

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 15 at 3:00 PM. Rain Dates are May 16 and May 17. Please forward all of the attachments to your coaches as well as examining them yourself.
2. I've attached a "coaching tips to avoid meet day problems" memo that is very important for new coaches and not a bad idea to review for veteran coaches to avoid entry problems in preparation for the meet.
3. I prefer that entry fees are mailed so that I receive by Fri. May 17.
4. 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 + \$10 for every athlete entered in the meet)**. Entry fee checks should be forwarded to Jeff Batzel, Meet Director and made out to "PIAA District 5" via mail.
5. I will attempt to get the District seedings placed on the District 5 website sometime Tuesday May 14. Performance lists will be available, if requested by coaches, on Tuesday morning.
6. The Stadium and Track will be open for practice by competing teams from 5:00-7:00 on Monday May 13. A coach from your school must be present to supervise athletes who are practicing.
7. 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.
8. 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.
9. 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.

PIAA DISTRICT FIVE TRACK AND FIELD CHAMPIONSHIPS

EVENT SCHEDULE - 2019

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

5:25- 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

Field Events

3:00 Girls HJ, Girls PV, Girls Shot Put, 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 Discus and Boys LJ

6:30 Boys Shot

TO: District 5 Track and Field Coaches
FROM: Jeff Batzel, Track and Field Chairman
DATE: May 1, 2019
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 13 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 10 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 13, 2019 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 8 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@nbcsd.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 14, 2019) 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.
7. To protect yourself keep a printed confirmation list of your entries and bring with you to the meet in case there are problems.

ENTRY FEES

Team Entry Fee is \$25 per team. \$50 for Boys and Girls Teams. You are classified as a Team if you sponsor a PIAA team in Track & Field and are involved in the team scoring at the District meet.

Individual Entry Fee is \$10 per person entered in the meet (including relay team members). Note that this is IN ADDITION to the team fee for schools sponsoring Track & Field.

STATE MEET INFORMATION

2019 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

TRANSPORTATION INFORMATION:

Bus Parking will change this year. Buses will park in the Cafeteria (North) Parking lot and athletes can enter the Javelin Gate between 1:15-2:15 PM. The gate will then be locked until within about one hour from the end of the meet.

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

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.

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 or 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 mailed so that I can receive them by Friday May 17. 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.