

***DISTRICT XI PIAA***

***TRACK AND FIELD***

***2010***

**updated May 1, 2009**

**DATE, LOCATION, AND TIME OF DISTRICT CHAMPIONSHIP**

*May 19, 2010 – 3:00 p.m. – William Allen High School – “AA” & “AAA” Boys/Girls*

*May 20, 2010 – 3:00 p.m. – William Allen High School – “AA” & “AAA” Boys/Girls*

**DATES, LOCATION, AND TIME OF STATE CHAMPIONSHIPS**

*May 28 and 29, 2010-- Shippensburg State University*

*Trials: 8:30 a.m. - Friday, May 28, 2010*

**WHO IS ELIGIBLE TO COMPETE**

As in the past, fastest **24** sprinters (including the 800 and 100/110 M High Hurdles) will be eligible to compete. In all other running events, relay events and all field events, the best 16 will be eligible to compete. This pertains to each of the four divisions, “AA” boys, “AA” girls, “AAA” boys, and “AAA” girls.

**METHOD OF SEEDING**

Times and/or distance.

**HOW OFFICIALS ARE ASSIGNED**

Meet manager via P.I.A.A. track and field chapters.

**DISTRICT COMMITTEE PERSON IN CHARGE OF CHAMPIONSHIP/TOURNAMENT MANAGER**

*Mr. Herbert Welsh, District Committee*

*570-386-3198, Home*

*570-760-1744, Cell*

*Mr. John P. Wabby, District Committee*

*570-460-9075, Cell*

*570-628-3614, Home*

*Mr. Glenn R. Rissmiller, Tournament Manager, Northern Lehigh High School*

*610-916-0543 Home*

*610-392-5107 cell*

**CUT-OFF NUMBER OF “AA”, “AAA”**

2009-2010 P.I.A.A. Handbook

**TICKET PRICES**

*Students/Sr. Citizens -- \$3.00*

*Adults -- \$6.00*

**SENIOR CITIZEN = AGE 62+**

**CUT-OFF DATE FOR ENTRIES**

***Monday, May 17, 2010, 7:00 p.m., at seeding meeting at Northern Lehigh High School.***

## DISTRICT XI PIAA TRACK AND FIELD

### AWARDS PRESENTED

*No team champions.* Top four in each of the four divisions (“AAA” boys, “AAA” girls, “AA” boys, “AA” girls) will receive medals.

### OTHER PERTINENT INFORMATION

- A. The seeding meeting will be held at Northern Lehigh High School on **May 17, 2010**. A general meeting will be held in the Auditorium at 7:00 p.m.
- B. Seeding will be done by the games committee with the assistance of the coaches in their own group meeting using the metric standard for running events and English standard for field events.
- C. Seeding cards should be picked up at your respective all-league meet. Please have them completed prior to the seeding meeting.
- D. The specific number of qualifiers for each event in the meet can be obtained from the Competition Guide.
- E. *Only times and distances achieved in a meet held after **March 1, 2010**, and officiated by a PIAA Official (starter or referee) will qualify for the District XI Meet.*
- F. There will be no entries after the meeting is closed unless approved by the games committee.
- G. A complete copy of your division's seeding will be distributed after the meeting. Please be patient and allow time for its completion.
- H. District XI Programs finalizing the linear and listing the new metric records will be on sale.
- I. There will be no reimbursement for travel, etc., from the district or state. Schools participating are responsible for their own expenses.
- J. Athletes who qualify for the states are expected to attend and compete in the state finals. *If an athlete who qualifies will not compete in one or more events at the state meet, we must be informed on the day of the district meet in writing.*
- K. Each school for the state meet is responsible for submitting payment to the PIAA for all lodging and meals package by registration **Thursday, May 27, 2010**. Alternate financing plans will not be available through the District.

### RULES AND REGULATIONS

- A. Contestants must stay in designated areas during the running of the meet.
- B. No coach or competitor, not involved in the event being run, will be allowed on the track, in the field, or at the finish line.
- C. All competitors must report to the bull pen no later than the second call. The event will start with the third call.
- D. Protest forms will be available at the tent. Protests must be completed on this form.

**DISTRICT XI PIAA TRACK AND FIELD**

- E. There will be only two calls for awards. The recipient shall report on the first call.
- F. ***Important: ONLY STRAIGHT 1/4" spikes will be allowed on the track and runway surfaces.***
- G. Upon arrival, all coaches should pick up their school packets at the meet site.
- H. *Weigh-in for all shots, discuses, and javelins will be held beginning at 3:00 p.m.*
- I. The stadium refreshment stand will be open during the course of the meet.
- J. There will be two locker rooms available for the use of the competitors in the field house.
- K. Starting blocks will be provided by site. Only this style may be used on the track surface.
- L. Souvenir T-shirts will again be sold during the course of the meet. You may purchase them at the main gate area.
- M. There will be a trainer available for the track and field contestants. He will be located in the coaches room by the boys and girls locker room.
- N. There will be 1/4" spikes for sale if you need them.
- O. ***NATIONAL FEDERATION RULES will be used to run the meet.***
- P. District XI welcomes you to an outstanding facility.
- Q. In District qualifying meets to the PIAA Track and Field Championships, not more than three (3) contestants from a given school shall be allowed to enter an individual event. In a relay race, only one Team per school may be entered.

**NOTE: *If any damages occur, as a result of vandalism, the school responsible will be billed for the total cost.***

**PRINCIPALS PLEASE SIGN BOTH FORMS**

**PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION  
OFFICIAL ENTRY BLANK  
DISTRICT XI TRACK AND FIELD**

**GIRLS**

**THE FULL NAMES OF ALL ENTRIES ON THIS BLANK MUST BE TYPEWRITTEN OR PRINTED**

NAME OF SCHOOL \_\_\_\_\_

Return to:

*Mr. Glenn R. Rissmiller*

**CLASSIFICATION:**

*Northern Lehigh High School (Circle One) "AAA" - "AA"*

*One Bulldog Lane*

*Slatington, PA 18080*

**DEADLINE DATE:** *Seeding Meeting -- May 17, 2010*

**LOCATION OF MEETING:** *Northern Lehigh High School, 7:00 p.m.*

Signature of Principal \_\_\_\_\_

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**RULES AND REGULATIONS GOVERNING DISTRICT XI, PIAA TRACK AND FIELD MEET**

1. The District Meet shall be held under the jurisdiction of the District XI Committee of the PIAA.
2. PIAA Eligibility Rules shall apply to all contestants.
3. National federation Track and Field Rules shall govern the District XI Meet except where the Board of Control modifies these rules. These modifications (if any) are listed in the PIAA Rules and Regulations.
4. Changes will not be permitted because of a school's clerical errors.
5. If it is found that more than one heat will be necessary in the 3200 Meter Relay, the 400 Meter Relay, the 1600 Meter Relay, 300 Meter Hurdles, and the 400 Meter Run, the heats shall be run against time. The place winners shall be determined by their time performance.
6. The individual credited with the fastest time or the greatest height or distance in each event shall be credited with the District Championship. Relay Teams shall be treated likewise.
7. a. Participants in the Pole Vault, Shot Put, Discus, and Javelin Throw must provide their own equipment for these events. The equipment so provided must be in accordance with National Federation Rules.  
b. Throwing implements shall be weighed and measured by the officials in charge of the meet and marked to indicate conformity with specified standards.  
c. The officials in charge shall inspect all implements or equipment used in the District Championship Meet, and shall reject any implements or equipment not in conformity with the specified standards as set in National Federation Rules.
8. In the District Meet and the State Meet, a contestant may participate in four events.
9. *All entries must be made on the official entry blanks and the blanks must be signed by the Principal. If not, the contestant will not be registered.*
10. Bring your own safety pins for contestant numbers.

**PRINCIPALS PLEASE SIGN BOTH FORMS**

**PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION  
OFFICIAL ENTRY BLANK  
DISTRICT XI TRACK AND FIELD**

**BOYS**

**THE FULL NAMES OF ALL ENTRIES ON THIS BLANK MUST BE TYPEWRITTEN OR PRINTED**

NAME OF SCHOOL \_\_\_\_\_

Return to:

*Mr. Glenn R. Rissmiller*

*Northern Lehigh High School*

*One Bulldog Lane*

*Slatington, PA 18080*

**CLASSIFICATION:**

*(Circle One) "AAA" - "AA"*

**DEADLINE DATE:** *Seeding Meeting -- May 17, 2010*

**LOCATION OF MEETING:** *Northern Lehigh High School, 7:00 p.m.*

Signature of Principal \_\_\_\_\_

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**RAIN DATE**  
**DOUBLE DIVISION MORNING START**  
**TRACK EVENTS**

<b>TIME</b>	<b>EVENT</b>	<b>TRIALS/ FINALS</b>	<b>CLASS</b>
8:30	100 Meter Low Hurdles	T	Girls AA-Girls AAA
8:50	100 Meter High Hurdles	T	Boys AA-Boys AAA
9:10	100 Meter Dash	T	Girls AA-Girls AAA-Boys AA-Boys AAA
9:35	300 Meter Int. Hurdles	F	Girls AA-Girls AAA-Boys AA-Boys AAA
10:20	3200 Meter Relay	F	Girls AA-Girls AAA
11:00	3200 Meter Relay	F	Boys AA-Boys AAA
11:30	200 Meter Run	T	Girls AA-Girls AAA-Boys AA-Boys AAA
12:40	100 Meter Low Hurdles	F	Girls AA-Girls AAA
12:50	110 Meter High Hurdles	F	Boys AA-Boys AAA
1:00	100 Meter Run	F	Girls AA-Girls AAA-Boys AA-Boys AAA
1:20	1600 Meter Run	F	Girls AA-Girls AAA-Boys AA-Boys AAA
1:45	400 Meter Run	F	Girls AA-Girls AAA-Boys AA-Boys AAA
2:10	400 Meter Relay	F	Girls AA-Girls AAA-Boys AA-Boys AAA
2:50	800 Meter Run	F	Girls AA-Girls AAA-Boys AA-Boys AAA
3:10	200 Meter Run	F	Girls AA-Girls AAA-Boys AA-Boys AAA
3:30	3200 Meter Run	F	Girls AA-Girls AAA-Boys AA-Boys AAA
4:30	1600 Meter Relay	F	Girls AA-Girls AAA-Boys AA-Boys AAA

**FIELD EVENTS**

8:00	Pole Vault	T & F	AAA Girls
8:00	Long Jump	T & F	AAA Girls
8:30	High Jump	T & F	AA Girls
8:30	Shot Put	T & F	AAA Boys
8:30	Discus	T & F	AA Girls
8:30	Javelin	T & F	AA Boys
9:20	Triple Jump	T & F	AA Girls
9:30	Pole Vault	T & F	AAA Boys
9:45	High Jump	T & F	AAA Girls
10:00	Long Jump	T & F	AA Boys
10:15	Shot Put	T & F	AAA Girls
10:15	Discus	T & F	AA Boys
10:15	Javelin	T & F	AA Girls
11:00	Triple Jump	T & F	AAA Girls
11:30	Pole Vault	T & F	AA Girls
12:00	Shot Put	T & F	AA Boys
12:00	Discus	T & F	AAA Girls
12:00	Javelin	T & F	AAA Boys
12:00	Long Jump	T & F	AAA Boys
12:50	Triple Jump	T & F	AA Boys
1:30	Pole Vault	T & F	AA Boys
1:30	High Jump	T & F	AAA Boys
1:40	Long Jump	T & F	AA Girls
1:45	Shot Put	T & F	AA Girls
1:45	Discus	T & F	AAA Boys
1:45	Javelin	T & F	AAA Girls
2:30	Triple Jump	T & F	AAA Boys
3:00	High Jump	T & F	AA Boys

**DISTRICT XI TRACK AND FIELD MEET  
WEDNESDAY, MAY 19, 2010**

<b>EVENT</b>	<b>CLASS</b>	<b>TIME</b>
<b>TRACK EVENTS – PRELIMINARIES, FINALS</b>		
3200 METER RELAY	AA GIRLS, AAA GIRLS	3:00 PM
3200 METER RELAY	AA BOYS, AAA BOYS	3:30 PM
100 METER HURDLES	AA GIRLS, AAA GIRLS	4:00 PM
110 METER HURDLES	AA BOYS, AAA BOYS	4:30 PM
100 METER DASH	AA GIRLS, AAA GIRLS	5:00 PM
100 METER DASH	AA BOYS, AAA BOYS	5:20 PM
200 METER DASH	AA GIRLS, AAA GIRLS	6:00 PM
200 METER DASH	AA BOYS, AAA BOYS	6:15 PM
300 METER HURDLES	AA GIRLS, AAA GIRLS	6:30 PM
300 METER HURDLES	AA BOYS, AAA BOYS	6:45 PM
3200 METER RUN	AA GIRLS, AAA GIRLS	7:00 PM
3200 METER RUN	AA BOYS, AAA BOYS	7:30 PM

**FIELD EVENTS – PRELIMINARIES, FINALS**

LONG JUMP	AA / AAA GIRLS	3:00 PM
DISCUS	AA GIRLS	3:00 PM
JAVELIN	AAA BOYS	3:00 PM
HIGH JUMP	AA BOYS	3:00 PM
POLE VAULT	AA BOYS	3:00 PM
SHOT PUT	AAA BOYS	4:30 PM
JAVELIN	AAA GIRLS	5:00 PM
DISCUS	AA BOYS	5:00 PM
HIGH JUMP	AAA BOYS	5:30PM
POLE VAULT	AA GIRLS	6:00 PM
TRIPLE LUMP	AA / AAA BOYS	6:00 PM
SHOT PUT	AA GIRLS	6:30 PM

**DISTRICT XI TRACK AND FIELD MEET  
THURSDAY, MAY 20, 2010**

EVENT	CLASS	TIME
<b>TRACK EVENTS – PRELIMINARIES, FINALS</b>		
100 METER HURDLES	AA GIRLS, AAA GIRLS FINALS	3:00 PM
110 METER HURDLES	AA BOYS, AAA BOYS FINALS	3:10 PM
100 METER DASH	AA GIRLS, AAA GIRLS FINALS	3:20 PM
100 METER DASH	AA BOYS, AAA BOYS FINALS	3:30 PM
1600 METER RUN	AA GIRLS, AAA GIRLS FINALS	3:45 PM
1600 METER RUN	AA BOYS, AAA BOYS FINALS	4:00 PM
400 METER RUN	AA GIRLS, AAA GIRLS FINALS	4:20 PM
400 METER RUN	AA BOYS, AAA BOYS FINALS	4:40 PM
400 METER RELAY	AA GIRLS, AAA GIRLS FINALS	5:45 PM
400 METER RELAY	AA BOYS, AAA BOYS FINALS	6:05 PM
800 METER RUN	AA GIRLS, AAA GIRLS FINALS	6:30 PM
800 METER RUN	AA BOYS, AAA BOYS FINALS	7:00 PM
200 METER DASH	AA GIRLS, AAA GIRLS FINALS	7:20 PM
200 METER DASH	AA BOYS, AAA BOYS FINALS	7:30 PM
1600 METER RELAY	AA GIRLS, AAA GIRLS FINALS	7:45 PM
1600 METER RELAY	AA BOYS, AAA BOYS FINALS	8:15 PM
<b>FIELD EVENTS</b>		
DISCUS	AAA GIRLS	3:00 PM
JAVELIN	AA BOYS	3:00 PM
POLE VAULT	AAA BOYS	3:00 PM
LONG JUM	AA / AAA BOYS	3:00 PM
HIGH JUMP	AA GIRLS	3:00 PM
SHOT PUT	AA BOYS	4:30 PM
DISCUS	AAA BOYS	5:00 PM
JAVELIN	AA GIRLS	5:00 PM
POLE VAULT	AAA GIRLS	5:00 PM
HIGH JUMP	AAA GIRLS	5:30 PM
TRIPLE JUMP	AA / AAA GIRLS	6:00 PM
SHOT PUT	AAA GIRLS	6:30 PM