

MID PENN *Track & Field Championships*

Saturday, May 13, 2023

Dear Head Track & Field Coach, Athletic Director, or Meet Official

The Mid Penn Track & Field Championship Meet is scheduled for Saturday, May 13, 2023 at the Edwin H. Sponseller Track & Field Complex in Chambersburg.

Meet information is included in this packet. The track & field committee has determined the following structure for the conference meet:

- 1) There will be no separation of events between athletes of AA and AAA schools.
- 2) A girls' champion will be declared based on team points.
- 3) A boys' champion will be declared based on team points.
- 4) Track event participants must meet the qualifying standard. All entries meeting the QS will be accepted. This is new!
- 5) Field event participants must meet the qualifying standard. All entries meeting the QS will be accepted. This is new!
- 6) Coaches may enter 4 athletes per individual event but must scratch one by the scratch deadline unless a team has 4 individuals in the top 8 before scratches!

**Entries are due by 11:00PM on Tuesday, May 9, 2023.
(Use PA Mile Split)**

- 1) A time or distance must be listed for each entry.
- 2) A location must be included for each entry.
- 3) Only outdoor performances from the 2023 season may be used.
- 4) If a time is a hand time, please add 0.24 to the hand time when entering the performance.
- 5) Please include names of relay team members. You may list 6 names.

**Scratches are due to FAT operator Jim Ellingsworth by 9PM on Wednesday, May 10.
Please be sure to copy meet director Bob Walker on the email.**

MAC-FAT.net rjwalker211@gmail.com

***You will receive a confirmation email for your scratches. If you have 4 entries in an event, the lowest seed will be scratched from competition unless otherwise indicated. There will be no additions or changes to entries after the deadline!**

A performance list showing all entries will be sent to head coaches on Wednesday, May 10. A revised performance list showing only accepted entries will be sent to head coaches on Thursday, May 11. A meet program including heat & lane assignments, flights, event schedule, and meet records will be sent to head coaches on Friday, May 12.

Bob Walker-Meet Director

MID PENN

TRACK & FIELD CHAMPIONSHIPS

MAY 13, 2023

PARTICIPATING TEAMS

GIRLS

Altoona
Big Spring
Bishop McDevitt
Boiling Springs
Camp Hill
Carlisle
Cedar Cliff
Central Dauphin
Central Dauphin East
Chambersburg
Cumberland Valley
East Pennsboro
Gettysburg
Greencastle-Antrim
Harrisburg
Hershey
James Buchanan
Lower Dauphin
Mechanicsburg
Middletown
Mifflin County
Milton Hershey
Northern York
Palmyra
Red Land
Shippensburg
State College
Steelton-Highspire
Susquehanna Township
Trinity
Waynesboro
West Perry

BOYS

Altoona
Big Spring
Bishop McDevitt
Boiling Springs
Camp Hill
Carlisle
Cedar Cliff
Central Dauphin
Central Dauphin East
Chambersburg
Cumberland Valley
East Pennsboro
Gettysburg
Greencastle-Antrim
Harrisburg
Hershey
James Buchanan
Lower Dauphin
Mechanicsburg
Middletown
Mifflin County
Milton Hershey
Northern York
Palmyra
Red Land
Shippensburg
State College
Steelton-Highspire
Susquehanna Township
Trinity
Waynesboro
West Perry

Event Assignments

All schools are required to provide at least 2 competent, able-bodied student/adult helpers at the assigned event listed below. Please review the list carefully. Assignments may have changed from the past year!

Team	Event	Report Time
Altoona	Hurdle Crew	1:00 PM
Big Spring	Boys' High Jump	12:30 PM
Bishop McDevitt	Girls' Pole Vault	8:45 AM
Boiling Springs	Boys' Long Jump	12:30 PM
Camp Hill	Boys' Discus	1:15 PM
Carlisle	Boys' Triple Jump	8:45 AM
Cedar Cliff	Hurdle Crew	9:30 AM
Central Dauphin	Boys' Long Jump	12:30 PM
CD East	Girls' Long Jump	8:45 AM
Chambersburg	Blocks/Hurdle Crew	ALL DAY
Cumberland Valley	Girls' Long Jump	8:45 AM
East Pennsboro	Girls' Shot Put	12:15 PM
Greencastle-Antrim	Boys' Shot Put	8:45 AM
Gettysburg	TBA	
Lower Dauphin	Boys' Shot Put	8:45 AM
Hershey	Girls' Triple Jump	12:30 PM
James Buchanan	Girls' Shot Put	12:15 PM
Harrisburg	Girls' High Jump	8:45 AM
Mechanicsburg	Girls' Javelin	1:15 PM
Middletown	Girls' Discus	8:45 AM
Mifflin County	Boys' Javelin	10:45 AM
Milton Hershey	Hurdle Crew	9:30 AM
Northern York	Boys' Discus	1:15 PM
Palmyra	Boys' Triple Jump	8:45 AM
Red Land	Hurdle Crew	1:00 PM
Shippensburg	Girls' Discus	8:45 AM
State College	Boys' Pole Vault	11:45 AM
Steelton-Highspire	Hurdle Crew	1:00 PM
Susquehanna-Township	Girls' High Jump	8:45 AM
Trinity	Girls' Triple Jump	12:30 PM
Waynesboro	Girls' Javelin	1:15 PM
West Perry	Hurdle Crew	1:00 PM

THANK YOU IN ADVANCE FOR YOUR HELP AND COOPERATION

MID PENN

TRACK & FIELD CHAMPIONSHIPS MAY 13, 2023

EVENTS MAY RUN UP TO, BUT NO MORE THAN, 15 MINUTES AHEAD

Running Events

9:00 Girls' 4 x 800m Final
9:25 Boys' 4 x 800m Final
9:50 Girls' 100m Hurdle Trials
10:10 Boys' 110m Hurdle Trials
10:30 Girls' 100m Trials
10:45 Boys' 100m Trials
11:00 Girls' 1600m Final
11:15 Boys' 1600m Final
11:30 Boys' 110m Hurdle Final
11:35 Girls' 100m Hurdle Final
11:40 Girls' 100m Final:
11:35 Boys' 100m Final

Field Events

7:30 Implement inspection for girls' discus, boys' shot put
9:00 Implement inspection for boys' javelin
11:00 Implement Inspection for girls' shot put, girls' javelin and boys' discus

9:00 Girls' Discus
9:00 Girls' Pole Vault
9:00 Girls' High Jump
9:00 Girls' Long Jump
9:00 Boys' Triple Jump
9:00 Boys' Shot Put

11:00 Boys' Javelin

LUNCH BREAK

12:15 Girls' 4 x 100m Final
12:30 Boys' 4 x 100m Final
12:45 Girls' 400m Final
1:00 Boys' 400m Final
1:20 Girls' 300m Hurdle Final
1:35 Boys' 300m Hurdle Final
1:50 Girls' 800m Final
2:00 Boys' 800m Final
2:15 Girls' 200m Final
2:30 Boys' 200m Final
2:45 Girls' 3200m Final
3:15 Boys' 3200m Final
3:45 Girls' 4 x 400m Final
4:00 Boys' 4 x 400m Final

12:00 Boys' Pole Vault
12:30 Girls' Shot Put
12:45 Girls' Triple Jump
12:45 Boys' Long Jump
12:45 Boys' High Jump
1:30 Girls' Javelin
1:30 Boys' Discus

MID PENN

TRACK & FIELD CHAMPIONSHIPS

MAY 13, 2023

RULES AND REGULATIONS

1. The National Federation Rules shall govern the meet except where PIAA exceptions take precedence.
2. PIAA modifications will be enforced.
3. Bibs will not be used or issued.
4. **Only spikes of 1/4" or less will be permitted.**
5. **THIS IS A NO SCRATCH MEET.** For individual events, scratches on the day of the meet will result in the individual being disqualified from further competition in individual events.
6. There will be eight (8) scoring places (10-8-6-5-4-3-2-1). Medals are given to the top eight (8) places.
7. All protests will be resolved by the meet referee.
8. Entries are limited to performances from the 2023 outdoor season.
9. Any athlete entered in the meet may run on a relay team providing they will not exceed 4 events.
10. **All events except for relays have a qualifying standard. Please do not enter athletes that have not met the qualifying standard.**
11. Uniforms must comply with NFHS regulations and PIAA modifications.
12. Relay participants must wear similar uniforms.
13. Removal of any part of the uniform inside a competitive venue is prohibited.
14. The 100m trials, 100m hurdle trials, and 110m hurdles trials will advance the fastest 8 times to the final.
15. All other races will be run as a final based on time. The fastest section will be the last section.
16. A 3-turn stagger will be used for the 4 x 400m relay.
17. Alleys will be used on the first turn for the 800m, 1600m, 3200m, and 4 x 800m events.
18. Tape should be used for relay zone markings and at the jumping events. No chalk!
19. Starting blocks will be provided. You may use your own starting blocks.
20. No sharp objects may be used in the horizontal jumps as marks.
21. Competitors must provide their own implements in the throwing events. All implements must be inspected before competition.
22. Nine competitors will advance to finals in the throwing events and the horizontal jumps.
23. Competitors in the long jump may use an 8-foot or 12-foot take-off board.
24. Competitors in the girls' triple jump may use a 24-foot or 30-foot take-off board.
25. Competitors in the boys' triple jump may use a 30-foot or 36-foot take-off board.
26. There are no minimum measurements marks in the horizontal jumps or the throwing events.
27. Starting height in the high jump is the qualifying standard unless the games committee deems it necessary to adjust for poor weather conditions.
28. Starting height in the pole vault is the qualifying standard unless the games committee deems it necessary to adjust for poor weather conditions.
29. Designated areas will be provided for coaches in all field events.
30. Tents at Bus Peters must be placed along the fence. Tents in the stadium may be placed at either end.
31. Meet personnel will direct bus parking.
32. Headphones, ear buds, air buds may not be worn inside the competitive area.
33. Video must be viewed in an area deemed appropriate by the event official.
34. Loud music, noise makers, and horns are not permitted in the stadium or Bus Peters throwing venue.
35. Frisbees, footballs, soccer balls, et cetera are not permitted in the stadium or Bus Peters throwing venue.

Facilities:

1. The track is an 8-lane track.
2. Javelin runway is the same as the track surface.
3. Trainers will be present. Bring your own supplies.
4. Gyms and locker rooms will not be available.
5. Concession stand food will be available.

Amenities:

1. Meet t-shirts will be sold near the concession stand.
2. No packet at this meet! Bibs are not needed.
3. Gates open at 7:30AM on meet day.
4. Admission prices (as set by the Mid Penn): adults \$8 and students \$4
5. Live results can be obtained using: MAC-FAT.net

Appendix D

Field Event Qualifying Standards-2023

event	shot put	discus	javelin	long jump	triple jump	high jump	pole vault
Girls'	29-3	88-0	90-0	15-2	32-0	4-8	8-0
Boys'	40-0	115-0	135-0	19-6	39-0	5-8	11-0

Track Event Qualifying Standards-2023

event	100m	200m	400m	800m	1600m	3200m	100/110H	300H
Girls'	13.43	28.23	1:05.73	2:37.23	5:52.23	13:20.23	18.63	54.23
Boys'	11.73	24.23	55.23	2:09.23	4:50.23	10:47.23	18.23	45.23

The table below shows the accepted performances for the past 5 conference championship meets. All relay entries are accepted. The marks below are based on 40 competitors. The 2021 meet was limited to 32 competitors.

Girls' Events:	2016	2017	2018	2019	2021
100	13.50	13.44	13.44	13.54	13.34
200	28.09	28.54	28.26	28.27	27.93
400	1:04.84	1:06.64	1:06.14	1:05.30	1:05.84
800	2:38.34	2:35.13	2:37.95	2:35.16	2:43.94
1600	5:56.24	5:53.00	5:55.34	5:58.38	5:53.44
3200	13:15.34	13:03.05	13:47.04	13:23.85	13:14.70
100H	18.36	18.14	18.46	18.64	18.44
300H	52.84	52.84	53.74	53.07	56.30
SP	29-8	28-9.75	29-0	29-2	29-0
DT	95-2	80-0	85-0	85-3	85-7
JT	87-0	90-2	90-5	90-0	90-9
PV	8-0	8-0	8-0	8-0	8-0
LJ	14-10.75	15-2	15-3.75	15-3.25	15-0
TJ	32-3	32-0	32-0	31-8	32-2
HJ	4-10	4-8	4-8	4-8	4-8

The table below shows the accepted performances for the past 5 conference championship meets. All relay entries are accepted. The marks below are based on 40 competitors. The 2021 meet is limited to 32 competitors.

Boys' Events	2016	2017	2018	2019	2021
100	11.67	11.46	11.64	11.60	11.84
200	23.83	23.77	23.87	24.18	24.24
400	54.44	55.02	54.43	54.32	58.40
800	2:08.24	2:07.12	2:10.17	2:09.14	2:08.24
1600	4:49.74	4:49.64	4:50.74	4:50.80	4:50.68
3200	10:50.94	10:45.10	10:47.85	10:43.23	10:53.81
100H	18.12	18.34	18.34	17.77	18.24
300H	45.08	48.39	45.14	44.84	45.54
SP	40-8	39-5	39-1	39-3	39-0
DT	111-4	114-10	115-0	116-11	115-3
JT	138-2	137-1	130-0	130-11	130-3
PV	11-0	10-6	11-0	11-0	11-0
LJ	19-0	19-2.50	19-11	19-6	19-6
TJ	38-4.25	38-6	38-4	39-0	39-0
HJ	5-8	5-8	5-8	5-8	5-8