

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 18 at 3:00 PM. Rain Dates are May 19 and May 20. Please forward all of the attachments to your coaches as well as examining them yourself. Note a wording change from approve *alternates* to approved *substitutes* in the information provided. New language regarding this change is highlighted on all attached forms.
2. 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 (per milesplit) and \$25 per team (This means \$50 for Boys and Girls Team)**. 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 17. Performance lists will be available, if requested by coaches, on Tuesday morning.
5. The Stadium and Track will be open for practice by competing teams from 5:00-7:00 on Monday May 16. 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, Fannett-Metal, 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.

TO: District 5 Track and Field Coaches
FROM: Jeff Batzel, Track and Field Chairman
DATE: May 1, 2016
SUBJECT: Information Concerning the District Meet

REGISTRATION PROCEDURE FOR DISTRICT 5 COMPETITION:

1. www.pa.milesplit.com is the site for online registration. Registration is open and closes on Monday May 16 at 12 Noon. Everyone should be familiar by now with Milesplit. If you have problems, contact me for instructions or look for the link to online registration instructions on the milesplit website. 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 **convert** any hand held times to **FAT by adding .24**. Merely checking the hand held time box does not mean that milesplit will convert for you. **DO NOT USE PREVIOUSLY SUGGESTED MILESPLIT TIMES FROM PRIOR TO THIS SEASON, THESE ARE INVALID FOR THIS MEET.** Schools may enter any athlete that achieves the qualifying standards (refer to the D5 Track & Field website at <http://www.midatlanticsports.net/2014/04/d5-track.html>)
2. 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 Friday May 13 if it appears that fewer than 12 athletes have qualified in any particular events. Check the website and with your AD for any updates regarding this situation. The D5 T&F website is at:** <http://mid-atlanticsports.blogspot.com/2014/04/d5-track.html>
3. The entry deadline is Monday May 16, 2016 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. I am asking that a tentative entry list of all your probable entries be on milesplit by the end of the day Wednesday May 11 to help me determine whether to alter any qualifying standards. 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. **EXCEPTION:** Those on the approved **substitutes** list. This list is to be submitted on Monday by entry deadline to the meet director and is for athletes who have met the district qualifying standard in individual events where 3 athletes have already qualified and been entered. Approved substitutes would be athletes NOT in your top 3 per individual event who have met the qualifying standard and could be substituted into the meet at the meet site. Approved **substitutes** is NOT part of the milesplit entry system. E-mail a list to the meet director of any approved **substitute** at jbatzel@nbcasd.org **Note that approved substitutes may not already be entered in 4 events!**
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 17, 2016) on the District 5 Website. The list will also be emailed to the coaches/AD's if requested. It will be a performance list and will not yet have lane assignments.

STATE MEET INFORMATION

2016 PIAA Track and Field State Championship information, which includes the PIAA memorandum, housing reservation form, pole vault form, schedule of events, qualifying standards, etc. is located on the PIAA website. www.piaa.org

INFORMATION NEEDED:

I need the following information concerning your school's participation in the 2016 District 5 track and field meet. E-mail your responses to Jeff Batzel at jbatzel@nbcasd.org

TRANSPORTATION INFORMATION:

1. Your bus departure time for NBC.
(In order to notify your school if the meet is postponed due to bad weather.)
2. Your anticipated arrival at Northern Bedford High School

TENTS

If schools wish to have tents set up that will be permitted on the visitors bleachers side (closest to the school) on the end closest the scoreboard and between the bleachers and Javelin area. **There will be no tents allowed in the bleachers.**

ITEMS FOR SALE:

The following items will be sold at the District 5 track and field meets.

- District 5 Track and Field Championship "T" shirts
- District 5 Track and Field Programs
- District 5 Medal Stand Pictures of Athletes

Order forms will be in your team packet, as well as, at various locations at the meet.

TRACK MARKINGS

Adhesive tape may be used to mark exchange zone marks in the 4 x 100 relay and a maximum of 2 points (starting point and one checkpoint) in the Jumping events and Javelin. No chalk may be used (exception is Pole Vault takeoff area). Markers may be placed adjacent to the runways in lieu of adhesive tape as well. Please ask your athletes to remove the tape after competition.

CLERK OF COURSE

The Clerk of Course tent will be located on the infield closest the Long and Triple Jump areas on the pressbox bleachers side. Athletes will be only permitted to enter the infield area and tent area used for clerking after a first call is made and via the gate closest to the start of the 100 meter Dash.

IMPLEMENTS:

An athlete can weigh-in their own or a school provided implement. If an implement is weighed-in competition, the implement must be available for use by all participants. We will be weighing in Shots and Discus' beginning at 2:30 PM inside the stadium.

ATHLETES PER EVENT:

An athlete may participate in no more than four (4) events including relays. Each school is permitted to enter only three (3) athletes per event. Qualifying Standards are listed on the PIAA District 5 Track & Field Website.

ORDER OF PARTICIPATION AND ADVANCEMENT:

The order of participation in the field events will be from least to best performance. In the finals of the throwing events, the long jump, and triple jump the order will be from least to best. One more athlete than the number of

places awarded will advance to the finals. In track events, the order of the heats will be from slowest to fastest. The winner of the heat will advance to the finals, as well as, the next best place times to fill six lanes.

COACHING BOXES

There will be designated coaches boxes on the infield for all jumping events and Pole Vault this year. Please stay within the designated areas. You may enter the infield via your coaches tag. Please do not give tags to parents, fans, or non-coaches. This will result in your privilege to enter the infield area for coaching purposes to be revoked for the remainder of the meet and next years meet. **I am not going to Police the infield as I ended up doing in the past or this privilege will be revoked for future meets.** Let's all use good common sense and use it as intended, for "coaching," and leave the event judges do their job.

MEDAL PRESENTATIONS

There will be Medal Presentations again this year. You don't need to worry about picking up awards after the meet. Make your athletes aware that they will be requested to stay after completion of their race (track events) for this presentation. It is our hope to have each presentation within approximately 5 min. of the completion of the event. Do not concern yourself with field events. Field event officials are being made aware of this and the medal presentation is considered an extension of the event itself.

Please quell any concerns the athletes have about the "10 minute" rule that is used in many meets. First, there is no 10-minute rule (See rulebook P. 53 Rule 7-2 article 13), and second, all field event judges are being made aware by the games committee that under no circumstances are athletes to be DQ'ed or "forced" to pass a height without first having an announcement made for that athlete to report immediately. When an athlete is preparing to be awarded a field event medal and must be at the start of a race on the track, the race will take precedence. The field event awards will be held off as long as possible or if necessary awarded with said athlete in abstentia if it becomes imperative to keep things moving along.

WEIGH-INS FOR POLE VAULT:

Weigh-ins for both Boys and Girls Pole Vaulters will be conducted by meet officials at 2:30 PM in the HS Gymnasium area by meet officials. Poles will be inspected during the warm-up period. Please bring signed and dated Pole Vault verification forms to weigh-ins.

SPIKES:

Only 1/8" spikes (part of the spike that is showing) are permitted on all the all-weather surfaces.

JAVELIN:

Northern Bedford High School has an all-weather javelin runway.

ADMISSIONS PRICES:

Adult tickets- \$6.00

Student tickets- \$3.00

(Only District 5 passes will be honored)

LOCKER ROOM FACILITIES:

Locker room facilities are very limited. Teams should come dressed ready to compete.

REMINDERS:

All entries must be completed by Noon on Monday May 11, 2015. No entries or changes will be accepted after this time. In case your seeding information is challenged, make sure to bring documentation to the meet to verify your times, heights, and distances.

MAKEUP DATE IF INCLEMENT WEATHER

The District 5 meet makeup date is Thursday May 19 with a later, 4 pm start time. A second makeup date would be Friday May 20.

MEET DIRECTOR CONTACT INFORMATION

Phone number: (814) 766-4752 (work) (814) 390-6010 (Home)

E-mail: jbatzel@nbcsd.org

TIPS FOR AVOIDING PROBLEMS

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 **convert** any hand held times to **FAT by adding .24**. Merely checking the hand held time box does not mean that milesplit will convert for you. **DO NOT USE PREVIOUSLY SUGGESTED MILESPLIT TIMES FROM PRIOR TO THIS SEASON, THESE ARE INVALID FOR THIS MEET.**
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 of your top 4 and enter them.
3. Substitutes who have met the qualifying standard cannot be entered via milesplit with a 3 person limit per individual event. Any **substitutes who HAVE MET the district qualifying standard** and **only when you have already entered 3 athletes with better performances** in that event, should be emailed or FAXed to Jeff Batzel at Northern Bedford prior to the entry deadline. This approved alternates list will be the only changes allowed on meet day. **The purpose of this is to allow your #4 or #5 athlete the opportunity to compete if they have qualified and if another athlete becomes ill or injured between the entry deadline and the event itself. This is NOT intended to be a method of entering a "star athlete" in more than 4 events and moving them around later. Entering any athlete in more than 4 events is not permissible unless they are entered as relay team alternates (positions 5 and 6). If they are already in 4 events they cannot be listed as a substitute.**
4. Count the number of athletes entered in the meet (milesplit) and then you or your Athletic Director have a check drawn for the amount (**\$10 per competitor**—includes relay alternates). Then add **\$25 per team** (\$50 if Boys and Girls). Be sure the check for entry fees are either brought along to the meet or mailed so that I can receive them by Friday May 16. Special arrangements for schools who cannot get checks drawn that quickly can be made but please contact the meet director to have this approved.
5. Bring your signed Pole Vault verification to the meet and send signed copy with your vaulters to the weigh-ins.

PIAA DISTRICT FIVE TRACK AND FIELD CHAMPIONSHIPS

RUNNING EVENT SCHEDULE-2016

2:30- COACHES MEETING

3:00- National Anthem

RUNNING EVENT TRIALS AND FINAL

3:05- 100/110 Meter Hurdles- Trials

3:20- 100 Meter Dash- Trials

3:30- 3200 Meter Relay- Final

4:00- 200 Meter Dash- Trials

4:15- BREAK/POSSIBLE TIE RUNOFFS

Running Event Finals

4:30- 100/110 Meter Hurdles- Final

4:45- 100 Meter Dash- Final

4:50- 1600 Meter Run- Final

5:10- 400 Meter Relay- Final

5:30- 400 Meter Dash- Final

5:45- 300 Meter Hurdles- Final

6:10- 800 Meter Run- Final

6:30- 200 Meter Dash- Final

BREAK - Awards Presentations continue

7:00- 3200 Meter Run- Final

7:30- 1600 Meter Relay- Final

RUNNING EVENT CRITERIA:

1. We will run ahead of schedule if possible. Meet officials, keep meet moving. We will break between the 200 and 3200 for about 10-15 minutes to get caught up in awards. If we are behind schedule this break may be cancelled.
2. In trials, heat winners plus next fastest times advance to finals.
3. Top qualifiers in all other running events will run in last heat.
4. Number of heats will depend on number of entries.

Electronic Timing will be used. Times to the one-hundredth of a second

FIELD EVENTS

Long Jump/Triple Jump [SQS 16'11"/35'6" (G) and 21'6"/44'0" (B)]

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. **These events are not to start more than 15 minutes ahead of scheduled time unless dictated by weather conditions or meet management.**

High Jump/Pole Vault [SQS 5'2"/10'6" (G) and 6'4"/13'6" (B)]

Starting Heights

Girls HJ – 4'6" SQS = 5'2"

Boys HJ – 5'6" SQS = 6'4"

Girls PV – 7'0" SQS = 10'6"

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.

In the Pole Vault the bar will be raised 6" at a time.

The 5 Alive system will be used in both the HJ and PV as it is in the State Meet.

Shot Put/Discus/Javelin [SQS 36'6"/113'/121' (G) and 50'3"/148'/176' (B)]

Contestants will be divided into flights. The most competitive will throw in the last flight. Each contestant will receive 3 attempts. The top 7 competitors will advance to the finals where they will get 3 additional attempts. Top effort among the 6 attempts 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 throwing last in each of the 3 rounds of the finals. Best effort in both preliminaries and finals counts toward final places.

Time Schedule

3:00 Girls HJ, Girls PV, Girls Discus, Boys TJ, and Boys Jav

3:30 Girls LJ

4:30 Boys HJ, Boys Discus and Girls Jav

5:00 Boys PV and Girls TJ

5:30 Girls Shot and Boys LJ

6:45 Boys Shot