



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 17 and Saturday, May 18, 2013***

DATE: May 7, 2013

### **Attention All Head Coaches**

1. **Coaches are responsible to check web page for qualifying sheets Sunday, May 12th after 6:00 PM. Coaches are also responsible for attending a brief meeting at 8:15 AM in the clerking tent Saturday, May 18<sup>th</sup>.**
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 17<sup>th</sup> 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 17<sup>th</sup>.  
**Admission Prices:                    \$6.00 Adults, \$4.00 Students on Friday  
   \$6.00 Adults, \$4.00 Students on Saturday**



## ***Additional Information for District 3 Track & Field Meet***

1. **Coaches are responsible to check web page for qualifying sheets Sunday, May 12th after 6:00 PM. None will be mailed or delivered by a league representative.**
2. Competitor numbers must be pinned (4 pins) to the front of the contestant's jersey at mid level.
3. Pole vault coaches will be given a pass for admission to the infield coaches box prior to the competition. No other coaches will be permitted on the infield. There will be no other coaching boxes on the infield. This is consistent with the PIAA Championship meet format.
4. 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:

		<b>Weigh-ins</b>	<b>Pole Inspection</b>
Boys	AAA (Friday)	10 – 11 AM	10:30 – 11:15 AM
	AA (Saturday)	7 - 8 AM	7:30 – 8:15 AM
Girls	AAA (Saturday)	11 – 12 noon	11:30 AM – 12:15 PM
	AA (Friday)	1 – 2 PM	1:30 – 2:15 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 at the Seth Grove locker room area
4. **Qualifying Procedures and starting heights**
  - 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 throwing worst to best
  - 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.
  - e. Starting heights in the pole vault and the high jump will generally be one height (2" for high jump and 6" for pole vault) below qualifying heights although meet officials may make adjustments prior to competition based on weather or other factors. Increments will begin 2" for high jump and 6" for pole vault, on the even numbers, with officials having the discretion to lower those, base on state qualifying heights or when a limited number of competitors remain.
5. Field Event preliminary throws or jumps (except pole Vault and High Jump) will be **"Least 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. Relay team members shall wear identical uniforms of the same color and design the same color and design. 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. The 3/16" spike or shorter is required on the running track, javelin, and jumping runways

12. Coaches may pick up their packets Friday afternoon or Saturday morning at the Student Recreation Building (REC Center).

13. **Medals and Trophies:**

1st, 2nd, 3rd, 4th, 5th, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> 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**.

14. **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**.

### **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. No practice is permitted at Shippensburg University the week prior to the PIAA meet.
3. **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 19th, 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. All scratches between the District III Championships and the Thursday prior to the PIAA meet must go through the District III track and field chairman**

