

**2009 PIAA TRACK AND FIELD CHAMPIONSHIPS SCHEDULE  
FRIDAY, MAY 22, 2009**

**TRACK EVENTS - PRELIMINARIES**

EVENT	CLASS	TIME
4x800 Meter Relay	AA Girls-AAA Girls-AA Boys-AAA Boys	9:00 a.m.
100 Meter Hurdles	AA Girls-AAA Girls	10:30 a.m.
110 Meter Hurdles	AA Boys -AAA Boys	11:00 a.m.
100 Meter Dash	AA Girls-AAA Girls-AA Boys-AAA Boys	11:30 a.m.
1600 Meter Run	AA Girls-AAA Girls-AA Boys-AAA Boys	12:00 p.m.
400 Meter Dash	AA Girls-AAA Girls-AA Boys-AAA Boys	1:00 p.m.
4x100 Meter Relay	AA Girls-AAA Girls-AA Boys-AAA Boys	1:45 p.m.
300 Meter Hurdles	AA Girls-AAA Girls-AA Boys-AAA Boys	2:45 p.m.
800 Meter Run	AA Girls-AAA Girls-AA Boys-AAA Boys	3:15 p.m.
200 Meter Dash	AA Girls-AAA Girls-AA Boys-AAA Boys	3:45 p.m.
4x400 Meter Relay	AA Girls-AAA Girls-AA Boys-AAA Boys	4:15 p.m.

**FIELD EVENTS - PRELIMINARIES AND FINALS**

EVENT	CLASS	TIME
Pole Vault	AA Girls	9:00 a.m.
Long Jump	AA Girls	9:00 a.m.
High Jump	AAA Girls	9:00 a.m.
Shot Put	AAA Girls	9:00 a.m.
Triple Jump	AA Boys	9:00 a.m.
Javelin Throw	AA Boys	9:00 a.m.
Discus Throw	AAA Boys	9:00 a.m.
High Jump	AA Girls	12:30 p.m.
Discus Throw	AA Girls	12:30 p.m.
Long Jump	AAA Girls	12:30 p.m.
Javelin Throw	AAA Girls	12:30 p.m.
Pole Vault	AA Boys	12:30 p.m.
Shot Put	AA Boys	12:30 p.m.
Triple Jump	AAA Boys	12:30 p.m.

**GENERAL RULES FOR FIELD EVENTS**

All competition in the pole vault, jumping events and throwing events shall be conducted in one session and the order of competition in the trials of all of those events shall be in ascending order of the contestants' qualifying height or distance. Each competitor in the long jump, triple jump, shot put, discus throw and javelin throw shall be allowed three (3) preliminary trials. The top nine (9) competitors, at the conclusion of the preliminaries, shall advance to the finals. In the finals, each qualifier shall be allowed three (3) additional trials in ascending order of their performance in the preliminaries. Competitors shall be credited with their best performance regardless of whether it is in the preliminaries or finals. 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.

PIAA shall provide implements for the shot put and discus throw. All competitors shall be required to use the provided implements. Qualifiers in the pole vault and javelin throw shall provide their own equipment. Vaulting poles and javelins shall be stored in the storage room of Seth Grove Stadium. Female vaulters weights shall be verified from 7:00 a.m. until 8:00 a.m. and male vaulters weights shall be verified from 10:30 a.m. until 11:30 a.m. on each day of competition in the football locker room of Seth Grove Stadium. Javelins must be checked for conformity to NFHS Track and Field Rule 6-6-2 (IAAF specifications), PRIOR TO the start of competition, in the equipment room of Seth Grove Stadium, according to the following schedule: 7:00 a.m. to 8:00 a.m. for 9:00 a.m. competition, and, 10:30 a.m. to 11:30 a.m. for 12:30 p.m. competition.

Javelin throw runway surface is identical to the REKORTAN track surface. Approved footwear for the javelin throw includes javelin boots containing pyramid or needle spikes that do not extend beyond the soles of the boots further than 3/16" OR all-purpose flats. Spike length shall be checked for conformity to specifications, PRIOR TO the start of competition, by a judge at the event area.

The high jump approach and the pole vault, long jump and triple jump runways are identical to the REKORTAN track surface. Only shoes containing pyramid or needle spikes that do not extend beyond the soles of the shoes further than 3/16" OR all-purpose flats shall be permitted. Spike length shall be checked for conformity to specifications, PRIOR TO the start of competition, by a judge at the respective event areas. Shot put and discus throw circles are concrete.

The use of adherents, chalk, or spray paint on any REKORTAN surface is PROHIBITED! Adherents and spray paint are PROHIBITED on PIAA supplied implements, javelin boots, shoes, and throwing surfaces.

To obtain a better grip in the throwing events, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.

Distances and heights shall be recorded in feet and inches.

Any judgment decision pertaining to violations or alleged violations of the rules are non-appealable.

## 2009 PIAA TRACK AND FIELD CHAMPIONSHIPS SCHEDULE

SATURDAY, MAY 23, 2009

### TRACK EVENTS - SEMI-FINALS

EVENT	CLASS	TIME
100 Meter Hurdles	AA Girls-AAA Girls	10:00 a.m.
110 Meter Hurdles	AA Boys -AAA Boys	10:15 a.m.
100 Meter Dash	AA Girls-AAA Girls-AA Boys-AAA Boys	10:30 a.m.
200 Meter Dash	AA Girls-AAA Girls-AA Boys-AAA Boys	11:30 a.m.

### TRACK EVENTS - FINALS

EVENT	CLASS	TIME
3200 Meter Run	AA Girls-AAA Girls-AA Boys-AAA Boys	9:00 a.m.
4x800 Meter Relay	AA Girls-AAA Girls-AA Boys-AAA Boys	10:45 a.m.
100 Meter Hurdles	AA Girls-AAA Girls	12:00 p.m.
110 Meter Hurdles	AA Boys -AAA Boys	12:10 p.m.
100 Meter Dash	AA Girls-AAA Girls-AA Boys-AAA Boys	12:15 p.m.
1600 Meter Run	AA Girls-AAA Girls-AA Boys-AAA Boys	12:30 p.m.
400 Meter Dash	AA Girls-AAA Girls-AA Boys-AAA Boys	1:00 p.m.
4x100 Meter Relay	AA Girls-AAA Girls-AA Boys-AAA Boys	1:15 p.m.
300 Meter Hurdles	AA Girls-AAA Girls-AA Boys-AAA Boys	1:30 p.m.
800 Meter Run	AA Girls-AAA Girls-AA Boys-AAA Boys	1:45 p.m.
200 Meter Dash	AA Girls-AAA Girls-AA Boys-AAA Boys	2:00 p.m.
4x400 Meter Relay	AA Girls-AAA Girls-AA Boys-AAA Boys	2:45 p.m.

### FIELD EVENTS - PRELIMINARIES AND FINALS

EVENT	CLASS	TIME
Triple Jump	AA Girls	9:00 a.m.
Javelin Throw	AA Girls	9:00 a.m.
Pole Vault	AAA Girls	9:00 a.m.
Long Jump	AA Boys	9:00 a.m.
Discus Throw	AA Boys	9:00 a.m.
High Jump	AAA Boys	9:00 a.m.
Shot Put	AAA Boys	9:00 a.m.
Shot Put	AA Girls	12:30 p.m.
Triple Jump	AAA Girls	12:30 p.m.
Discus Throw	AAA Girls	12:30 p.m.
High Jump	AA Boys	12:30 p.m.
Pole Vault	AAA Boys	12:30 p.m.
Long Jump	AAA Boys	12:30 p.m.
Javelin Throw	AAA Boys	12:30 p.m.

### QUALIFYING PROCEDURES FOR TRACK EVENTS

100 meter hurdles, 110 meter hurdles, 100 meter dash and 200 meter dash--Sixteen (16) contestants from the preliminary heats advance on place/time to two (2) semi-final heats. The top three (3) places from each semi-final heat and the two (2) fastest times among the remaining competitors advance to the final. 400 meter dash, 4x100 meter relay, 300 meter hurdles and 4x400 meter relay --Eight (8) contestants from the preliminary heats advance on place/time to the final. 4x800 meter relay, 1600 meter run, and 800 meter run --Twelve (12) contestants from the preliminary heats advance on place/time to the final. 3200 meter run--A final.

### GENERAL RULES FOR TRACK EVENTS

Pyramid or needle spikes that do not extend beyond the soles of the shoes further than 3/16" shall be permitted on the Shippensburg University REKORTAN track. Spike length shall be checked for conformity to specifications, PRIOR TO the start of each race, by a judge at the staging area. The use of adherents, chalk or spray paint on any REKORTAN surface is PROHIBITED! ONLY TAPE shall be permitted to mark acceleration zones in the 4x100 meter relay.

The 400 meter dash shall be run using a two turn stagger. The 4x400 meter relay shall be run using a three turn stagger.

Only PIAA authorized starting blocks shall be permitted on the Shippensburg University track. Coaches and spectators are NOT PERMITTED on the infield. Contestants are permitted on the infield, but they may enter the infield NO EARLIER than fifteen (15) minutes prior to their event. Contestants must leave the infield area at the point of elimination from their event or at the conclusion of their event, whichever comes first.

Any judgment decision pertaining to violations or alleged violations of the rules; a decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition; or whether a start is fair and legal are non-appealable. Inquiries will be accepted in the equipment room located under the West Stands of Seth Grove Stadium.