

E-mail to Field Day Coaches, Athletic Directors

May 2, 2025

Participating Schools: FBF, FF, HW, KB, SCP, TD, VE

Thanks for registering your students for the ODACS Elementary Field Day, coming up on Tuesday, May 6! Here are a few bits of information that may be helpful as you prepare to travel to Fairfax Station.

Weather – The forecast for Fairfax Station for both Monday and Tuesday shows a chance of showers. At the moment, we are still planning to go ahead with the event. Please pay attention to your e-mail and to the ODACS web site for updates.

Schedule – *We are asking all contestants to be in the gymnasium by 9:50 a.m. for instructions.* In order to keep the event moving forward, we cannot delay events for missing competitors.

9:45	Meeting for Timers (gymnasium)
9:50	Instructions (gymnasium)
10:00	Field Day Events Begin
2:00	Awards (est.) (gymnasium)

Heats – Between 17 and 21 competitors are registered for each running event. Because the number of competitors is so large this year, preliminary heats and final heats will be run for the 50m, 100m, and 200m.

Order of Events – The events will be run in the following order.

1. 50m girls; 50m boys – Preliminary Heats
2. 800m girls; 800 m boys
3. 100m girls; 100m boys – Preliminary Heats
4. 400m girls; 400m boys
5. 200m girls; 200m boys – Preliminary Heats
6. 50m, 100m, 200m – Final Heats
7. Field Events girls (simultaneously); Field Events boys (simultaneously)
8. Relay girls; Relay boys

Substitutes - If you need to make a substitution because of a no-show, please arrive early and inform officials of the change right away.

Lunch – Fairfax will not be providing lunch this year. Schools are encouraged to bring their own lunches. We will take a break for lunch following the completion of the 200m final heats and prior to beginning the field events.

Dress - Please be sure that all participants follow the ODACS dress code for sporting events. The policy in the manual is as follows: ***“Boys may wear slacks or shorts. Girls are required to wear knee-length culottes or knee-length, loose-fitting sports***

shorts. Girls are not allowed to wear pants for ODACS competitions. Boys' hair should be short, off the collar and ears, one inch above the eyebrows, tapered in the back, combed, with no long sideburns. No beards or mustaches will be permitted for students. No tattoos or worldly body piercings may be visible during any ODACS sponsored sporting event. All participants are expected to abide by the dress code from the time they arrive until the event is concluded. Please note that the dress code applies during the awards time.

All participants, including coaches and those officiating, are expected to comply with the dress code.

Fees – Remember the fee of \$1.00 per category entered with a maximum fee of \$40. Please bring a check, payable to ODACS, to the meet on Tuesday.

Officials – We will need six responsible adults to work as timers for the running events. We also need volunteers to help run field events. **Adult volunteers should abide by the same dress and hair code that the competitors are required to follow.** Please submit names of people who can help to the ODACS office by Monday. Instruct the helpers to be in the gymnasium in time for a meeting at 9:45.

We look forward to seeing all of you at the field day on Tuesday! Let's pray for good weather, and let's make it a great day with a wonderful spirit of Christian sportsmanship!

Sincerely,

Dan Zacharias
Executive Director