

SUFFOLK PUBLIC SCHOOLS
(Attach to field trip application requiring School Board approval)

Field Trip #: 23453

School: Lakeland High School

Grade/Subject/Club/Team: Indoor Track Team

Date of Field Trip: March 2, 2025 through March 4, 2025


Destination: Liberty University, Lynchburg, Virginia

Purpose: Lakeland High School Indoor Track Team will be participating in the VHSL State Indoor Track Meet Championship at Liberty University in Lynchburg, Virginia.

Objectives: Lakeland High School Indoor Track Team will have the opportunity to participate in the VHSL State Indoor Track Meet Championship at Liberty University in Lynchburg, Virginia.

Approve

Disapprove



Director of Secondary Leadership



Date

School Board Action:

Approve

Disapprove

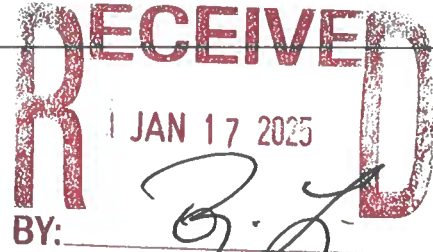
Clerk of the Board

Date



Trip Approval

Suffolk City Public Schools Travel Tracker



Trips Pending Approval

Waiting on Approval

Trip Emails

Trip Inquiry

Schedules/Assignments

Daily Vehicle Schedule

Assignment Inquiry

Create Duplicate Request

Travel Request Form

Please Note: Welcome to Suffolk City Public Schools Travel Tracker, your one-stop travel center. Within this software, you can submit student field trip requests, reserve an activity bus for a field trip or athletic event, and reserve a car for staff travel. If you have any questions or comments please email kevinprivott@spsk12.net or call (757) 925-5573.

Trip Number

23453

- Category Staff Only Travel Travel With Students
- Type of Trip
- Athletic Event (you may check more than one)

- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Band | <input type="checkbox"/> Boys Soccer | <input type="checkbox"/> Boys Tennis | <input type="checkbox"/> Boys Volleyball |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Debate | <input type="checkbox"/> Forensics | <input type="checkbox"/> Girls JV Volleyball |
| <input type="checkbox"/> Girls Soccer | <input type="checkbox"/> Girls Tennis | <input type="checkbox"/> Girls Volleyball | <input type="checkbox"/> Golf |
| <input type="checkbox"/> HS ACTIVITY BUS | <input checked="" type="checkbox"/> Indoor Track | <input type="checkbox"/> INTRAMURAL BASKETBALL | <input type="checkbox"/> INTRAMURAL FIELD HOCKEY |
| <input type="checkbox"/> INTRAMURAL FOOTBALL | <input type="checkbox"/> Intramural Outdoor Track | <input type="checkbox"/> INTRAMURAL SOCCER | <input type="checkbox"/> INTRAMURAL VOLLEYBALL |
| <input type="checkbox"/> JV Baseball | <input type="checkbox"/> JV Boys Basketball | <input type="checkbox"/> JV Boys Soccer | <input type="checkbox"/> JV Cheerleading |
| <input type="checkbox"/> JV Field Hockey | <input type="checkbox"/> JV Football | <input type="checkbox"/> JV Girls Basketball | <input type="checkbox"/> JV Girls Soccer |
| <input type="checkbox"/> JV Softball | <input type="checkbox"/> JV Wrestling | <input type="checkbox"/> MS ACTIVITY BUS | <input type="checkbox"/> MS Cheer |
| <input type="checkbox"/> One Act Play | <input type="checkbox"/> Outdoor Track | <input type="checkbox"/> Scholastic Bowl | <input type="checkbox"/> SHUTTLE BUS |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> V Baseball | <input type="checkbox"/> V Boys Basketball | <input type="checkbox"/> V Cheerleading |
| <input type="checkbox"/> V Field Hockey | <input type="checkbox"/> V Football | <input type="checkbox"/> V Girls Basketball | <input type="checkbox"/> V Softball |
| <input type="checkbox"/> V Wrestling | | | |

Trip Leave

• Date 3/2/2025 Sunday

• Time 3:00 PM

Trip Return

• Date 3/4/2025 Tuesday

• Time 11:00 PM

Trip Year/Week 2025-10

• Is this trip overnight, out-of-state, or greater than 200 miles one way? Yes No

Comments

Enter any comments about this trip that is important for the driver to know such as pick up and drop off location. This information will print on the trip ticket for the driver.

2025 State Indoor Track Meet @ Liberty University

• Your School/Dept ⓘ

300 Lakeland High
214 Kenyon Rd, Suffolk, VA 23434

• Main Destination Other (Type Below)

1971 University Blvd, Lynchburg, VA 24515, USA

Destination Not Listed

Liberty University, University Boulevard, Lynchburg, VA, USA

Destination Name

Add a Stop on the Way There

Add a Stop on the Return

* Approximate Nbr. of Miles Round Trip 344.89

CALCULATE MILES

* Funding Source #1 Athletics

Budget Code

Est Trip Cost \$2,042.67 Est Bal \$255,000.00

Funding Source Desc test of funding managment

Budget Code Desc

Funding Approver

* Teacher / Advisor / Staff Name Washington

* Teacher / Advisor / Staff Phone # 7577543479

Teacher / Advisor / Staff Email

Note: This email will receive the requester emails if different from requester

Emergency Contact Info Same as Teacher / Advisor / Staff

* Emergency Contact Name Washington

* Emergency Contact Phone # 7577543479

Number of Individuals Making Trip

* Male Adults 2 * Female Adults 1 Total Adults 3
* Male Students 16 * Female Students 16 Total Students 32

Additional Information

- * School will be billed for Mileage
* School will be billed for Driver
* District Event
* Non District Event

* Description of the funding source you will be using : School athletics - athletic transportation funds

* Will a coach be driving the trip?
* If yes, please enter the coaches name. If no, enter NA.

* Will you be using external transportation (ex. plane, walking)?

Vehicles Needed

- * Do you need vehicles?
Check here to indicate trip is drop-off only
Check here to indicate trip is pickup only

Vehicle Pickup
* Date 3/2/2025
* Time 3:00 PM

Vehicle Return
* Date 3/4/2025
* Time 11:00 PM

Total Trip Hours 56.00

* Type of vehicles needed to reserve Yellow Bus

* How many vehicles do you need? 1

Need Lift? Yes No

Nbr Wheelchair Slots 0 Nbr Safety Vests 0 Nbr Fold Down Seats 0

Special Needs Portable Child Restraints (PCR) Safety Vests Wheel Chair Slot

Comments or Details Concerning Needs

Vehicle Driver Information

Owner lakeyaboone@spsk12.net
Bid Id/Closing Date 25-03-02 02/27/2025

Reserve Vehicles

Location Used to Reserve Vehicles 300 Lakeland High
Trip Location Zone Lakeland
Bid Id 25-03-02
Total Number of Vehicles Needed: 1
Trip Year/Week:
Trip Hours:
Number w/ Lift:

Person Submitting Request michaelwhittington@spsk12.net
Date Submitted Jan 17, 2025, 11:45:47 AM

› Trip Estimator (click to open and enter additional information for estimating trip cost)

Level 01 Approval - Location Approval

Comment
Decision Approved
Name rickeyeley@spsk12.net
Decision Date Jan 17, 2025, 1:50:25 PM

Level 02 Approval - Second Level Location Approval

Comment
Decision Approved Denied
Designated Approver lindaliverman@spsk12.net
Name
Decision Date

Level 07 Approval - Overnight/OOS Approval

Comment
Decision
Name
Decision Date

Supporting Documents

Table with columns: File Type, Size, File Name, Created. Row 1: application/pdf, 193 KB, 2025-All-Classifications-State-Meet-Information.pdf, 1/17/25.

Request Status Trip: 23453 Pending Second Level Location Approval

Subject: **Email Sent on:** **Email Sent by:** **Email Sent To:**

Date	User	Action
1/17/25, 1:50:35 PM	rickeyeley@spsk12.net	Save and Close Trip (Submit Page Determines Return)
1/17/25, 1:50:25 PM	rickeyeley@spsk12.net	Location Level Approved
1/17/25, 11:54:08 AM	michaelwhittington@spsk12.net	Save and Close Trip (Submit Page Determines Return)
1/17/25, 11:48:18 AM	michaelwhittington@spsk12.net	Save and Close Trip (Submit Page Determines Return)
1/17/25, 11:47:26 AM	michaelwhittington@spsk12.net	Is this trip overnight, out-of-state, or greater than 200 miles one way? Yes selecte
1/17/25, 11:46:58 AM	michaelwhittington@spsk12.net	Trip Leave date/time changed to 03/02/2025 03:00:00 PM
1/17/25, 11:46:48 AM	michaelwhittington@spsk12.net	Trip Leave date/time changed to
1/17/25, 11:45:47 AM	michaelwhittington@spsk12.net	Duplicated from Trip Number 23326





2024-25 VIRGINIA HIGH SCHOOL LEAGUE
STATE CHAMPIONSHIP
INDOOR TRACK MEET INFORMATION



DATES: Classes 5 – 6 Monday, March 3, 2025 and Tuesday, March 4, 2025
Classes 3 – 4 Monday, March 3, 2025 and Tuesday, March 4, 2025
Classes 1 – 2 Wednesday, March 5, 2025 and Thursday, March 6, 2025

PLACE: Classes 1 – 4 LU Indoor Track Complex, 1521 Liberty Mountain Dr., Lynchburg, VA.
Classes 5 - 6 VB Sports Center, 1045 19th Street, Virginia Beach, VA.

MEET DIRECTORS: Classes 1- 2 Matt Hiserman, mrhiserman@shenandoah.k12.va.us or 540-481-4518
Classes 3 – 4 Joe Curcio, coachjoetf@gmail.com, or 434-942-7126
Classes 5 – 6 Ray Smith, rsmith724@verizon.net, or 757-810-8338

MILESTAT WINDOW: The window will open at 5 PM on Saturday, 2/15,2025 and close at Noon on Sunday, 2/23, 2025.

ENTRY INSTRUCTIONS: Coaches will enter their athletes by using milestat.com online entry service. In the unlikely event that there is an issue with the download or that a mistake is made on the Milestat entry you are encouraged to complete the VHSL entry forms. VHSL forms should be submitted according to instructions given to you by your Regional Director. All entries must be submitted using FAT times. **Failure to convert** these entries by the director and/or coach will render the competitor's **ineligible**. **Entry Deadline is Noon, Sunday, February 23, 2025. NO SCRATCH DEADLINE! ONCE AN ATHLETE IS ENTERED, HE/SHE IS DECLARED.**

COACHES MEETING: Coaches may pick up packets at the table in the lobby of the Track area at the Athletes entrance. They will contain seed sheets, competitors' numbers and any other information that may be necessary. **Coaches who are Certified Officials will be needed due to a shortage of officials. Please contact your meet director to assist with this year's meet(s).**

COACHES PASSES: Schools that have both a girl's team and a boy's team advancing 1 – 10 athletes will receive 4 coaches passes. Schools that have one team advancing, 1-10 athletes, will receive 2 coaches passes. Schools with one team advancing, 11 or more athletes, will receive 3 coaches passes. Schools that have two teams advancing, 11 or more athletes, will receive 6 coaches passes. All coaches must be listed on the official roster in rSchool. **NO CLUB COACHES** will receive a pass.

ADMISSION: Tickets are only available through Go Fan for \$10 per ticket plus \$1.50 service charge. Please visit to <https://www.vhsl.org/indoor-track/> to purchase state tickets. Tickets

FACILITY LAYOUT: The facility houses a hydraulically banked 200-meter track. Eight 42" lanes on the infield straightaway and six 42" lanes on the curve. A 100 m warmup track is located outside the oval. The infield holds two horizontal jump and two pole vault runways. Throwing and High Jump areas are on the outside of the oval. However, the High Jump area at the Beach Facility is located inside the oval.

RULES: NFHS Track and Field Rule Book for **2024-25** as well as the VHSL rules as stated in the VHSL handbook will be observed.

EQUIPMENT: Each team must furnish its own towels, shots, and poles. **Starting blocks will be furnished.** Each contestant must wear proper track uniform, which shall consist of a jersey (with a number provided by VHSL), trunks and shoes as identified in rule 4-3 of the current rulebook. Dressing room facilities will **NOT** be available. Each school with a relay event should bring their own batons.

Takeoff boards: Long Jump 10'00" Girl's Triple Jump 35'00" Boy's Triple Jump 41'-00"
Runway length: Long Jump 163'-00" Girl's Triple Jump 128'00" Boy's Triple Jump 132'00"
Pole Vault 135'00"

Shot: Implement Certification will be at Shot Circle Area. **NOTE:** Girls will use a 4.0 kg shot. The Boys shot will be 12 lbs.

Vaulters: will certify their poles and weigh in the Pit Area. Vaulters must weigh-in dressed as they will compete, including shoes, helmets etc. For exact times please see the time schedule.

Spikes: ¼ Inch pyramids are the only acceptable spikes. Spikes will be checked at the check in site.

Tape: Only athletic tape may be used as markers for the jumps. NO chalk or other type of tape allowed. **** Gaffer tape is the only tape allowed at the VB Sports Center.**

ATHLETIC TRAINERS: Certified athletic trainers will be available for limited services. Schools should provide supplies for taping etc. Ice will be available.

AWARDS: Team Trophies (1st & 2nd) will be presented at the conclusion of the meet. Individual medals (1st-6th) will be bagged and given to Coaches at the conclusion of the meet. Scoring will be 8 places.

PARTICIPATION LIMITATIONS: A contestant may compete in any number of field events but is limited to participation in only three running events; except a contestant, who competes in the 3200M run, may compete in only one other running event on the same day as the 3200M run.

If a contestant is entered in a field event, which conflicts in the time schedule with a track event in which they are entered, they must make advance arrangements with the official in charge of the field event to postpone their trials until after the track event has been run. No track or field event will be held up to accommodate a contestant.

NOTE: Competitors shall be disqualified for an event if his/her coach, manager, attendant or anyone associated with his/her team is in areas other than those designated as coaches' boxes. The track, the infield, or those areas designated only for officials and contestants who are participating or preparing for an event are off limits.

ELIGIBLE TO STATE MEET: Entries may only be those contestants who placed first, second, third in a Regional Meet or those contestants who were properly reported by the **Regional Meet Director** as having met the state qualifying standards at the Regional Championship Meets (trials or finals) or who met the state qualifying standard in a meet of 3 or more teams who have been verified by the **REGIONAL REPRESENTATIVE**, or have submitted the State Standard Verification form to the **REGIONAL REPRESENTATIVE**. If an athlete or Relay qualifies by placing in the top three at the regional meet; they may enter as their seed time or performance into the state meet, their best time or performance achieved at any meet of 3 or more teams during the season (even if it doesn't meet the state standard) so long as it is legitimately verifiable by their Regional Director through the Milestat Database.

SEEDING: In state events of 300 meters or less, including hurdles all FAT qualifying times will be seeded above hand-held qualifying times.

STATE INDOOR TRACK T-SHIRTS & SWEATSHIRTS: T-Shirts (crew neck, short, & long sleeve) and sweatshirts will be available in various styles. All athletes and/or spectators are expected to adhere to face covering and social distancing guidelines while in line.

OVERNIGHT ACCOMODATIONS: Any school requiring overnight accommodations are encouraged to utilize the hotel information link located at <https://www.vhsl.org/indoor-track/>. Hotel information will be included for Lynchburg and Virginia Beach.