

TO : **District III Track and Field Coaches**  
 FROM: Dave Bitting, Meet Director  
 DATE: May 5, 2011  
 SUBJ: Track and Field Championships at Shippensburg University  
**Friday, May 20, 2011 - 12:00 Noon and Saturday, May 21, 2011 - 9 AM**

**GENERAL INFORMATION:**

1. Your packet will include:
  - a. Competitor numbers (numbers must be securely pinned at the corners to the **BACK** of a contestant's jersey at mid-back level, so as to be plainly visible from a distance of at least twenty yards.)

**PLEASE USE FOUR PINS.**



- b. Pins (four for each competitor).
- c. List of competitors and numbers
- d. Tickets for Friday's and Saturday's competition (for coaches).

2. **ALL POLE VAULTERS** must weigh-in and use poles with a manufacturers rating at or above their weight. Weigh-in of vaulters (Football Locker Room) and pole inspections (Vaulting Area) will be conducted as follows:

	<b>Weigh-ins</b>	<b>Pole Inspection</b>
Boys AAA (Saturday)	7 - 8 AM	7:30 - 8:15 AM
AA (Friday)	10 - 11 AM	10:30 - 11:15 AM
Girls AAA (Friday)	1 - 2 PM	1:30 - 2:15 PM
AA (Saturday)	11 - 12 noon	11:30 - 12:15 PM

**Attention all pole vaulters: Be equipped with foot apparel for indoor or outdoor competition.**

3. F.A.T. (Finish) will be used for all races on Friday and Saturday for placing, advancement, and for State qualifying.
4. **Javelins** will be weighed and measured 1 1/2 hour before the event
5. **Qualifying Procedures**
  - a. **100 m dash, 100 m hurdles, 110 m hurdles and 200 m dash**
    - 16 contestants from preliminary heats will advance to the Semi-Finals:
      - if: 4 heats - Top 3 **places** and the fastest 4 times advance
      - 3 heats - Top 4 **places** and the fastest 4 times advance
      - 5 heats - Top 2 **places** and the fastest 6 times advance
    - 8 contestants from Semi-final heats will advance to the Finals
      - Top 3 **places** plus 2 fastest times in the semi-finals advance
  - b. All other running events place winners will be awarded on time.
  - c. **Field Events - except High Jump and Pole Vault**
    - Top 9 competitors from the preliminaries will advance to the Finals.
  - d. The start of the 1600 m run, 3200 m run and the possibility of the 4 x 800 m relay, will be run from alleys and not an arc; alternating inside to outside.
6. Field Event preliminary throws or jumps (except pole Vault and High Jump) will be **"Worst to Best"**. **Again this will be consistent with the State Championships.**

7. **Uniforms:**

- a. Any visible apparel worn under the jersey and shorts (including socks) must be of a **single (same solid) color**. Under garments visible under the jersey need not be the same color as undergarments visible under the shorts.
  - b. Jewelry including watches are **PROHIBITED**.
  - c. In relay races, team members shall wear the same color and design school uniform. **When other apparel is worn under the school uniform, it shall be the same color for all teammates choosing to wear them.**
  - d. Single solid color unadorned "scrungies" are **PERMITTED**.
  - e. Competitors are required to have their **jerseys tucked into their shorts while competing**.
  - f. **The Game Committee** has determined the following areas of competition where the removal of any portion of the team uniform excluding shoes is **prohibited**:
    1. **The entire area inside the fence surrounding the track including, high jump, pole vault, long & triple jump areas, and the entire infield grass area.**
    2. **The entire fenced in area surrounding the javelin, discus, and shot put areas.**
8. The use of adherents, chalk, or spray paint on any **REKORTAN** surface is **PROHIBITED**.
9. Adherents are **PROHIBITED** on PIAA supplied implements, javelin boots, shoes or throwing surfaces.
10. Only Tape shall be permitted to mark acceleration zones in the 400-meter relay.
11. **NO** markers may be placed on runways! It is permissible to place a marker at the side of the runway.
12. **Entrance to the track:** use competitors' entrance only (located near the start of sprint races). Contestants are permitted on the infield, but they may enter the infield **NO EARLIER** than two (2) events prior to their event. Contestants must leave the infield area at the point of elimination from their event or at the conclusion of their event, whichever comes first.
13. **Awards presentation** - proper attire for medal ceremony is school issued uniform and shoes only.
14. **Banners, signs, noisemakers and decorum** - The presence and use of banners, signs, whistles, noisemakers, pompoms, shakers and portable listening devices are prohibited. **No head phones or electronic devices are permitted on the infield of the stadium.**
15. **Qualifiers for State Meet** - The PIAA only permits two coaches per school due to limited number of rooms for the athletes. Ex: 2 or more boys qualify - 2 boy coaches max, 2 or more girls qualify - 2 girl coaches max, 1 athlete qualify - 1 coach only (girl or boy)
- Alternates** on Relay teams will **not be provided housing** unless they have qualified for the meet in another event.
16. Athletes may **NOT** practice at the following areas on Friday or Saturday: shot put, javelin, discus, high jump, long jump, triple jump, and pole vault areas until the meet official is present.
17. The 3/16" spike or shorter will be required on the running track, javelin, and jumping runways.

18. **Unconscious/injured/sick athlete:** A competitor, who is apparently unconscious during the meet, or requires **any** medical attention away from the site of the meet **shall not** be permitted to resume participation in the meet without written authorization from a physician.
19. **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 21st for the District Meet.
20. **Please Note:** In case of inclement weather, the Pole Vault and High Jump events could be contested inside (Heiges Field House). Please be prepared !! (shoes, etc.). The games committee, in conjunction with the Referee, will make this decision **prior** to the start of the event.
21. **NO tents** may be attached to the **fence**.

## **ATTENTION ALL HEAD COACHES:**

There will be a brief meeting in the clerking tent at 8:15 am on Saturday morning.

1. Review meet rules and procedures
2. Review state qualifying procedures
3. Comments by Meet Referee: Mr. Bill Gallagher