

DISTRICT 5 TRACK & FIELD IMPORTANT INFORMATION

ATHLETIC DIRECTORS/COACHES

1. Enclosed/Attached are important and necessary forms for the PIAA District 5 Track & Field Championships to be held at Northern Bedford High School on Wed. May 13 at 3:00 PM. Rain Dates are May 15 and May 16. Please forward all of the attachments to your coaches as well as examining them yourself.
2. Forms and entry fees can be sent along to the meet or mailed so that I receive by Fri. May 15.
3. Do not forget the **entry fee of \$10.00 per athlete for every athlete listed on the competitor roster.** This form must list all athletes entered in individual or relay events via the PIAA track website who may be competing in the District championships. This includes relay alternates. This form will be checked against the entries received via the Hytek Meet Manager program entries that Mike Shaffer, District 5 Track statistician, will be receiving and seeding for the meet. Entry fee checks should be forwarded to Jeff Batzel, Meet Director and made out to "PIAA District 5."
4. I will attempt to get the District seedings placed on the District 5 website sometime Tuesday May 13. If this doesn't happen the seedings can be picked up at Northern Bedford during the school day on Tue. May 13
5. The Stadium and Track will be open for practice by competing teams from 5:00-7:00 on Monday May 11. A coach from your school must be present to supervise athletes who are practicing.
6. Complete a PIAA Pole Vault verification form and send a signed copy with your vaulters to weigh-ins on the day of the meet. The vaulters will be weighed in prior to competing and the meet officials will fill in the weights.
7. State Qualifiers and coaches will need to be registered for housing at Shippensburg by each schools athletic director. Note that Southern Fulton, McConnellsburg, Everett, and Tussey Mountain are not eligible to receive on campus housing.
8. Your head coach needs to notify me at the meet of your athletes intentions at the state meet. You may not scratch at the state finals from an event. Scratches must occur at the district meet so that second place finishers may be approached concerning replacing any champions who are scratching from an event at states.

2009 D5 Track Changes of Note

1. Change PV Verification forms from sending to me before the meet to bring them along signed and dated to weigh ins at 2:30
2. Enter all athletes who have qualified for the meet where you intend to enter them by **Wed. May 6 at noon**. This will give me a chance to put out provisional qualifying standards in events that have few qualifiers. Changes can still be made then until noon on Monday.
3. Entry checks are due either at the meet or by Friday after the meet (due to late entry deadlines)
4. **DO NOT** use previous suggested Direct Athletics Times. Submit in the far right column where you can designate H (for hand time) or FAT (for Fully Automatic) even if time you are using is the suggested Direct Athletics Time. Reason...there have been some problems in the past with proper seeding because of using suggested times, that are hand times, and direct athletics treating them as fully automatic.

TIPS FOR AVOIDING PROBLEMS AT THE MEET

1. Other coaches may contest your meet entries prior to the meet. In particular qualifying standards or validity of times. To avoid problems, please be sure and **click** either the **FAT or HAND TIME** radio buttons when entering your athletes and relay teams into the meet. HyTek will use a conversion factor to equalize seedings. **DO NOT USE PREVIOUSLY SUGGESTED DIRECT ATHLETICS TIMES, THIS CAN CREATE PROBLEMS.**
2. **Enter six athletes in the relays.** Do this even if you are 100% sure of which 4 will run. You never know when an injury, sickness, or some other emergency might come up. You cannot add athletes into a relay at the meet. Decide who would run if you would encounter a problem with one or two or your top 4 and enter them.
3. Complete your Team Roster and be sure you or your Athletic Director have a check drawn for the amount (**\$10 per competitor**—includes relay alternates). Be sure the roster and check for entry fees are either brought along to the meet or mailed so that I can receive them by Friday May 15. Special arrangements for schools who cannot get checks drawn that quickly can be made but please contact the meet director to have this approved.
4. Bring your signed Pole Vault verification to the meet and send with your vaulters to the weigh-ins.

PIAA DISTRICT FIVE TRACK AND FIELD CHAMPIONSHIPS

RUNNING EVENT SCHEDULE

2:40- COACHES MEETING

2:55- National Anthem

RUNNING EVENT TRIALS AND FINAL

3:00- 100/110 Meter Hurdles- Trials

3:35- 100 Meter Dash- Trials

4:00- 3200 Meter Relay- Final

4:30- 200 Meter Dash- Trials

4:45- BREAK/POSSIBLE TIE RUNOFFS

Running Event Finals

5:15- 100/110 Meter Hurdles- Final

5:30- 100 Meter Dash- Final

5:35- 1600 Meter Run- Final

5:50- 400 Meter Dash- Final

6:10- 400 Meter Relay- Final

6:30- 300 Meter Hurdles- Final

6:50- 300 Meter Hurdles- Final

FIELD EVENTS

Long Jump/Triple Jump

Contestants will be divided into flights. The most competitive will jump in the later flight. Each contestant will receive 3 jumps. The top 7 competitors will advance to the finals where they will get 3 additional jumps. Top Jump among the 6 jumps taken will count for final places. In the finals the order of competitors will be determined by preliminary round efforts. Order for the finals will be from the #7 preliminary round competitor first to the #1 preliminary round competitor jumping last in each of the 3 rounds of the finals. Best effort in both preliminaries and finals counts toward final places.

High Jump/Pole Vault

Starting Heights

Girls HJ – 4'6" SQS = 5'2"

Boys HJ – 5'4" SQS = 6'4"

Girls PV – 7'0" SQS = 10'3"

Boys PV – 10'0" SQS = 13'6"

*Weather conditions could dictate a change in these starting heights and alter start times

In the High Jump the bar will be raised 2" at a time until 3 or fewer competitors remain. At that point the bar will be raised 1" at a time UNLESS ALL REMAINING competitors agree to continue in 2" increments or jump at a record breaking or state qualifying height.

In the Pole Vault the bar will be raised 6" at a time until 3 or fewer competitors remain. At that point the bar will be raised 3" at a time

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6:10- 400 Meter Relay- Final

6:30- 300 Meter Hurdles- Final

6:50- 300 Meter Run- Final

7:05- 200 Meter Dash- Final

TO: District 5 Track and Field Coaches
FROM: Jeff Batzel, Track and Field Chairman
DATE: May 1, 2009
SUBJECT: Information Concerning the District Meet

REGISTRATION PROCEDURE FOR DISTRICT 5 COMPETITION:

1. www.directathletics.com is the site for online registration. Registration closes on Monday May 11 at 12 Noon. Everyone should be familiar by now with Direct Athletics. If you have problems, contact me for instructions.
2. Schools may enter any athlete that achieves the qualifying standards. In an individual event, a maximum of three (3) qualifying athletes per school may compete. **There is a chance that the standards some events could be lowered slightly on Saturday May 9 if it appears that fewer than 10 athletes have qualified in any particular events. Check the website and with your AD for any updates regarding this situation.**
3. The entry deadline is Monday May 11, 2009 at 12 Noon. Do Not wait until the last minute to enter. Monday should be reserved for updates or replacements if needed. The earlier entries are placed the better gauge we can have on lowering any standards in events that have few qualifiers. You can always upgrade competitors performances prior to noon on Monday.
4. No additions or replacements can be made the day of the event after the entry deadline.
5. The meet time schedule will be posted on the District 5 Track & Field Official website.
6. A performance list indicating the athletes entered in the meet should be available Tuesday (May 12, 2009) on the District 5 Website. The list may also be picked up at N.Bedford H.S. during the day on Tuesday.

STATE MEET INFORMATION

2009 PIAA Track and Field State Championship information, which includes the PIAA memorandum, housing reservation form, pole vault

2009 DISTRICT 5 QUALIFYING STANDARDS

	BOYS	GIRLS
100	11.7	13.8
200	24.2	29.1
400	55.3	66.4
800	2:12.5	2:42.0
1600	5:06.0	6:10.0
3200	11:24.0	14:10.0
110HH/100H	17.3	18.1
300H	45.3	54.5
4 x 100 Relay	None	None
4 x 400 Relay	None	None
4 x 800 Relay	9:20.0	11:20.0
HJ	5-6	4-7
PV	10-6	7-0
LJ	18-11	14-6
TJ	38-10	30-8
SHOT	40-4	28-5
DISCUS	116-4	81-4
JAVELIN	135-2	84-9

These Standards must be met to enter athletes (maximum of three) in an event at Districts