

MID PENN *Track & Field Championships*

Saturday, May 11, 2019

Dear Head Track & Field Coach, Athletic Director, or Meet Official

The Mid Penn Track & Field Championship Meet is scheduled for Saturday, May 11, 2019 at the Edwin H. Sponseller Track & Field Complex in Chambersburg.

Meet information is included in this packet. The track & field committee has determined the following structure for the conference meet:

- 1) There will be no separation of events between athletes of AA and AAA schools.
- 2) A girls' champion will be declared based on team points.
- 3) A boys' champion will be declared based on team points.
- 4) Track event participants will be limited to the top 40 performances including all ties for the last spot.
- 5) Field event participants must meet the qualifying standard! Field event participants will be limited to the top performances that keep the number of entries at 40 or less. **See appendix D, item #13.**
- 6) **Coaches may enter 4 athletes per individual event but must scratch one by the scratch deadline unless a team has 4 individuals in the top 8 of an event before scratches!**

**Entries are due by 11:00PM on Tuesday, May 7, 2019.
(Use PA Mile Split)**

- 1) A time or distance must be listed for each entry.
- 2) A location must be included for each entry.
- 3) Only outdoor performances from the 2019 may be used.
- 4) If a time is a hand time, check the box for hand time.
- 5) Please include names of relay team members. You may list 6 names.

Scratches are due to Meet Director Bob Walker by 9PM on Wednesday, May 8.

robert.walker@casdonline.org

***You will receive a confirmation email for your scratches. If you have 4 entries in an event, the lowest seed will be scratched from competition unless otherwise indicated. There will be no additions after the entry deadline!**

A performance list showing all entries will be sent to head coaches on Wednesday, May 8. A revised performance list showing only accepted entries will be sent to head coaches on Thursday, May 9. A meet program including heat & lane assignments, flights, event schedule, and meet records will be sent to head coaches on Friday, May 10.

Sincerely yours,

Bob Walker - Meet Director

MID PENN

TRACK & FIELD CHAMPIONSHIPS

MAY 11, 2019

PARTICIPATING TEAMS

GIRLS

Big Spring
Bishop McDevitt
Boiling Springs
Camp Hill
Carlisle
Cedar Cliff
Central Dauphin
Central Dauphin East
Chambersburg
Cumberland Valley
East Pennsboro
Greencastle-Antrim
Harrisburg
Hershey
James Buchanan
Lower Dauphin
Mechanicsburg
Middletown
Mifflin County
Milton Hershey
Northern York
Palmyra
Red Land
Shippensburg
State College
Steelton-Highspire
Susquehanna Township
Trinity
Waynesboro
West Perry

BOYS

Big Spring
Bishop McDevitt
Boiling Springs
Camp Hill
Carlisle
Cedar Cliff
Central Dauphin
Central Dauphin East
Chambersburg
Cumberland Valley
East Pennsboro
Greencastle-Antrim
Harrisburg
Hershey
James Buchanan
Lower Dauphin
Mechanicsburg
Middletown
Mifflin County
Milton Hershey
Northern York
Palmyra
Red Land
Shippensburg
State College
Steelton-Highspire
Susquehanna Township
Trinity
Waynesboro
West Perry

Event Assignments

All schools are required to provide at least 2 competent, able-bodied student/adult helpers at the assigned event listed below. Please review the list carefully. Assignments may have changed from the past year!

Team	Event	Report Time
Big Spring	Boys' High Jump	12:30PM
Bishop McDevitt	Girls' Pole Vault	8:45AM
Boiling Springs	Boys' Long Jump	12:30PM
Camp Hill	Boys' Discus	1:15PM
Carlisle	Boys' Triple Jump	8:45AM
Cedar Cliff	Runners	8:45AM
Central Dauphin	Boys' Long Jump	12:30PM
CD East	Girls' Long Jump	8:45AM
Chambersburg	Blocks/Hurdle Crew	ALL DAY
Cumberland Valley	Girls' Long Jump	8:45AM
East Pennsboro	Girls' Shot Put	12:15PM
Greencastle-Antrim	Boys' Shot Put	8:45AM
Lower Dauphin	Boys' Javelin	10:45AM
Hershey	Girls' Triple Jump	12:30PM
James Buchanan	Girls' Shot Put	12:15PM
Harrisburg	Girls' High Jump	8:45AM
Mechanicsburg	Girls' Javelin	1:15PM
Middletown	Girls' Discus	8:45AM
Mifflin County	Boys' Shot Put	8:45AM
Milton Hershey	Boys' Triple Jump	8:45AM
Northern York	Boys' Discus	1:15PM
Palmyra	Boys' Javelin	10:45AM
Red Land	Runners	12:00PM
Shippensburg	Girls' Discus	8:45AM
State College	Boys' Pole Vault	12:30PM
Steelton-Highspire	Hurdle Crew	1:00PM
Susquehanna-Township	Girls' High Jump	8:45AM
Trinity	Girls' Triple Jump	12:30PM
Waynesboro	Girls' Javelin	1:15PM
West Perry	Runners	1:45PM

THANK YOU IN ADVANCE FOR YOUR HELP AND COOPERATION

MID PENN

TRACK & FIELD CHAMPIONSHIPS MAY 11, 2019

**EVENTS MAY RUN UP TO, BUT NO MORE THAN, 15 MINUTES
AHEAD**

Running Events

9:00 Girls' 4 x 800m Final
9:30 Boys' 4 x 800m Final
10:00 Girls' 100m Hurdle Trials
10:15 Boys' 110m Hurdle Trials
10:30 Girls' 100m Trials
10:45 Boys' 100m Trials
11:00 Girls' 1600m Final
11:15 Boys' 1600m Final
11:30 Boys' 110m Hurdle Final
11:35 Girls' 100m Hurdle Final
11:40 Girls' 100m Final:
11:45 Boys' 100m Final

Field Events

7:30 Implement inspection for
9:00 throwing events
9:00 Implement inspection for
11:00 javelin competition
11:00 Implement Inspection for
PM Field Events

9:00 Girls' Discus
9:00 Girls' Pole Vault
9:00 Girls' High Jump
9:00 Girls' Long Jump
9:00 Boys' Triple Jump
9:00 Boys' Shot Put

11:00 Boys' Javelin

LUNCH BREAK

12:15 Girls' 4 x 100m Final
12:30 Boys' 4 x 100m Final
12:45 Girls' 400m Final
1:05 Boys' 400m Final
1:25 Girls' 300m Hurdle Final
1:40 Boys' 300m Hurdle Final
1:55 Girls' 800m Final
2:10 Boys' 800m Final
2:30 Girls' 200m Final
2:45 Boys' 200m Final
3:00 Girls' 3200m Final
3:30 Boys' 3200m Final
4:00 Girls' 4 x 400m Final
4:15 Boys' 4 x 400m Final

12:30 Girls' Shot Put
12:45 Girls' Triple Jump
12:45 Boys' Long Jump
12:45 Boys' Pole Vault
12:45 Boys' High Jump
1:30 Girls' Javelin
1:30 Boys' Discus

MID PENN TRACK & FIELD CHAMPIONSHIPS MAY 11, 2019

RULES AND REGULATIONS

1. The National Federation Rules shall govern the meet except where PIAA exceptions take precedence.
2. PIAA modifications will be enforced.
3. Contestant numbers will be assigned and must be worn on the **FRONT** of the athlete's uniform.
4. **Only spikes of 1/4" or less will be permitted.**
5. **THIS IS A NO SCRATCH MEET.** For individual events, scratches on the day of the meet will result in the individual being disqualified from further competition in individual events.
6. There will be eight (8) scoring places (10-8-6-5-4-3-2-1). Medals are given to the top eight (8) places.
7. All protests will be resolved by the meet referee.
8. Entries are limited to performances from the 2019 outdoor season.
9. Any athlete entered in the meet may run on a relay team providing they will not exceed 4 events.
10. Provide the clerk with an index card listing names and bib number for each relay. List the names in the order you intend to run.
11. All field events have a qualifying standard. Please do not enter athletes that have not met the qualifying standard. The number of competitors in a field event will not exceed 40 due to time constraints.
12. Uniforms must comply with NFHS regulations and PIAA modifications.
13. Relay participants must wear similar uniforms.
14. Removal of any part of the uniform inside a competitive venue is prohibited.
15. The 100m trials, 100m hurdle trials, and 110m hurdles trials will advance the fastest 8 times to the final.
16. All other races will be run as a final based on time. The fastest section will be the last section.
17. A 3-turn stagger will be used for the 4 x 400m relay.
18. Alleys will be used on the first turn for the 800m, 1600m, 3200m, and 4 x 800m events.
19. Tape should be used for relay zone markings and at the jumping events. No chalk or sharp objects!
20. Starting blocks will be provided.
21. No sharp objects may be used in the horizontal jumps as marks.
22. Competitors must provide their own implements in the throwing events. All implements must be inspected before competition.
23. Nine competitors will advance to finals in the throwing events and the horizontal jumps.
24. A 12' board will be used for both the boys' and girls' long jump competition.
25. Starting height in the high jump will be a meet day decision by the games committee based on weather conditions and competitor seeds.
26. Starting height in the pole vault will be a meet day decision by the games committee based on weather conditions and competitor seeds.
27. Designated areas will be provided for coaches in all field events.
28. Tents at Bus Peters must be placed along the fence.
29. Meet personnel will direct bus parking.
30. Headphones, ear buds, air buds may not be worn inside the competitive area.
31. Video must be viewed in an area deemed appropriate by the event official.
32. Loud music, noise makers, and horns are not permitted in the stadium or Bus Peters throwing venue.
33. Frisbees, footballs, soccer balls, et cetera are not permitted in the stadium or Bus Peters throwing venue.

Facilities:

1. The track is an 8-lane track.
2. Javelin runway is the same as the track surface.
3. Trainers will be present. Bring your own supplies.
4. Gyms and locker rooms will not be available.
5. Concession stands will be open.

Amenities:

1. Meet t-shirts will be sold near the concession stand.
2. A packet will be given to each head coach at the clerking area. Packet includes bib numbers, pins, and a complimentary meet program.
3. Meet programs will be sold.
4. Gates open at 7:30AM on meet day.
5. Admission prices (as set by the Mid Penn): adults \$8 and students \$4
6. Meet results will be posted on the windows behind the start of the 100m.
7. Live results can be obtained using www.tumeytiming.com
8. Results will be available after the meet on PA mile split.

Tentative Qualifying Performances:

The table below shows the performance listed at the #40 spot for 2016, 2017, and 2018 before scratches. All relay entries are accepted. For athletes near the cut-off spot it is recommended that coaches notify athletes on Thursday of acceptance in the meet!

Girls' Events:	2016	2017	2018
100	13.50	13.44	13.44
200	28.09	28.54	28.26
400	1:04.84	1:06.64	1:06.14
800	2:38.34	2:35.13	2:37.95
1600	5:56.24	5:53.00	5:55.34
3200	13:15.34	13:03.05	13:47.04
100H	18.36	18.14	18.46
300H	52.84	52.84	53.74
SP	29-8	28-9.75	29-0
DT	95-2	80-0	85-0
JT	87-0	90-2	90-5
PV	8-0	8-0	8-0
LJ	14-10.75	15-2	15-3.75
TJ	32-3	32-0	32-0
HJ	4-10	4-8	4-8

Tentative Qualifying Performances:

The table below shows the performance listed at the #40 spot for 2016, 2017, and 2018 before scratches. All relay entries are accepted. For athletes near the cut-off spot it is recommended that coaches notify athletes on Thursday of acceptance in the meet!

Boys' Events	2016	2017	2018
100	11.67	11.46	11.64
200	23.83	23.77	23.87
400	54.44	55.02	54.43
800	2:08.24	2:07.12	2:10.17
1600	4:49.74	4:49.64	4:50.74
3200	10:50.94	10:45.10	10:47.85
100H	18.12	18.34	18.34
300H	45.08	48.39	45.14
SP	40-8	39-5	39-1
DT	111-4	114-10	115-0
JT	138-2	137-1	130-0
PV	11-0	10-6	11-0
LJ	19-0	19-2.50	19-11
TJ	38-4.25	38-6	38-4
HJ	5-8	5-8	5-8

Field Event Qualifying Standards-2019

event	shot put	discus	javelin	long jump	triple jump	high jump	pole vault
Girls'	29-0	85-0	90-0	15-0	31-0	4-8	8-0
Boys'	39-0	115-0	130-0	19-0	38-0	5-8	11-0