

DISTRICT VI TRACK & FIELD CHAMPIONSHIPS

General Information

Dates: AA BOYS AND GIRLS - Tuesday - May 18, 2010
AAA BOYS AND GIRLS - Thursday - May 20, 2010

MEET RULES:

1. Rain Dates: AA – Wednesday, May 19, 2010; AAA – Friday, May 21, 2010.
2. Altoona's track and runways are polyurethane. *Either flats or 3/16-inch spikes may be used. The starter and clerk of course will check all spikes.* No spikes will be for sale at the meet. **NO SPIKES MAY BE WORN IN THE STANDS. ANY INDIVIDUAL WEARING ILLEGAL SPIKES OR WEARING SPIKES IN THE STANDS WILL BE BARRED FROM FURTHER COMPETITION.**
3. **ALL COACHES AND COMPETITORS MUST STAY IN THE STANDS.** Competitors will warm-up off of the track. Only those competitors who are in the announced events will be allowed in the track or field areas. Once a field competitor has been eliminated, he/she must leave the area. **NO COACHES ARE ALLOWED INSIDE THE FENCE.**
4. All rules will follow the National Federation of State High School Associations Track and Field rules.
5. In the discus, shot, javelin, long jump, and triple jump, there will be 3 trials. The top nine competitors will advance to the finals for 3 more attempts. Eight competitors from the trials will advance to the finals in the sprints and hurdles.
6. Reservations for dorm rooms at Shippensburg are for qualifiers and two coaches per school. ***EACH SCHOOL MUST PAY FOR THEIR ROOMS AT SHIPPENSBURG.*** Make checks payable to *Shippensburg University Foundation.* **Cost - \$100 per individual – please check the PIAA web site.**
7. ***All hand held times must be rounded up to the next 0.1 sec. Hand held times are to be converted to FAT times by adding 0.24s.*** Example: handheld stopwatch time of 11.23 = 11.3 + 0.24 = 11.54 FAT time – enter 11.54 into the database.
8. All submitted times/distances must have been performed in a meet officiated by a registered PIAA official during the 2009-2010 season. No SPLIT times from relays may be entered.
9. **ALL SUBMITTED TIMES/DISTANCES MUST BE PROVEN IF CHALLENGED BY ANOTHER SCHOOL. BRING YOUR SCORE SHEET SIGNED BY THE PIAA OFFICIAL WITH YOU. FAILURE TO COMPLY WILL RESULT IN THE ELIMINATION OF YOUR ATHLETE FROM THE EVENT.**

You may enter up to 4 athletes per event, but must scratch back to 3 during the declaration phone call period the day before the event.

10. ***IF YOUR ATHLETES HAVE NOT YET QUALIFIED AND YOU ARE SURE THEY WILL, ENTER THEM INTO THE WEB SITE WITH NO TIME or DISTANCE AND CALL DURING THE DECLARATION DEADLINE TIME TO OFFICIALLY ENTER THEM PROVIDED THEY HAVE SINCE MET THE ENTRY STANDARD AFTER THE CLOSING OF ENTRIES.***

11. DECLARATION DEADLINE: *For athletes listed on the entry form who had not yet qualified, but now have, CALL during the declaration time to enter them.* Failure to do so will automatically scratch them from the meet. Final declarations and any scratches will be made as follows:

AA MEET - Call 1-814-943-6959
5 - 7 p.m.
May 17, 2010

AAA MEET - Call 1-814-943-6959
5 - 7 p.m.
May 19, 2010

13. Competitors excused to compete in another event shall have a maximum of ten (10) minutes from the time they are excused until they must make themselves available for their next trial.
14. Throwing implements will be weighed behind the East Stand at 2:30.
15. Approved footwear for the javelin includes javelin boots (3/16-INCH SPIKES), all-purpose shoes, soccer shoes, football shoes, or any other footwear that does not have metal cleats or metal-tipped cleats.
16. Substandard jumps and throws will not be measured.
17. Only the starting blocks provided by Altoona may be used.
18. A competitor officially becomes a participant when the contestant or a relay team of which they are a member, reports to the clerk of course or the judge of a field event in which they have been entered.
19. Jewelry, hats, etc., are prohibited; uniforms must be school issued. Please review the **uniform rules** with your athletes.
20. No marks may be made on runways; tape may be used for relays.
21. Banners, signs, portable stereos, radios, whistles, and noise makers are prohibited in Mansion Park.
22. Both un-sportsmanlike and unacceptable conduct by athletes and coaches will be reported to the district committee and the schools' principal.
23. Hand deliver the Pole Vault verification form to the weigh-ins. Do not mail the form. Pole vault competition information will be distributed at the coach's meeting and may change depending on weather conditions.
24. A Coaches Meeting will be held approximately 45 minutes before the start of the meet.