

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

FROM: Dave Bitting, Meet Director

SUBJ: **District 3 M&T Bank Track & Field Championships at Shippensburg University, Friday, May 20 and Saturday, May 21, 2016**

DATE: May 1, 2016

Attention All Head Coaches

1. **Coaches are responsible to check web page for qualifying sheets Sunday, May 15th after 6:00 PM. Coaches are also responsible for attending a brief meeting at 8:15 AM in the clerking tent Saturday, May 21st.**
2. **NO practice** is permitted at Shippensburg University the week prior to the District or State Meets. NO practice will be allowed prior to 12:30 PM for field events and 1:30 PM 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 16th.**
Admission Prices: \$6.00 Adults, \$4.00 Students on Friday
\$6.00 Adults, \$4.00 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. 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:

Weigh-ins & Pole Inspection		
Boys	AAA (Friday)	3 - 4 PM
	AA (Saturday)	10-11 AM
Girls	AAA (Friday)	12 - 1 PM
	AA (Saturday)	7 - 8 AM

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 90 minutes 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 must be of a **single (same solid) color**. Any visible apparel worn under the uniform bottom that extends below the knee must also be of a single, solid color. Multiple garments that extend below the knee must be of the same color.
- b. Jewelry (including watches) is **PROHIBITED**.
- c. Relay team members shall wear uniforms of the same color and design although the length of the bottom or one piece uniform may vary. Any visible garment(s) worn by two or more relay team members underneath the uniform top and underneath the uniform bottom-if extending below the knees-shall be unadorned and of the same single, solid color, not necessarily of the same length.
- 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 1/4 pyramid 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, 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**.



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**.

15. Coaches in the pole vault coaching box or situated outside the fenced , restricted areas at the track or the weight event venues may use video equipment to record athletes' performances and may review those videos with competitors between trials. Any such review must not delay the competition and must be done at a place and in a manner not to disrupt or interfere with the officials or other competitors. Competitors in all restricted areas are prohibited from using electronic devices of any kind.

16. Coaches with athletes competing in high jump, triple jump and long jump will be permitted access to the infield while their athletes are warming up. They are only to interact with their athletes competing in those events. An announcement will be made prior to the competition of those events to clear all coaches from the infield.

17. If an athlete will need to be taped by a trainer, the athlete (school) must supply the tape and wraps for the trainer. Trainers will be available to assist the athletes but will have limited supplies.

Information Concerning the PIAA State Championship Meet

1. For housing information refer to "Housing Reservations" sheet on District 3 website.
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 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. 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

