

**2025 Region 5D  
Track & Field Championship Meet**



**TRACK  
& FIELD**

# Region 5D Outdoor Track Meet 2025

- Directors:** Jason Treon, AD, Lightridge HS  
571-367-4110(W)  
[Jason.Treon@lcps.org](mailto:Jason.Treon@lcps.org)  
Brian Schmidt, Assistant AD, Lightridge HS  
[Brian.Schmidt@lcps.org](mailto:Brian.Schmidt@lcps.org)
- Site:** Lightridge High School  
41025 Collaboration Drive  
Aldie, VA 20105
- Date:** Wednesday, May 28, 2025 (4 x 800 and all field events)  
Thursday, May 29, 2025 (Remainder of all running events)  
Please do not arrive before 9:30am. Track opens at 9:30am
- Qualifiers:** Each team can enter three individuals and one relay, plus qualifying times/marks.  
All marks need to be in milestat for verification.
- Entries:** **You will place your entries on Milestat, entries are due by 8:00 pm on Monday, May 26, 2025.** Relay teams will be officially declared on a relay declaration card when the team reports to the clerk of course for check-in. At that time a maximum of 6 athletes from your entry list may be listed, any 4 of which may run. The relay will count as an event for only those athletes who actually run the relay. Athletes entered in individual events will be included in your meet roster and need not be re-listed as relay legs. Only athletes listed on your on-line meet roster will be allowed to compete.  
**Remember to include all potential relay runners not already entered in an individual event.**
- Declaration:** NO SCRATCH DEADLINE! ONCE AN ATHLETE IS ENTERED, HE/SHE IS DECLARED. In the event a coach inadvertently declares an athlete in more than allowed, meet management will automatically scratch those athletes from all events over the allowed limit, beginning with the last event on the time schedule and working backwards until the maximum legal limit is reached.
- Entry Limits:** An athlete may compete in any number of field events, but only 3 running events in one day except an athlete competing in the 3200M run may compete in only one other running event on the same day. (NOTE- THIS DIFFERS FROM THE NFHS EVENT LIMIT RULE)
- Meet Referee:** Brad Burzumato
- Timing:** F.A.T by BS Timing
- Games Committee:** Lightridge, Riverbend, Massaponax, Independence, Potomac Falls

<b>Starters:</b>	Mike Porter and Bruce Sheppard
<b>Pole Vault:</b>	<b>Pole Vault will be held at Harrisonburg High School on May 27<sup>th</sup> at 4:00pm.</b> Entry procedure and deadlines will be the same as above. Direct questions on this event to <a href="mailto:bburley@harrisonburg.k12.va.us">bburley@harrisonburg.k12.va.us</a>
<b>State Qualifiers:</b>	Top 4 athletes advance in each event, as well as the top 4 relay teams.
<b>Scoring:</b>	<b>8 scoring places</b> (10-8-6-5-4-3-2-1)
<b>Field Events:</b>	Trials of 3 attempts for all competitors; top 9 proceed to finals for an additional 3 attempts.
<b>Track Event:</b>	All running events will be finals-sections on time (slow to fast).
<b>Trophy/Medals:</b>	Championship trophies will be awarded to the winning girls' & boys' team. Medals will be awarded to the <b>top 3 place winners</b> in each individual event, and <b>top 3 relay teams</b> .
<b>Results &amp; Records:</b>	Live results will be available.
<b>Admission:</b>	<b>\$8.00 per person. Athletes will be admitted in uniform only. Teams, coaches, and managers must enter together through main gate. Tickets must be purchased through <u>GoFan</u>, search Lightridge HS, cash will be accepted.</b>
<b>Passes:</b>	VHSL recognized passes only, to included Region passes
<b>Track Surface:</b>	Rubberized All Weather surface. <b>(Flats and 1/4" inch pyramid spikes)</b>
<b>Start/Finish Line:</b>	On the home side by the first turn.
<b>Bus Arrival:</b>	Please have your bus driver drop off behind home bleachers, see attached map.
<b>Team Personnel:</b>	All team personnel <b>MUST</b> enter with the team. <b>NO COACHES ALLOWED ON THE INFIELD</b> unless coaching from the coach's box at the jump pits. <b>NO FOOD</b> is allowed on or inside the track.
<b>Tents:</b>	Must be in the grass field behind concessions, tents are <b><u>NOT</u></b> allowed in the bleachers, see map.
<b>T-Shirts:</b>	There will be official Region 5D T-shirts (\$20) on sale the day of the event.

# 2025 OUTDOOR STANDARDS

Girls Event		5A Region D Metric	5A State Metric
100 m Dash		12.88	12.55
200 m Dash		26.23	25.56
400 m Run		61.82	58.17
800 m Run		2:27.18	2:21.30
1600 m Run		5:34.63	5:17.77
3200 m Run		12:39.97	11:35.19
100 m Hurdles		16.66	15.50
300 m Hurdles		49.48	46.62
High Jump		4-9	5-0
Pole Vault		8-0	9-6
Long Jump		15-11.25	17-4.50
Triple Jump		32-9.50	36-4.75
Shot Put		31-8.00	34-8.50
Discus		90-2.00	107-1.00
400 m Relay		52.17	49.38
1600 m Relay		4:22.84	4:04.19
3200 m Relay		10:22.19	9:54.39

Boys Event		5A Region D Metric	5A State Metric
100 m Dash		11.27	11.10
200 m Dash		22.65	22.55
400 m Run		51.17	49.93
800m Run		2:02.58	1:58.91
1600m Run		4:45.47	4:27.67
3200 m Run		10:16.33	9:40.16
110 m Hurdles		16.04	15.24
300 m Hurdles		41.62	40.47
High Jump		5-9	6-1
Pole Vault		10-0	12-0
Long Jump		20-9.25	21-3.00
Triple Jump		40-10.75	43-10.00
Shot Put		42-7.25	47-8.75
Discus		120-8.00	140-5.00
400 m Relay		44.13	43.27
1600 m Relay		3:33.55	3:26.77
3200 m Relay		8:27.34	8:12.93