

E-mail to Track and Field Coaches, Athletic Directors

May 1, 2025

Participating Schools: FF, FMD, KB, LR, MNC, SCP

Thanks for registering for the ODACS track meet coming up on Saturday, May 4! Here are a few items of information that will be helpful as you prepare to come to Richmond.

Weather - The Saturday forecast for the Richmond area calls for a high temperature in the low 80's and rain in the afternoon. Regardless of the weather, we have access to the track on May 3 only. As a reminder, it is our policy not to run any events while thunder or lightning are in the area. It will be important that teams arrive early enough so that we can begin on time and increase the chances of our finishing before the rain arrives.

Schedule - *I am asking all contestants to be at the track by 9:45 a.m. for instructions.* In order to keep the meet moving forward, we cannot delay events for missing competitors. **We need to begin competition promptly at 10:00!**

9:40	Meeting for Timers
9:45	Instructions
10:00	Track Events Begin
12:30	Field Events Begin (est.)
3:30	Awards (est.)

Heats - Because we have no qualifying times to work with, preferential lane assignments are distributed randomly among the participating schools. **When we have more than eight competitors in some of the running events, we will need to run two preliminary heats, eliminate the slowest runners from each heat, and then run a final heat later in the day.** Included with this message is a list of competitors with lane assignments and more detailed information about heats. Please check this list for accuracy and let me know if I need to make any corrections. **No-shows in events with heats could possibly allow us to combine the heats and run just one race.** Please arrive early and inform us immediately of any no-shows.

Substitutes - If you need to make a substitution because of a no-show, please arrive early and inform us of the change right away. We need to have the list of competitors complete before we begin.

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.

The question has been raised in the past about girls wearing warm-up pants at the meet. However, the dress code does not allow them to do so. If the weather is chilly in the morning, girls may want to wear leggings under their shorts or bring a blanket to wrap in.

All participants, including coaches and those officiating or helping officials, are expected to comply with the dress code. Participants who are clearly in violation of the dress code will be denied permission to compete. Please help to prevent this awkward situation by checking your competitors for compliance as they enter and as they exit your vehicles on Saturday morning.

Directions to Midlothian High School, 401 Charter Colony Parkway, Midlothian, VA

From the North, take I-95 south to Richmond. Take Exit 79 onto the Powhite Parkway (VA 76). Take Powhite Parkway to US 60, Midlothian Turnpike. Travel west on US 60 five miles to Midlothian. Pass through several traffic lights in Midlothian before reaching Charter Colony Parkway. Turn left on Charter Colony Parkway to Midlothian High School. The track is located at the football stadium by the student parking lot.

From the West, take I-64 east to exit 175, Highway 288 South. Take 288 to US 60, Midlothian Turnpike. Travel east on US 60 about two miles to the Charter Colony Parkway. Turn right on Charter Colony Parkway to Midlothian High School. The track is located at the football stadium by the student parking lot.

Fees - Remember the fee of \$2.00 per entry with a maximum fee of \$100. Please bring a check, payable to ODACS, to the meet on Saturday.

Officials - We will need six responsible adults to work as timers for the track events. In addition to timers, we need a volunteer to help record the results of each race. 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 Friday. Instruct the helpers to be at the track in time for a meeting at 9:40. I will be acting as score keeper.

I look forward to seeing all of you at the meet on Saturday! 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