

MID-PENN CONFERENCE TRACK & FIELD GUIDELINES (Updated January 2020)

Length of Contest:

- Meets shall begin at 3:45 p.m. Starting time may be changed by mutual consent of the schools and meet officials.
- Schools and athletic directors may also agree to run divisional meets as Triangular meets by mutual consent of the competing schools but **MUST** be scored as a double dual meet.

Uniforms:

- All participants must wear school issued uniforms
- National Federation rules concerning uniforms will apply

Schedule:

- The Sport Chairperson/Committee will provide schedules for a 2-year cycle

Officials:

- All Starters must be P.I.A.A. certified
- The Starter shall act as referee for running events and field events if there is no certified P.I.A.A. field judge
- The field judge should be a P.I.A.A. certified official. It is recommended but not mandatory for dual meets
- Only responsible adults **must** be used to officiate. **The event will not commence until a responsible adult is present. Failure to provide a responsible adult will result in forfeiture of points of that event by the host school.**
- Student help **will** not be utilized in making decisions.

Meet Operations:

- Meets will be conducted under the National Federation rules
- The P.I.A.A. modifications will be enforced
- Dual Meets: Boys & Girls combined – Girls events in running go first.
- **Entries per team (dual meet) – ALL COMPETITORS WHO PARTICIPATE IN THE MEET ARE ELIGIBLE TO SCORE/PLACE IN THE MEET**
 - **A Minimum of Three (3)** entries in the 100, 200 and 400 meters
 - **A Minimum of Three (3)** entries in the 100, 110 and 300 meter hurdles
 - **Maximum of Eight (8)** entries in the 800 meters
 - **Maximum of Twelve (12)** entries in the 1600 and 3200 meters
 - **A Guarantee of Five (5)** entries in all field events
 - There is a maximum of four (4) events per individual.

*All events may have a maximum number of entries mutually agreed upon and determined by the coaching staff's and games committee along with meet management. The number of entries may also be determined by the facility and weather conditions.

* **Races run in sections, especially sections run in lanes, the order the sections are run (fastest to slowest or slowest to fastest) will be determined by mutual consent of the coaches or the Games Committee.**

*Rule 4-2-4a (page 22) of the NFHS Rulebook for Track & Field that reads: **"In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant."** ie: there are NO Exhibition Athletes according to the Rulebook if they participate in the Meet they are eligible to Place and Score.

If possible, at least four (4) lanes of hurdles should be used. If not, permit the visitors two (2) entries in the fast heat.

The starter will meet with the team captains for lane selection. Teams will alternate for each event.

If you are hosting a home 'Middle School or High School' track meet with more than one team coming – please go out of your way to inform all the visiting schools and all assigned officials to let them know; 1) what teams will all be present and 2) how the meet will be scored. Please keep in mind: If the Meet is being scored as a Tri-Meet – you are limited to only 4 entries in each event and if 4 or more teams are competing and the Meet is scored as a Quad/Invitational Meet each team is limited to only 3 athletes per event.

If it is being scored as Double Duals – you may continue the normal entries as listed in the Mid Penn Guidelines or under NFHS rules (page 22 of the NFHS Rules Book) that the maximum number of entries are mutually agreed upon as determined by the coaching staff's, games committee or meet management. All teams competing in the Meet NO matter how small their roster MUST be SCORED against at least ONE team competing in the Meet.

Track Events:

3200 Meter Relay
100 Meter Hurdles
110 Meter Hurdles
100 Meter Dash
1600 Meter Run
400 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
1600 Meter Relay

Field Events:

Field events order should be set to meet the situations and facilities at the home school. The visiting team should receive information concerning the order of field events prior to the day of the meet.

Middle School (7th & 8th Grade) Mandatory Order of Events:

Track Events:

100 Meter Hurdles: Girls – 10 Hurdles; 30” high
110 Meter Hurdles: Boys – 10 Hurdles; 33” high
100 Meter Dash
1600 Meter run
400 Meter Relay
400 Meter Dash
800 Meter Run
200 Meter Dash
1600 Meter Relay

Field Events:

Field Events should be set to meet the situations and facilities at the home school.
High Jump
Long Jump

Discus (1 kg. – 2 lbs. 3.27 ozs.)
Shot Put (Girls – 6 lbs. or 2.774 kg.)
(Boys – 8 lbs. 13 oz. or 4 kg.)

Participation Limitations: 7th & 8th Grade:

- 7th & 8th Grade Students may compete in a maximum of **four (4)** events
- Conference and/or participating schools, by mutual agreement, may delete track or field events, but may not add or modify track or field events or modify the order of events
- Pole Vault and Triple Jump may be added by mutual agreement of participating schools
- Please refer to the P.I.A.A. Handbook By-Laws for further details

Divisional Champions:

- Division Champions will be determined by total points, with the team getting two (2) points for a win and one (1) point for a tie. If a tie exists, co-champions will be recognized

Participation:

- All participating schools must abide by the eligibility rules as stated in the P.I.A.A. Constitution and the Mid-Penn Conference Constitution and By-Laws

Postponement of Meets:

- When a meet is postponed, it should be rescheduled on the first available date for the participating schools

Report to the Media:

- The home team should report scores to the news media. It would be helpful if everyone contacted the Patriot News (1-800-692-7207 (ext 8180)

Conference Meet:

- A Conference Meet will be held at the conclusion of the dual meet schedule
- The Track & Field Chairperson/Committee will determine the site of the Conference Meet
- Medals will be given to the top 6 places in each event
- Team champions will be declared in Boys AA & AAA and Girls AA & AAA based on points earned in a combined classification scored meet
- Qualification for events based on minimum standards and participants limited. (Maximum of three (3) competitors per school) See addendum
 - Track Events: Top 40 participants will compete in each event based on regular season performance
 - Field Events: Limited to the top 40 participants with the following conditions:
 - Competitors must meet minimum performance standards TBD (based on previous year results)
 - Starting heights in high jump and pole vault will be at competitive level TBD
 - Throwing (shot, discus, javelin and jumping events (long and triple jump) will have a minimum measured throw/jump. (i.e., any throw/jump below pre-determined distance will not be measured and the throw/jump will count as one of the competitor's three (3) attempts.)
 -

Addendum

In the event that a school has more than three (3) permitted athletes in an event that would qualify in the top 8 competitors (Size of Finals) for that event, that school may be permitted to enter additional athletes so long as the additional athletes remain in the top 8 qualifiers for said event. These athletes are in addition to the field of 40.

The Track & Field Committee will make final decisions in the event that circumstances create additional exceptions.

For example: School A has three (3) athletes that qualified for the 100M Dash and are seeded in the top 8 in the event. School A also has a 4th athlete that would qualify in the top 8 competitors in the 100M Dash. School A is permitted to enter the 4th competitor in the 100M Dash. 100M Dash field is expanded to 41 athletes.