

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

Field Trip #: 16695

School: Nansemond River High School

Grade/Subject/Club/Team: Cross Country Team Members

Date of Field Trip: November 11, 2022 through November 12, 2022

Destination: Oatlands Cross Country Course, Oatlands Plantation Lane,
Leesburg, VA

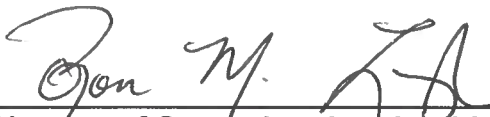
Purpose: NRHS Cross Country Team members will be participating in a required VHSL State Cross Country Tournament at the Oatlands Cross Country Course in Leesburg, VA.

Objectives: Team members will have the opportunity to participate in the VHSL State Cross Country Tournament.

*Chaperones to be determined.

Approve

Disapprove



Director of Secondary Leadership

9-13-22

Date

School Board Action:

Approve

Disapprove

Clerk of the Board

Date



Main Trip Approval Calendar Report

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 beverlyyoung@spsk12.net or call (757) 925-5573.

Trip Number **16695**

* Category Staff Only Travel Travel With Students

* Type of Trip **Athletic**

* Athletic Event (you may check more than one)

- Band
- Cross Country
- Girls Soccer
- HS ACTIVITY BUS
- JV Boys Soccer
- JV Girls Basketball
- One Act Play
- Swimming
- V Field Hockey
- V Wrestling
- Boys Soccer
- Debate
- Girls Tennis
- Indoor Track
- JV Cheerleading
- JV Girls Soccer
- Outdoor Track
- V Baseball
- V Football
- Boys Tennis
- Forensics
- Girls Volleyball
- JV Baseball
- JV Field Hockey
- JV Softball
- Scholastic Bowl
- V Boys Basketball
- V Girls Basketball
- Boys Volleyball
- Girls JV Volleyball
- Golf
- JV Boys Basketball
- JV Football
- JV Wrestling
- SHUTTLE BUS
- V Cheerleading
- V Softball

Trip Leave

* Date **11/11/2022** Friday
* Time **8:00 AM**

Trip Return

* Date **11/12/2022** Saturday
* Time **9:00 PM**

Trip Year/Week 2022-46

Recurring Trips Using Calendar Recurring Trips Using Date Range

Use this button to create IDENTICAL recurring trips.

* 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.

VHSL State Tournament

* Your School/Dept

**240 Nansemond River High
3301 Nansemond Parkway, Suffolk, VA 23435**

Main Destination Other (Type Below)

Oatlands Plantation Lane, Leesburg, VA, USA

Destination Not Listed **Oatlands Plantation Lane, Leesburg, VA, USA**

Destination Name **Oatlands Cross Country COurse**

Add a Stop on the Way There

Add a Stop on the Return

* Approximate Nbr of Miles Round Trip 423.78 CALCULATE MILES

* Funding Source #1 Athletics Budget Code

Est Trip Cost \$1,445.11 Est Bal \$255,000.00

Funding Source Desc test of funding management Budget Code Desc

Funding Approver

* Teacher / Advisor / Staff Name Brian Kershasky

* Teacher / Advisor / Staff Phone # 923-4101

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 Brian Kershasky

* Emergency Contact Phone # 923-4101

Number of Individuals Making Trip

* Male Adults 2 * Female Adults 1 Total Adults 3
* Male Students 5 * Female Students 5 Total Students 10

Additional Information

* School will be billed for Mileage Yes No

* School will be billed for Driver Yes No

* District Event Yes No

* Non District Event Yes No

* Description of the funding source you will be using ATH

* Will you be using external transportation (ex. plane, walking)? Yes No

Vehicles Needed

* Do you need vehicles? Yes No

Check here to indicate trip is drop-off only Location

Check here to indicate trip is pickup only Location

Vehicle Pickup

* Date 11/11/2022

* Time 8:00 AM

Vehicle Return

* Date 11/12/2022

* Time 9:00 PM

Total Trip Hours 37.00

* Type of vehicles needed to reserve Yellow Bus Yellow Bus

* How many vehicles do you need? 1

Vehicle Guidelines: Elementary 64 and 77 passengers. Secondary 44 to 48

* Need Lift? Yes No

Nbr Wheelchair Slots

Nbr Safety Vests

Nbr Fold Down Seats

Special Needs

Portable Child Restraints (PCR) Safety Vests Wheel Chair Slot

Comments or Details Concerning Needs

[Empty text box]

Vehicle Driver Information

[Empty text box]

Owner: kristywhite@spsk12.net
Bid Id/Closing Date: 22-11-06 11/03/2022

Reserve Vehicles

Location Used to Reserve Vehicles: 240 Nansemond River High
kristywhite@spsk12.net

Trip Location Zone: Nansemond River Trip Year/Week: 2022-46
Bid Id: 22-11-06 Trip Hours: 37.00
Total Number of Vehicles Needed: 1 Number w/ Lift:

Person Submitting Request: kristybrett@spsk12.net
Date Submitted: Sep 13, 2022, 10:24:02 AM

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

Level 01 Approval - Location Approval

Comment
Decision: Approved
Name: tinapaul@spsk12.net
Decision Date: Sep 13, 2022, 11:19:01 AM

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

No file chosen

File Type Size File Name Created On

Request Status Trip: 16695 Pending Second Level Location Approval

Final Approval Date

Email Audit Log:

Subject:	Email Sent on:	Email Sent by:	Email Sent To:	
Date	User	Action	Device	Browser
9/13/22, 11:19:05 AM	tinapaul@spsk12.net	Save and Close Trip (Submit Page Determines Return)	Non-Mobile	Chrome
9/13/22, 11:19:01 AM	tinapaul@spsk12.net	Location Level Approved		
9/13/22, 10:24:11 AM	kristybrett@spsk12.net	Save and Close Trip (Submit Page Determines Return)	Non-Mobile	Safari



Version 4.6.82



**2022 VIRGINIA HIGH SCHOOL LEAGUE
STATE CHAMPIONSHIPS
CROSS COUNTRY MEET INFORMATION**



DATE: Saturday, November 12, 2022

PLACE: Classes 1, 2, and 3 Green Hill Park, 2501 Green Hill Park Rd, Salem, VA 24153
Classes 4, 5, and 6 Oatlands Historic House and Gardens, 20850 Oatlands Plantation Lane, Leesburg, VA 20175

MEET DIRECTORS: Classes 1 - 3 Tommy Maguire, Cave Spring High School, tmaguire@rcps.us
Classes 4 - 6 Matt Oblas, Riverside HS, matt.oblas@lcps.org
Derek Farrey, Loudoun County Public Schools, derek.farrey@lcps.org

SCHOOL AND INDIVIDUAL QUALIFYING LIMITS: Top 3 teams and top 5 individuals exclusive of qualifying teams from each region championship meet.

ENTRY INSTRUCTIONS: Coaches will enter their athletes by using Milestat.com online entry service. State entry forms should be submitted to the region director to be used by the region director when completing the region director's report. Regional Directors to e-mail the Region Directors report (typed) to the VHSL, Tommy Maguire and Derek Farrey before the deadline. Entry deadline is Saturday, November 5, 2022 by 8:00 PM.

Class 6 <https://va.milesplit.com/meets/462160-vhsl-class-6-state-xc-meet-2022#.Yuk7ai-B0f0>

Class 5 <https://va.milesplit.com/meets/462159-vhsl-class-5-state-xc-meet-2022#.Yuk7cy-B0f0>

Class 4 <https://va.milesplit.com/meets/462158-vhsl-class-4-state-xc-meet-2022#.Yuk7dy-B0f0>

COURSE INFORMATION: A 5k (single loop) course at Oatlands and Green Hill Park.

COACHES PASSES: Each team advancing will be allowed a total of 3 coaching passes. Each school advancing an individual runner will be allowed 2 coaching passes. VHSCA or VHSL coaching passes will be accepted.

TIME SCHEDULE: Females in each classification will compete first followed by the males.

Class 1 – 10:30 and 11:15 AM, Class 3 – 11:45 AM and 12:30 PM, Class 2 – 1:00 and 1:45 PM.

Class 6 – 10:30 and 11:15 AM, Class 5 – 11:45 AM and 12:30 PM, Class 4 – 1:00 and 1:45 PM.

ADMISSION: Tickets are only available through Go Fan for \$10 per ticket. Please visit <https://www.vhsl.org/cross-country/> to purchase state tickets.

PARKING: Please use the main driveway. Follow signs and parking attendants. Please have your ticket ready to be redeemed by the parking attendant or an event worker.

RULES AND SCORING: NFHS Track and Field Rule for 2022 and the VHSL rules as stated in the VHSL handbook will be observed. Cross Country section of the National Federation Edition of the Track and Field Rule Book (2022) Scoring (Rule 2- Section 1-3)

CHIP TIMING: Chip timing will be used when scoring the meet. Finish Lynx Cameras will be set up at the finish line in case a runner loses their chip on the course.

TEAM PACKETS: Available the day of the meet only. Packets will include a course map, bib number, race chips to be attached to both shoes, a time schedule, and coach's meeting agenda.

ATHLETIC TRAINERS: Certified athletic trainers will be available for limited services, located at the finish line. ATCs will be stationed throughout the course to assist injured athletes.

TENTS: Must be erected in designated areas only. More information will be provided in the near future.

DRESSING AREA: There will be no dressing area provided. Portable restrooms will be provided.

AWARDS: Team awards will be presented at a designated area. More information will be provided at each site on race day. Head Coaches should listen for a P.A. announcement as to the exact time awards will be presented.

STATE CROSS-COUNTRY 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 accomodations are encouraged to utilize the hotel information link located at <https://www.vhsl.org/cross-country/>.

**2022 VIRGINIA HIGH SCHOOL LEAGUE STATE 4 - 6 CROSS COUNTRY CHAMPIONSHIPS
MEET OFFICIALS AND ADDITIONAL INFORMATION**

Host School: Riverside High School – Principal Doug Anderson

Starter: Dan Wooley (USATF)

Clerk of Course: Brent Miller (Briar Woods)

Head Finish Judges: Bill Stearns (Colgan), George Siragusa (USATF)

Judges: Brian Schmidt

Inspectors: Dave Davis (Colgan), Karl Williams (Loudoun County)

Time System and Scoring: Commonwealth Timing

Coaches Packets: Kyle Gallo

Trainers: Sarah Jones (Loudoun County Public Schools), Gary Lewis (LCPS), Jordan Nougaret (LCPS), Zahra Ismaeli (LCPS), Michael Kotelnicki (LCPS) and Mark Wagner (LCPS)

Announcer: Matt Aubel

Parking and Tickets: Riverside HS

Awards: Chris Robinson, VHSL Assistant Director

Special Thanks to the Oatlands Historic House and Garden Staff and Riverside High School Student-Athletes and Parents.

General Information for Spectators:

Please be positive in all comments to the athletes and the officials. The officials are volunteers and have given up their time to make the meet a success.

Sportsmanship: verbal abuse directed toward a meet official will result in team disqualification.

Please do not enter the chip return area after the race.

Please help keep the Oatlands Historic House and Garden clean

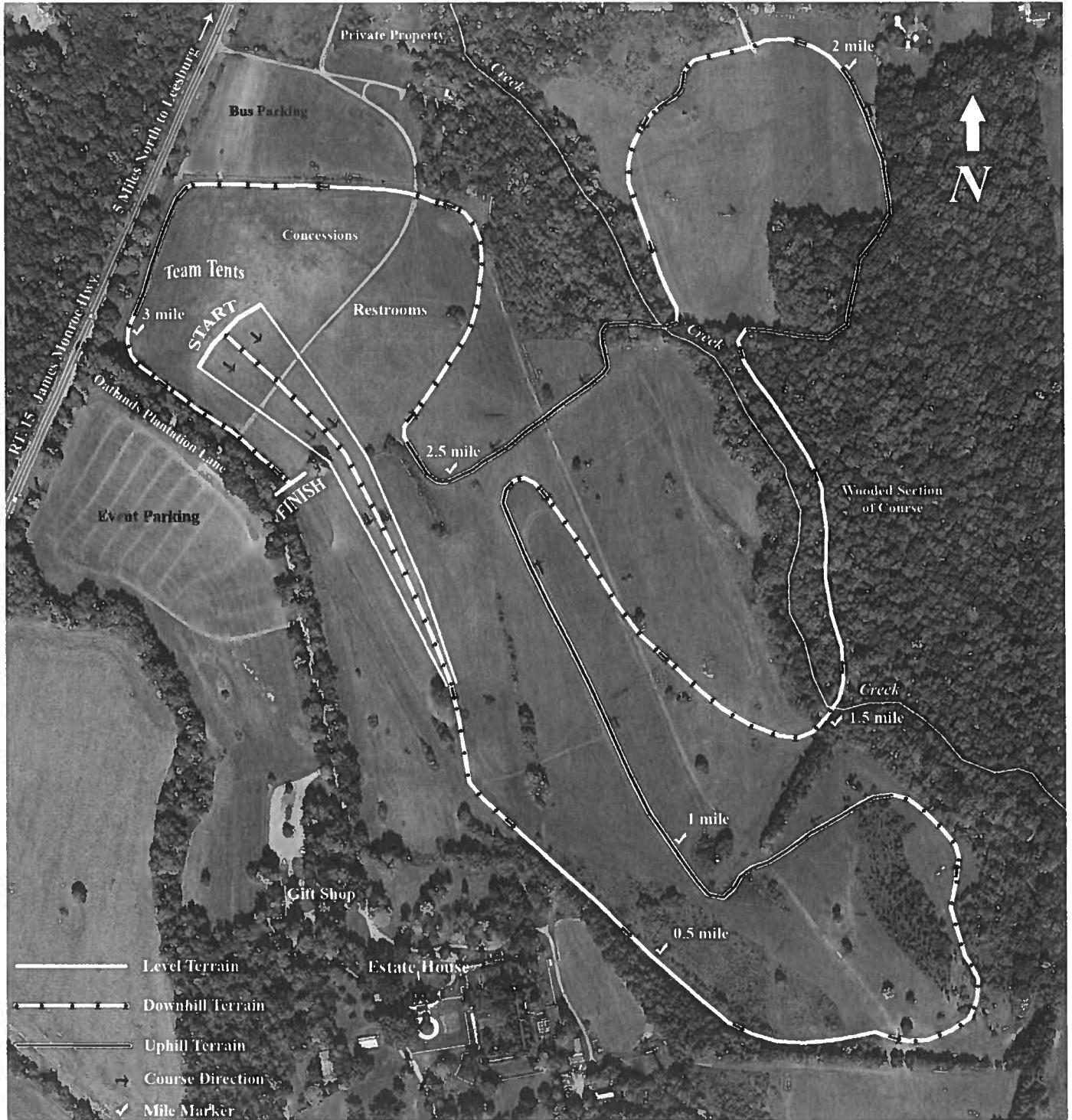
**2022 VIRGINIA HIGH SCHOOL LEAGUE STATE 4 - 6 CROSS COUNTRY CHAMPIONSHIPS
COACHES MEETING**

1. **Welcome to the Outlands and the 2022 VHSL State XC Championships**
2. **Meet Officials---See Meet Officials page in your packet**
3. **Packet Information**
 - a. Course Map
 - b. Competitor's Numbers or BIB (Must be attached to the front of their uniform)
 - c. *Chips (1 chip on the left foot and 1 chip on the right. MUST BE SAME NUMBER AS YOUR BIB)*
 - d. Starting Block Assignments
 - e. Trash Bags---Please pick-up all trash to help us with the clean up of the course
4. **TIME SCHEDULE:**

10:00am.....	Coach's Meeting 6
10:30am.....	Class 6 Girls
11:15am.....	Class 6 Boys
11:15am.....	Coach's Meeting 5
11:45am.....	Class 5 Girls
12:30pm.....	Class 5 Boys
12:30pm.....	Coach's Meeting 4
1:00pm.....	Class 4 Girls
1:45pm.....	Class 4 Boys
5. **Course Markings and Guidelines**
 - a. COACHES-PLEASE BRING WATER FOR YOUR ATHLETES. MEET STAFF WILL HAVE EMERGENCY WATER TO USE ON THE COURSE AND IN THE FINISHLINE AREA
 - b. STAY OUT OF ALL BUILDINGS
 - c. STAY OFF THE FENCES
 - d. TENTS:MUST BE ERECTED BEHIND THE BEHIND STARTING LINE AREA.
 - e. **Coaches will not be permitted in the finish line area or chip return area.**
6. **RULES AND SCORING:** Cross Country section of the National Federation Edition of the Track and Field Rule Book (2022) Scoring (Rule 9- Section 2)
7. **Chip Timing will determine the placement.** If a runner finishes without either of his chips, we will then use the finishlynx system to determine appropriate placement in the race and for this reason only. (Please have your runners tie their shoes tight and securely attach their assigned chip to their shoes appropriately. Competitors Numbers/Chip - Please make sure athletes have the correct competitors number on at the start of the race and correct chips. The Chip number will correspond with the bib number. \$50.00 per lost chip.
8. **Uniform Rules for the Meet:** Participants are required to wear a school issued uniform top and shorts. Participants must attach their bib number to the front of their uniform. Uniform must be worn as issued. The VHSL will provide bib numbers for each participant. Running shoes or spikes must be worn during the competition. Participants may wear one wristwatch. No Hats or bandannas. Sweat bands are permitted.
9. **Competition Area is defined as any area inside the Entry Point to the In-Field**
 - a. **Once an athlete crosses the entry point they are subject to a Formal Warning and Disqualification**
10. **Electronics Rule is in effect:**
 - a. This rule applies to competing athletes, coaches and team managers
 - b. Don't bring smart phones, Black Berry's, cell phone or texting devices into the Competition Area
 - c. Do not bring Ipod's, headphones, or electronic music devices into the Competition Area
 - d. Athletes must be race ready (no electronics) when they enter the competition area.
11. **Results Posting--** results will be posted on the following websites: www.milestat.com
12. **Finish line Area**
 - a. NO COACHES, PARENTS, OR NON-COMPETING ATHLETES ALLOWED IN THIS AREA.
 - b. NO PROFANITY ANYWHERE on the course – especially at the finish area.
13. **Awards Ceremonies will take place immediately following the last race for each state classification**
14. **All VHSL State XC Apparel is being sold at the MSP tent located between the starting line and finishline. .**
15. **Thank you and Good Luck.**



2022 VIRGINIA HIGH SCHOOL LEAGUE CROSS COUNTRY CLASS 4-6 COURSE MAP



Mapping Produced By:
MCKENZIE SNYDER, INC.



2022 VIRGINIA HIGH SCHOOL LEAGUE
CROSS COUNTRY
STARTING LINE TIME SCHEDULE/SEQUENCE



Race: Boys		Race: Girls	
Box Assignment	Team or Individuals	Box Assignment	Team or Individuals
#1	3C-	#1	3C-
#2	1A-	#2	1A-
#3	2C-	#3	2C-
#4	3D-	#4	3D-
#5	1B-	#5	1B-
#6	A-Individuals	#6	A-Individuals
#7	1C-	#7	1C-
#8	2A-	#8	2A-
#9	3B-	#9	3B-
#10	D-Individuals	#10	D-Individuals
#11	3A-	#11	3A-
#12	1D-	#12	1D-
#13	2B-	#13	2B-
#14	B-Individuals	#14	B-Individuals
#15	2D-	#15	2D-
#16	C-Individuals	#16	C-Individuals