

TO : All **PIAA District III Track & Field** Principals, Athletic Directors, and Coaches

FROM: Dave Bitting, Meet Director

SUBJ: **Track & Field Championships at Shippensburg University
Friday, May 20 and Saturday, May 21, 2011**

DATE: May 5, 2011

Attention All Head Coaches

1. **Coaches are responsible to check web page for qualifying sheets Sunday, May 15th after 6:00 PM. None will be mailed or delivered by a league representative.**
2. **NO practice** is permitted at Shippensburg University the week prior to the District or State Meets. NO practice will be allowed prior to 10:30 AM for field events and 11:30 AM for track events on Friday, May 20th for the District Meet.
3. **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.**
4. **Coaches: Passes for both days will be in your registration packet on Friday, May 21st.**
Admission Prices: \$5.00 Adults, \$3.00 Students on Friday
\$5.00 Adults, \$3.00 Students on Saturday

Additional Information for District Track & Field Meet

1. **Coaches are responsible to check web page for qualifying sheets Sunday, May 15th after 6:00 PM. None will be mailed or delivered by a league representative.**
2. All qualifying schools are required to process the Pole Vault Verification Form (copy enclosed), listing the name and grade of each qualifier participating in the pole vault event. The head coach must verify, on the day of competition, the weight of each qualifier from his school and the proper ratings of all poles to be used during warm-up and/or during competition by each qualifier. **ALL POLE VAULTERS** must weigh-in and use poles with manufacturers rating at or above their weight. Weigh-in of vaulters and pole inspections will be conducted as follows:

		Weigh-ins	Pole Inspection
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

The PIAA State Championships will be enforcing this procedure and District III is being consistent with the PIAA State Office.

3. **Javelins** will be weighed and measured 1 1/2 hour before the event.
4. **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 Semifinals:
if: 4 heats - Top 3 **places** and fastest four times
3 heats - Top 4 **places** and fastest four times
5 heats - Top 2 **places** and fastest six times
 - 8 contestants from Semifinal heats will advance to the Finals
(Top 3 **places** in each semifinal and fastest two overall times)
 - 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.
5. Field Event preliminary throws or jumps (except pole Vault and High Jump) will be **"Worst to Best"**, again to be consistent with the State Championships.
6. **Uniforms:**
 - a. Any visible apparel worn under the jersey and shorts must be of a **single (same solid) color**. Undergarments visible under the jersey need not be the same color as undergarments visible under the shorts.
 - b. Jewelry (including watches) is **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. **Body suit colors must match colors of school issued track uniform.**
 - g. **The Games 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.**
7. The use of adherents, chalk, or spray paint on any **REKORTAN** surface is **PROHIBITED**.

8. Adherents are **PROHIBITED** on PIAA supplied implements, javelin boots, shoes or throwing Surfaces.
9. Only tape shall be permitted to mark acceleration zones in the 400 meter relay.
10. **NO** markers may be placed on runways! It is permissible to place a marker at the side of the runway.
11. Coaches may pick up their packets Friday afternoon or Saturday morning at the Baseball Backstop entrance to the stadium.
12. **Medals and Trophies:**

1st, 2nd, 3rd, 4th, 5th, 6th, 7th, and 8th place finishers in each event and in each class, including ties for all places, will receive individual medals. Championship teams in each class will receive trophies. Proper attire at the awards presentation ceremony shall consist of school-issued warm-up suit or school-issued track and field uniform and shoes. Jewelry (including watches), bracelets (cord or cosmetic), headbands, wristbands, hats, head coverings (except religious) and men's boxer shorts are **PROHIBITED**.
13. **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 authorization from a **physician**.

Additional Information Concerning the PIAA State Championship Meet .

1. For housing information refer to "Housing Reservations" sheet in your District Meet packet the day of the District Meet.
2. Nine (9) competitors will advance to the Finals in the Long Jump, Triple Jump, Shot Put, Discus, and Javelin.
 - Preliminary Jumps or Throws will be "**Worst to Best**"
 - Finals will be "**Worst to Best**"
3. **Pole Vault**

All qualifying schools are required to process the Pole Vault Verification Form (copy enclosed) listing the name and grade of each qualifier participating in the pole vault event. The head coach must verify, on the day of competition, the weight of each qualifier from his school and the proper ratings of all poles to be used during warm-up and/or during competition by each qualifier. Vaulters' weights shall be verified from 7:30 AM until 8:30 AM on each day of competition in the football locker room of Seth Grove Stadium.
4. **Housing will not be provided for alternates** on relay teams unless they have qualified for the meet in another event.
5. **Qualifiers for State Meet** - The PIAA permits only **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)

ALL COACHES who have athletes qualifying for the state meet must report to the infield tent before leaving Shippensburg University on Saturday, May 21st, and do the following:

- **Verify state entry forms**
- **Sign Forms**
- **List home and work phone numbers on entry forms**

Remember PIAA State Meet is a NO Scratch Meet. If athletes qualify for the state meet and they are not going to participate, they must be scratched at the District Meet ASAP so they can be replaced with an alternate.