

DATES OF MEET

MAY 20, 2011
MAY 21, 2011

LOCATION OF MEET

SHIPPENSBURG UNIVERSITY

Pennsylvania Interscholastic Athletic Association

2011 ENTRY INFORMATION DISTRICT III – TRACK AND FIELD

RULES AND REGULATIONS GOVERNING DISTRICT III, P.I.A.A.

1. Entries for the District III Track and Field Championships will be done online at <http://pa.milesplit.com>. Coaches will print out a hard copy of the entries that may be used to address any questions or concerns.
2. This championship meet shall be conducted under the jurisdiction of the District III Committee of the P.I.A.A.
3. National Federation Track and Field Rules and P.I.A.A. modifications shall govern the conduct of the meet.
4. **Points shall be awarded for the first eight places as follows: first place, ten points; second place, eight points; third place, six points; fourth place, five points; fifth place, four points; sixth place, three points; seventh place, two points; eighth place, one point.**
5. Medals will be awarded to the first eight place winners. The District Committee will supply duplicate medals in case of ties.
6. A trophy shall be awarded to the school that scores the highest number of points per gender and class.
7. **Admission price: On Friday - Adults - \$5.00; Students - \$3.00; On Saturday – Adults - \$5.00, Students - \$3.00**
8. The District Committee will provide: implements for shot put & discus, starting blocks, batons, pins and competitors numbers.
9. **NO practice is permitted at Shippensburg University the week prior to the District or State meets. No practice will be allowed prior to 11:30 am on Friday, May 20th for the District Meet.**
10. Dining room will be open at the University for Breakfast – 7:00-9:00; Lunch – 11:30-1:30. Contact **Paula Farner – (717) 477-1619**. Housing is available; please contact **Randy Hammond – (717) 477-1256**.
11. **Only 3/16 spikes or shorter will be permitted on the running track or javelin runway.**
12. No tents will be permitted inside the stadium. This includes stretching canvas or any such material.
13. **P.I.A.A. SCRATCH RULE:** no athlete may be scratched from the P.I.A.A. State Meet after the District entry form has been submitted to P.I.A.A. headquarters unless the scratch is for illness or injury and certified by a physician. Scratches for reasons other than certified illness or injury will result in an athlete being disqualified from the P.I.A.A. Meet.
14. **For Corrections upon receipt of performance sheets, contact Dave Bitting, District III Track and Field Chairman, (717) 566-5398.**

2011 District III Qualifying Guidelines

(meeting these guidelines does not guarantee acceptance)

	Girls AA	Girls AAA	Boys AA	Boys AAA
(32) 100m Dash	13.48	12.64	11.43	11.12
(32) 200m Dash	28.14	26.11	23.25	22.70
(24) 400m Dash	1:03.75	1:00.40	52.44	50.73
(16) 800m Run	2:30	2:22	2:03	1:58
(16) 1600m Run	5:41	5:21	4:38	4:28
(20) 3200m Run	12:36	11:36	10:25	9:42
(32) 100m Hurdles	17.46	16.07		
(32) 110m Hurdles			16.78	15.25
(24) 300m Hurdles	51.00	47.58	42.08	40.63
(16) 4 x 100m Relay	53.35	50.63	45.48	43.44
(16) 4 x 400m Relay	4:24	4:08	3:38	3:26
(16) 4 x 800m Relay	10:25	9:53	8:36	8:08
(18) Shot Put	33'7"	37'0"	44'9"	50'6"
(18) Discus	104'1"	119'3"	132'0"	151'0"
(18) Javelin	107'0"	117'1"	159'6"	172'2"
(18) High Jump	4'10"	5'3"	6'0"	6'3"
(18) Triple Jump	33'4"	35'7"	41'2"	44'1"
(18) Long Jump	15'5"	17'0"	20'8"	21'5"
(18) Pole Vault	9'0"	10'0"	12'0"	13'6"

Coaches:

In order to keep this track and field championship a quality meet, the Games Committee has set a maximum number for each event. This is indicated to the left of the events in (). If more than the maximum number of entries is received, only the top performers will compete. (Example: Girls AA 100m Hurdles, 32 competitors are expected. If more meet the qualifying guidelines, the Games Committee will take the top 32 times). If a tie occurs for the last spot, the Games Committee may reduce the size of the field taken under the number shown.

Coaches must be prepared to defend performances that have been submitted. Should a standard prove too difficult, check the meet results throughout the District during the season, and if in doubt, enter your competitor. Only those entries on the information sheet will be eligible to compete.

There will be no information or packets distributed. The performance lists will be posted on the District III website on Sunday, May 15th by 6:00pm.

PIAA District III website address is:
district3.piaa.org

TIME SCHEDULE

FRIDAY, MAY 20, 2011

TRACK EVENTS

<i>Time</i>	<i>Class</i>	<i>Event</i>	<i>Time</i>	<i>Class</i>	<i>Event</i>
1:00	Girls AA-AAA	100 m. dash (trials)	3:35	Girls AA-AAA	100 m. dash (semi-final)
1:25	Boys AA-AAA	100 m. dash	3:50	Boys AA-AAA	100 m. dash
1:55	Girls AA-AAA	100 m. hurdles (trials)	4:10	Girls AA-AAA	100 m. hurdles (semi-final)
2:20	Boys AA-AAA	110 m. hurdles	4:25	Boys AA-AAA	110 m. hurdles
2:45	Girls AA-AAA	200 m. dash (trials)	4:45	Girls AA-AAA	200 m. dash (semi-final)
3:10	Boys AA-AAA	200 m. dash	5:00	Boys AA-AAA	200 m. dash
			5:15	Girls AA-AAA	3200 m. run (FINAL)
			5:45	Boys AA-AAA	3200 m. run (FINAL)

QUALIFYING PROCEDURE - Runners will advance to the next round on **PLACE** and **TIME**.

FIELD EVENTS (FINAL)

<i>Time</i>	<i>Class</i>	<i>Event</i>	<i>Time</i>	<i>Class</i>	<i>Event</i>
12:00	Girls AA	Triple Jump	3:00	Girls AAA	Pole Vault
	Girls AAA	High Jump			
	Girls AAA	Shot Put			
	Girls AA	Discus	4:00	Girls AAA	Long Jump
	Boys AA	Pole Vault		Boys AA	Shot Put
				Boys AA	High Jump
				Boys AAA	Javelin
2:00	Boys AAA	Triple Jump			
	Boys AA	Long Jump			
	Girls AAA	Discus			
	Boys AA	Javelin			

TIME SCHEDULE

SATURDAY, MAY 21, 2011

TRACK EVENTS

<i>Time</i>	<i>Class</i>	<i>Event</i>
9:00	Girls AA-AAA	300 m. hurdles
9:25	Boys AA-AAA	300 m. hurdles
9:50	Girls AA-AAA	4 x 800 m. relay
10:40	Boys AA-AAA	4 x 800 m. relay
11:50		Lunch
12:15	Girls AA-AAA	100 m. hurdles
12:25	Boys AA-AAA	110 m. hurdles
12:35	Girls AA-AAA	100 m. dash
12:45	Boys AA-AAA	100 m. dash
12:55	Girls AA-AAA	1600 m. run
1:10	Boys AA-AAA	1600 m. run
1:25	Girls AA-AAA	400 m. dash
1:50	Boys AA-AAA	400 m. dash
2:20	Girls AA-AAA	4 x 100 m. relay
2:40	Boys AA-AAA	4 x 100 m. relay
3:00	Girls AA-AAA	800 m. run
3:20	Boys AA-AAA	800 m. run
3:40	Girls AA-AAA	200 m. dash
3:50	Boys AA-AAA	200 m. dash
4:00	Girls AA-AAA	4 x 400 m. relay
4:30	Boys AA-AAA	4 x 400 m. relay

(Boys events will immediately follow Girls in each event.)

FIELD EVENTS

<i>Time</i>	<i>Class</i>	<i>Event</i>
9:00	Girls AAA	Triple Jump
	Girls AA	High Jump
	Boys AA	Discus
	Girls AAA	Javelin
	Boys AAA	Pole Vault
11:00	Girls AA	Long Jump
	Boys AAA	High Jump
	Boys AAA	Shot Put
	Girls AA	Javelin
1:00	Boys AAA	Long Jump
	Boys AA	Triple Jump
	Girls AA	Shot Put
	Boys AAA	Discus
	Girls AA	Pole Vault

QUALIFYING PROCEDURE: Top nine (9) competitors will advance to the finals.

District III Information and Notes

- Times & Distances are acceptable only if established during a P.I.A.A. Dual Meet or a P.I.A.A. approved Tournament (Approved Relays, Carnivals, etc.)
- Each School will be permitted **four** entries in individual events and **six** in relays, but no more than **three** may compete in an individual event and **four** in relays. It is the coach's responsibility to monitor the number of entries competing in an event.
- Online entries at **<http://pa.milesplit.com>** will be used this year. Instructions on using MileSplit are attached and will also be posted by April 28th at the following website: district3.piaa.org/track/2010/online.htm
- It is the coach's responsibility to mark the correct method of timing (FAT/Hand Time) during the entering process.
- Suggestion for League Championships on Friday, May 13th or Saturday, May 14th:
 - Enter athletes as soon as possible.
 - After meet, access website and make corrections and improvements.
 - If you have any problems, please contact – Bob Baker on Saturday Evening prior to 11:00pm. (Phone numbers are listed below)
- Performance Lists will be posted on the District III Website by 6:00 pm Sunday, May 15th. The website address is district3.piaa.org
- **For Corrections upon viewing of performances on the website or other concerns, contact Dave Bitting (717) 566-5398.**
- **For Spelling Corrections of athletes names, please contact Bob Baker.**
- If you have any questions regarding online entry system, contact Bob Baker
 - Phone: Day – (717)776-2457; Evening & Weekends – (717)776-6506
 - Email – padistrict3@embarqmail.com