



2010 TRACK & FIELD CHAMPIONSHIPS

CONDITIONS OF ENTRY INTO PIAA INTER-DISTRICT CHAMPIONSHIP CONTESTS

PIAA member schools are not required to enter PIAA championship events. Entry and participation in the 2010 PIAA Track and Field Championships are voluntary. Entry into the 2010 PIAA Track and Field Championships signifies that the member school accepts the fact that the PIAA Executive Director, or the Executive Director's designee, reserves the right to make changes in the date of Contests, location of Contests, management, operation, and schedule of the 2010 PIAA Track and Field Championships if, in the judgment of the Executive Director, or the Executive Director's designee, it becomes necessary to do so.

MINIMUM NUMBER OF TRACK AND FIELD ENTRIES TO CHAMPIONSHIPS

The minimum number of track and field entries from each PIAA District's qualifying meet, per enrollment classification, to the PIAA Track and Field Championships shall be based on the number of member schools that sponsor a track and field Team which participates in more than 50% of the maximum permitted number of Regular Season Contests in that sport. The following chart lists the **minimum** number of entries, per enrollment classification, from each PIAA District's qualifying meet to the PIAA Track and Field Championships:

| District | AA Girls Min. No. of T&F Entries | AAA Girls Min. No. of T&F Entries | AA Boys Min. No. of T&F Entries | AAA Boys Min. No. of T&F Entries | District | AA Girls Min. No. of T&F Entries | AAA Girls Min. No. of T&F Entries | AA Boys Min. No. of T&F Entries | AAA Boys Min. No. of T&F Entries |
|----------|--|---|---------------------------------------|--|---------------|--|---|---------------------------------------|--|
| I | 1 | 5 | 1 | 5 | VII | 5 | 4 | 5 | 4 |
| II | 1 | 1 | 1 | 1 | VIII | 0 | 1 | 0 | 1 |
| III | 3 | 5 | 3 | 5 | IX | 2 | 1 | 2 | 1 |
| IV | 2 | 1 | 2 | 1 | X | 2 | 1 | 2 | 1 |
| V | 1 | 0 | 1 | 0 | XI | 2 | 2 | 2 | 2 |
| VI | 3 | 1 | 3 | 1 | XII | <u>2</u> | <u>2</u> | <u>2</u> | <u>2</u> |
| | | | | | Totals | 24 | 24 | 24 | 24 |

In addition, individuals or eligible relay Teams that place eighth (8th) or better in a PIAA District qualifying meet shall also qualify to the PIAA Track and Field Championships provided their PIAA District qualifying meet time, height, or distance is equal to or better than the qualifying time, height, or distance, as set forth on page 33 of the Rules and Regulations Section of the 2009-2010 PIAA Handbook, which is available on the PIAA Web site at www.piaa.org.

SCRATCHES

The PIAA Track and Field Championships is a NO SCRATCH MEET! A contestant may not **scratch** from a PIAA Track and Field Championships event for which they have qualified, **after** the District has submitted its entries (qualifiers) to the PIAA Office, except when an illness or injury, certified to by a physician and/or the PIAA Track and Field Championships meet referee, forces a contestant to withdraw. This applies to both contestants in individual events and individual members of relay Teams, but not entire relay Teams. The next place finisher in that event, in that District qualifying meet, shall be moved up into the qualifying position previously held by the scratched contestant to provide for the minimum number of entries from that District qualifying meet to the PIAA Track and Field Championships.

The head track and field Coach of a member school that desires to scratch a contestant, who has qualified for a 2010 PIAA Track and Field Championships event, must complete a PIAA TRACK AND FIELD CHAMPIONSHIPS SCRATCH form prior to the District submitting its entries (qualifiers) to the PIAA Office. PIAA TRACK AND FIELD CHAMPIONSHIPS SCRATCH forms are available at the respective District qualifying meets.

Scratches occurring at the PIAA Track and Field Championships will be received at registration for the PIAA Track and Field Championships or in the equipment room located under the West Stands of Seth Grove Stadium. A PIAA TRACK AND FIELD CHAMPIONSHIPS SCRATCH FORM MUST BE COMPLETED BY THE HEAD TRACK AND FIELD COACH OF THE INVOLVED SCHOOL and the contestant's number of the scratched contestant must be surrendered at the time the scratch is reported, resulting in disqualification from further participation in the PIAA Track and Field Championships.

LODGING AND MEALS

Lodging and meals are available on the Shippensburg University campus at a package cost of \$100.00 per person. This fee includes Thursday dinner, Thursday night lodging, Friday breakfast, Friday lunch, Friday dinner, Friday night lodging, Saturday breakfast, and Saturday lunch (two [2] nights lodging and six [6] meals). Schools are not required to purchase the lodging and meals package; however, if reservations are desired, they are subject to the following limitations: one (1) male qualifier from a school requesting housing, no more than one (1) Coach from that school will be housed; one (1) female qualifier from a school requesting housing, no more than one (1) Coach from that school will be housed; two (2) or more male qualifiers from a school requesting housing, no more than two (2) Coaches from that school will be housed; two (2) or more female qualifiers from a school requesting housing, no more than two (2) Coaches from that school will be housed; and only the four (4) members of a qualifying relay Team that will actually **compete** in the PIAA Track and Field Championships, **and** request housing, will be housed. Shippensburg University can accommodate and will house up to 2,200 qualifiers and Coaches in its residence halls; however, additional (extra) Coaches from a school and qualifying relay Team alternates cannot be accommodated and, therefore, will not be housed by Shippensburg University! Every effort will be made by Shippensburg University to house Coaches and their qualifiers in the same residence hall. Shippensburg University will provide sheets, pillows, and pillowcases. Coaches and contestants must bring their own blankets and towels.

Each school is responsible for making their own online housing reservations at www.ship.edu, as well as submitting payment for ALL lodging and meals package requests at registration for the PIAA Track and Field Championships. **All checks must be made payable to SHIPPENSBURG UNIVERSITY FOUNDATION.** Alternate financing plans have been arranged for member schools under the jurisdiction of the PIAA District VIII Committee (Pittsburgh Public Schools) and the PIAA District XII Committee.

ON CAMPUS SUPERVISIONS

Coaches will be responsible for supervising their contestants at ALL TIMES both on and off the Shippensburg University of Pennsylvania campus. Misconduct by Coaches and/or contestants will **NOT** be tolerated. Offenders will be subject to expulsion from the Shippensburg University of Pennsylvania campus and from the PIAA Track and Field Championships.

CURFEW AND QUIET HOURS

A curfew will be in effect from 11:00 p.m. on Thursday AND Friday nights until 6:00 a.m. the following mornings. Coaches and contestants MUST be in their respective residence halls between 11:00 p.m. and 6:00 a.m. each night AND MUST be in their respective residence hall rooms observing the same period of time as QUIET HOURS. ADMISSION TO S.U. RESIDENCE HALLS AFTER 11:00 P.M. WILL BE FOR REGISTERED GUESTS OF THE RESPECTIVE RESIDENCE HALLS ONLY. RESIDENCE HALL STAFF WILL REQUIRE PRESENTATION OF A RESIDENCE HALL ROOM KEY AS VERIFICATION. ALL RESIDENCE HALLS WILL BE LOCKED FROM 11:00 P.M. UNTIL 6:00 A.M.

DAMAGE AND VANDALISM

Damage and vandalism WILL NOT BE TOLERATED! All damage to residence hall rooms and to room contents including extra cleaning charges for rooms left in dirty condition and charges for lost sheets, pillows, and pillow cases will be billed by Shippensburg University directly to the school that the room occupants represented while at the PIAA Track and Field Championships. Room phones are NON-OPERATIONAL! Room trading and furniture moving is NOT PERMITTED! Returning moved items will be a minimum charge of \$20.00.

FOOD SERVICE AND MEAL TICKETS

Food service will be available in Reisner Dining Hall at the following times:

| <u>Day</u> | <u>Meal</u> | <u>Time</u> |
|------------|-------------|------------------------|
| Thursday | Dinner | 4:30 p.m. - 7:30 p.m. |
| Friday | Breakfast | 6:30 a.m. - 9:30 a.m. |
| Friday | Lunch | 10:30 a.m. - 2:00 p.m. |
| Friday | Dinner | 5:00 p.m. - 8:00 p.m. |
| Saturday | Breakfast | 6:30 a.m. - 9:30 a.m. |
| Saturday | Lunch | 10:30 a.m. - 2:00 p.m. |

Meal tickets will be made available to Coaches and contestants being lodged off-campus.

A meal package includes Thursday dinner, Friday breakfast, Friday lunch, Friday dinner, Saturday breakfast, and Saturday lunch (six [6] meals). Meal package tickets may be purchased at a cost of \$48.00 at registration in the Tuscarora Room of Reisner Dining Hall.

Individual meals may be purchased at the door in Reisner dining Hall at the following individual meal prices: breakfast - \$7.00; lunch - \$8.00; and dinner - \$9.00.

REGISTRATION, COACHES' AND CONTESTANTS' CLINIC, MANDATORY COACHES' MEETING, AND CHECKOUT

Registration will be held from 12:00 p.m. until 5:00 p.m., Thursday, May 27, 2010, in the Tuscarora Room of Reisner Dining Hall, on the campus of Shippensburg University of Pennsylvania. After 5:00 p.m., registration will be held at the main desk of Mowrey Residence Hall on the campus of Shippensburg University of Pennsylvania.

A Coaches' and contestants' clinic will be held from 1:00 p.m. to 5:00 p.m. on Thursday, May 27, 2010 in Orndorff Theatre of the Cedia Union Building (CUB).

A mandatory meeting of ALL head track and field Coaches being housed in Shippensburg University residence halls will be conducted at 7:00 p.m., Thursday, May 27, 2010 in Memorial Auditorium on the campus of Shippensburg University of Pennsylvania.

Late registration will begin at 8:00 a.m. on Friday, May 28 and on Saturday, May 29, 2010 at the South Gate of Seth Grove Stadium on the campus of Shippensburg University of Pennsylvania. Registration packets will include:

1. Map of Shippensburg University of Pennsylvania Campus
2. Two (2) Coaches' Passes
3. Residence Hall Assignments (if applicable)
4. One (1) Complimentary Program
5. General Information for Coaches and Contestants
6. Summary of Shippensburg University of Pennsylvania Rules and Regulations
7. Competitors' Numbers

Upon completion of registration, Coaches and contestants should report to their assigned residence hall, if being housed on campus.

Residence hall checkout will begin at 12:00 p.m., Saturday, May 29, 2010. Before checking-out the following MUST BE COMPLETED:

1. Put room in order.
2. Collect sheets and pillowcases.
3. Close and lock room door.
4. Report to residence hall main desk.
5. Have sheets and pillowcases provided by Shippensburg University of Pennsylvania inventoried at residence hall main desk by Shippensburg University personnel.
6. Report any damage or any lost items at residence hall main desk.
7. Sign checkout sheet at residence hall main desk.

EMERGENCY HEALTH CARE

PIAA will arrange to have a physician, an ambulance, and an EMS crew either at the Contest site or "on call", to provide emergency medical care. PIAA-contracted certified athletic trainers will be available for emergency health care. Athletic trainers reserve the right to charge a school for any training supplies that were supplied by the athletic trainers or that were used by the school.

PRACTICE/WARM-UPS

Seth Grove Stadium will be **open** to Coaches and contestants, for Practice purposes, from 12:00 p.m. until 6:00 p.m. on Thursday, May 27, 2010. For the purpose of accommodating qualifiers in the pole vault event with adequate Practice time, **female vaulters** will be scheduled to Practice in Seth Grove Stadium from 12:00 p.m. until 3:00 p.m. and **male vaulters** will be scheduled to Practice in Seth Grove Stadium from 3:00 p.m. until 6:00 p.m. on Thursday, May 27, 2010. Coaches are reminded that they are responsible for supervising their contestants at ALL TIMES including, but not limited to, the aforementioned Practice sessions.

Seth Grove Stadium field event areas will be **open to only morning** field events' Coaches and contestants, for Practice/warm-up purposes, **from 8:00 a.m. until 8:45 a.m.** and **open to only afternoon** field events' Coaches and contestants, for Practice/warm-up purposes, **from 11:30 a.m. until 12:15 p.m.**, on each day of competition. Seth Grove Stadium field event areas will be **closed** to all field events' Coaches and contestants **from the conclusion of the respective afternoon field events on Friday, May 28 until 8:00 a.m. on Saturday, May 29, 2010.**

Seth Grove Stadium track will be **closed** to all track events' Coaches and contestants **from the conclusion of track competition on Friday, May 28 until 8:00 a.m. on Saturday, May 29, 2010.**

ADMISSION TO STADIUM

Admission to Seth Grove Stadium for Coaches on Friday and Saturday will be by a Coaches' Pass. Contestants will be admitted on their contestant number. ALL OTHERS MUST PURCHASE A TICKET. A maximum of two (2) Coaches' Passes will be provided, per Team. COACHES' PASSES ARE NON-TRANSFERABLE.

TICKET PRICES

| | | | | | | | |
|-----------|-------|----|---------|---|---------|----|--------|
| SERIES: | Adult | -- | \$14.00 | - | Student | -- | \$7.00 |
| FRIDAY: | Adult | -- | \$6.00 | - | Student | -- | \$3.00 |
| SATURDAY: | Adult | -- | \$8.00 | - | Student | -- | \$4.00 |

SPIKES, STARTING BLOCKS, AND SURFACES

Pyramid or needle spikes that do not extend beyond the soles of the shoes further than 3/16" shall be permitted on ALL REKORTAN surfaces. Spike length shall be checked for conformity to specifications, PRIOR TO the start of each race or field event, by a judge at the respective staging area. Spikes may be purchased from Shippensburg University of Pennsylvania at the Shippensburg University of Pennsylvania spike vendor's trailer located outside the North Gate of Seth Grove Stadium. Only starting blocks that have been preauthorized by PIAA are permitted to be used on the Shippensburg University of Pennsylvania track. The high jump approach and the pole vault, long jump, triple jump, and javelin throw runways are identical to the REKORTAN track surface. Shot put and discus throw circles are concrete. The use of adherents, chalk, or spray paint on any REKORTAN surface is PROHIBITED! Adherents are PROHIBITED on PIAA supplied implements, javelin boots, shoes, and throwing surfaces.

COMPETITORS' UNIFORM AND CONTESTANTS' NUMBERS

The competitor's uniform shall be issued by the school and worn as intended by the manufacturer. For complete PIAA adoptions and modifications to the competitors' uniform rule, please access the track and field section of the PIAA Web site at www.piaa.org.

A contestant's number MUST be securely pinned at the corners to the outside of the back of a contestant's jersey at mid-back level, so as to be plainly visible from a distance of at least twenty (20) yards.

MARSHALING

The infield area and all field event areas will be marshaled. Coaches and spectators will NOT BE PERMITTED on the infield, unless invited by the games committee.

Contestants will be permitted on the infield area no earlier than fifteen (15) minutes prior to the scheduled time of 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.

BANNERS, NOISEMAKERS, LISTENING DEVICES, AND SPECTATOR DECORUM

Both the presence and use of balloons, laser pointers, noisemakers, signs, sirens, strips of material, towels, whistles, or portable listening devices (without earphones) are prohibited. Small portable listening devices with earphones and stationary banners and signs, which are sportsmanlike in their messages, are permitted. Portable listening devices (with or without earphones) are PROHIBITED in the infield area and in all field event areas.

INQUIRIES

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; and/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.

MEDALS, TROPHIES, AND MEET SCORING

1st, 2nd, 3rd, 4th, 5th, 6th, 7th, and 8th place finishers in each event and in each class, including ties for all places, will receive individual medals. Champion and runner-up Teams in each class will receive trophies. Proper attire at the awards presentation ceremony shall consist of school issued warm-up suit or school issued track and field uniform and shoes. Jewelry (including watches), bracelets (cord or cosmetic), headbands, wristbands, hats, head coverings (except for religious reasons), sunglasses (except prescription), and men's boxer shorts are PROHIBITED.

Pursuant to ARTICLE IX, REPRESENTATION, Section 4, Eligibility of Teams and Multiple Individuals of Championships Contests, of the PIAA By-Laws, Team points are awarded to place winners according to the order in which they finish a given event. For scoring purposes, a Team is made up of one or more competitors representing a single school. The Team winner is determined by totaling the points won by the individuals and relay Teams representing that school.

The number of places to be scored for each event shall be as follows:

| Place | Individual Scoring and Relay Scoring | | | | | | | |
|--------|--------------------------------------|-----|-----|-----|-----|-----|-----|-----|
| | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th |
| Points | 10 | 8 | 6 | 5 | 4 | 3 | 2 | 1 |

When any apparent place winner is disqualified in an event, lower place winners in that event shall be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.

COMPETITORS

Contestants officially become competitors when they report to the clerk of the course or field event judge for an event in which they are entered. Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events shall not be allowed to participate in that event and shall be disqualified from further participation in the PIAA Track and Field Championships.

Each contestant shall be responsible for obtaining a contestant number and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated.

PARTICIPATION AND ENTRY LIMITATIONS

A competitor shall not compete in more than four events, including relays.

PENALTY: A competitor who participates in more events than allowed by rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay(s) event, the Team's relay(s) points and place(s) shall also be forfeited.

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 participate in an individual event. In a relay race, only one Team per school may be entered.

ADHERENTS, CHALK, OR SPRAY PAINT

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.

2010 PIAA TRACK & FIELD CHAMPIONSHIPS SCHEDULE

FRIDAY, MAY 28, 2010 TRACK EVENTS—PRELIMINARIES

| <u>EVENT</u> | <u>CLASS</u> | <u>TIME</u> |
|-------------------|-------------------------------------|-------------|
| 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 | 2:00 p.m. |
| 300 Meter Hurdles | AA Girls-AAA Girls-AA Boys-AAA Boys | 3:00 p.m. |
| 800 Meter Run | AA Girls-AAA Girls-AA Boys-AAA Boys | 3:30 p.m. |
| 200 Meter Dash | AA Girls-AAA Girls-AA Boys-AAA Boys | 4:00 p.m. |
| 4x400 Meter Relay | AA Girls-AAA Girls-AA Boys-AAA Boys | 4:30 p.m. |

SATURDAY, MAY 29, 2010

TRACK EVENTS—SEMI-FINALS

| <u>EVENT</u> | <u>CLASS</u> | <u>TIME</u> |
|-------------------|-------------------------------------|-------------|
| 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

| | | |
|-------------------|-------------------------------------|------------|
| 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 | 2:30 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. Pursuant to NFHS Track and Field Rule 3-2-3j, the games committee shall determine the starting height and successive heights of the cross bars in the high jump and pole vault. 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, PRIOR TO the start of competition, in the equipment room of Seth Grove Stadium and in accordance with 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.

FRIDAY, MAY 28, 2010 FIELD EVENTS—PRELIMINARIES AND FINALS

| <u>EVENT</u> | <u>CLASS</u> | <u>TIME</u> |
|---------------|--------------|-------------|
| 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. |

SATURDAY, MAY 29, 2010

FIELD EVENTS—PRELIMINARIES AND FINALS

| <u>EVENT</u> | <u>CLASS</u> | <u>TIME</u> |
|---------------|--------------|-------------|
| 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. |

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.

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 the scheduled time of 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.