **PLEASE INSTRUCT YOUR ATHLETES TO MAKE SURE THEY TAKE CARE OF THEIR CELL PHONES, IPODS, ETC. ALWAYS HAVE SOMEONE WATCHING YOUR TEAM AREA. ST. CHRISTOPHER'S SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN OBJECTS.**
- When you have gotten your teams to where they will be housed during the meet, we will have a (hopefully) brief coaches meeting to familiarize you with the facility, check-in procedure, and conduct of the meet. That meeting will begin around 3:30 pm on Friday.
- Athletes are allowed in the concessions area upstairs, field house, training room, and outdoor track. All other areas are off limits. Athletes found in areas that are off limits will be scratched from the remainder of the meet and asked to leave the Athletic Center.
- There will be concessions offered upstairs, but please remind your athletes that there is no food or drink allowed in the field house. Water bottles are acceptable. **We will be selling t-shirts this year.**
- **ONCE THE MEET BEGINS, THE INFIELD IS OFF LIMITS TO ALL ATHLETES NOT CURRENTLY COMPETING IN A FIELD EVENT. "CURRENTLY COMPETING" REFERS TO THE FLIGHT CURRENTLY JUMPING, THROWING OR VAULTING. THE INFIELD IS OFF LIMITS TO ALL COACHES AND SPECTATORS AT ALL TIMES ONCE THE MEET HAS BEGUN. THERE WILL BE A DESIGNATED AREA FOR POLE VAULT COACHES.**
- Once the meet has begun, there will be no warming up on the indoor track. The outdoor track is available for warming up. **THERE WILL BE A TRAINER ON DUTY FOR THE MEET. OUR TRAINER WILL HAPPILY TAPE YOUR ATHLETES THAT NEED IT, BUT SHE HAS REQUESTED THAT COACHES WHO WILL NEED ATHLETES TAPED BRING THEIR OWN TAPING SUPPLIES.**

WEATHER AND REFUNDS

IF WE CANCEL THE ENTIRE MEET DUE TO WEATHER, WE WILL REFUND THE FULL ENTRY FEE. IF THE MEET IS CANCELLED ON FRIDAY OR SATURDAY, WE WILL REFUND THE ENTRY FEES FOR THE CANCELLED DAY. IF WE RUN THE MEET THEN THERE WILL BE NO REFUNDS. A TEAM'S INABILITY TO PARTICIPATE WILL NOT BE CAUSE FOR A REFUND.

If you have any other questions prior to the day of the meet, please e-mail me.

Marshall Ware
St. Christopher's Track & Field



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FINAL SCHEDULE OF EVENTS

FRIDAY			SATURDAY		
4:00 PM	BOYS' LONG JUMP	PRELIMS/FINALS	10:00 AM	GIRLS' TRIPLE JUMP	FINALS
	GIRLS' LONG JUMP	PRELIMS/FINALS		BOYS' TRIPLE JUMP	FINALS
	GIRLS' POLE VAULT	FINALS		BOYS' SHOT PUT	PRELIMS/FINALS
4:30 PM	GIRLS' 55M HURDLES	PRELIMS		BOYS' HIGH JUMP	FINALS
4:45 PM	BOYS' 55M HURDLES	PRELIMS	10:30 AM	GIRLS' 4 X 200M RELAY	FINALS
5:00 PM	GIRLS' 55M DASH	PRELIMS	11:00 AM	BOYS' 4 X 200M RELAY	FINALS
	GIRLS' HIGH JUMP	FINALS	11:30 AM	GIRLS' 1000M RUN	FINALS
5:15 PM	BOYS' 55M DASH	PRELIMS	11:50 AM	BOYS' 1000M RUN	FINALS
5:30 PM	GIRLS' 4 X 800M RELAY	FINALS	12:10 PM	GIRLS' 300M DASH	FINALS
6:05 PM	BOYS' 4 X 800M RELAY	FINALS	12:30 PM	BOYS' 300M DASH	FINALS
6:35 PM	GIRLS' 55M HURDLES	FINALS		GIRLS' SHOT PUT	PRELIMS/FINALS
	BOYS' POLE VAULT	FINALS	12:50 PM	GIRLS' 500M DASH	FINALS
6:40 PM	BOYS' 55M HURDLES	FINALS	1:20 PM	BOYS' 500M DASH	FINALS
6:45 PM	GIRLS' 55M DASH	FINALS	1:50 PM	GIRLS' MILE RUN	FINALS
6:50 PM	BOYS' 55M DASH	FINALS	2:20 PM	BOYS' MILE RUN	FINALS
6:55 PM	GIRLS' 2 MILE RUN*	FINALS	3:50 PM	GIRLS' 4 X 400M RELAY	FINALS
7:20 PM	BOYS' 2 MILE RUN*	FINALS	3:30 PM	BOYS' 4 X 400M RELAY	FINALS

*** THE SECTIONS OF THE RUNNING EVENTS WHERE THERE ARE ONLY FINALS WILL GO FROM SLOW TO FAST WITH THE EXCEPTION OF THE 2 MILE RUN. IN THE 2 MILE RUN, THE FASTER SECTIONS WILL GO FIRST.**

IF POSSIBLE, WE MAY TRY TO GET AHEAD OF SCHEDULE. WE WILL NOT GO MORE THAN 20 MINUTES AHEAD AT ANY TIME.

MEDALS WILL BE AWARDED FOR 1ST THRU 3RD PLACES. COACHES AND/OR ATHLETES MAY PICK UP MEDALS ONCE THE RESULTS FROM EACH EVENT HAVE BEEN POSTED. IT IS THE RESPONSIBILITY OF THE COACHES AND/OR ATHLETES TO PICK UP THEIR MEDALS. WE WILL NOT SEND MEDALS AFTER THE CONCLUSION OF THE MEET.



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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.

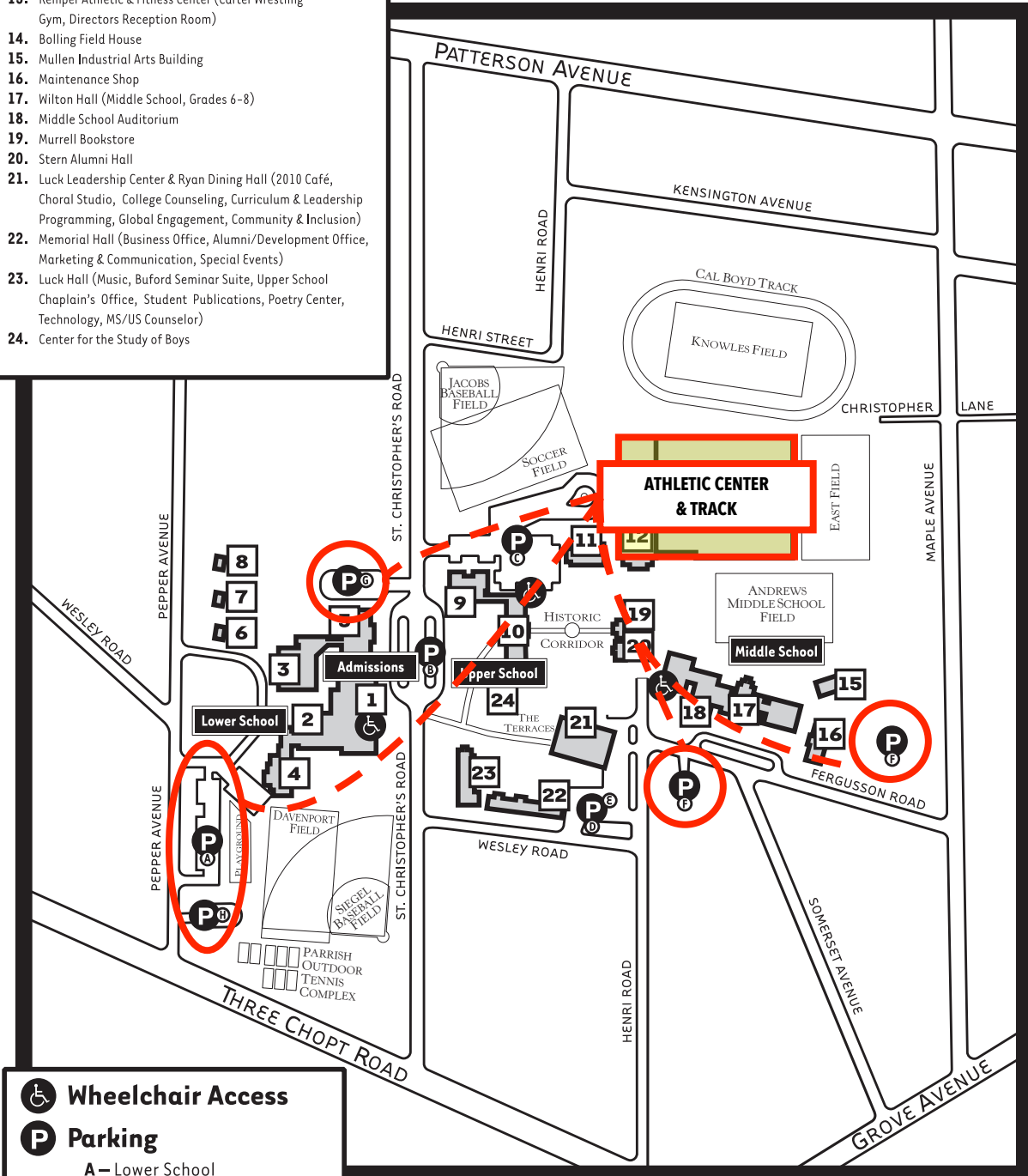
FROM DANVILLE ON 360 EAST: Take Route 360. Take Route 288 north ramp toward Route 76 north (Powhite Parkway). Merge onto Route 288 north and take Powhite Parkway exit. Cross the James River, then stay in left lane. Exit at Patterson/Grove Avenues, bear right onto Thompson Street and turn right onto Grove 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.



St. Christopher's School

Educating Boys For Life

1. McVey Hall (Admissions Office, Lower School)
2. Lower School Gymnasium
3. Lower School (Grades K-5, Main Entrance and Offices, Morgan Auditorium & Lower School Infirmary)
4. Reynolds Gymnasium (Extended Day)
5. Henderson Hall (Extended Day)
6. Little Saints (707 Pepper Avenue)
7. Junior Kindergarten (709 Pepper Avenue)
8. Junior Kindergarten (713 Pepper Avenue)
9. Gottwald Science Center (Schroeder Environmental Policy Center)
10. Chamberlayne Hall (Upper School, Grades 9-12, Head of School's Office)
11. Upper School Chapel
12. Scott Gymnasium
13. Kemper Athletic & Fitness Center (Carter Wrestling Gym, Directors Reception Room)
14. Bolling 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. Stern Alumni Hall
21. Luck Leadership Center & Ryan Dining Hall (2010 Café, Choral Studio, College Counseling, Curriculum & Leadership Programming, Global Engagement, Community & Inclusion)
22. Memorial Hall (Business Office, Alumni/Development Office, Marketing & Communication, Special Events)
23. Luck Hall (Music, Buford Seminar Suite, Upper School Chaplain's Office, Student Publications, Poetry Center, Technology, MS/US Counselor)
24. Center for the Study of Boys



Wheelchair Access

Parking

- A - Lower School
- B - Chamberlayne Circle
- C - Upper School Student Parking
- D - Administration
- E - Student
- F - Middle School
- G - Extended Day/Admissions
- H - Tennis Courts