

# MID-PENN CONFERENCE TRACK & FIELD GUIDELINES

## (Updated January 2024)

\*A good resource for PIAA/Mid Penn Conference Track & Field information for meet logistics, tie-breakers and officials is online at: <http://www.centralpenntack.org/links/>

### Length of Contest:

- Meets shall begin at 3:45 p.m. Starting time may be changed by mutual consent of the schools and meet officials.
- Schools and athletic directors may also agree to run divisionally among more than two participating schools by mutual consent of the competing schools, but all schools must be scored against one another if in the same division.

### Uniforms:

- All participants must wear school issued or school-approved uniforms.
- National Federation of State High School Associations (NFHS) Track and Field rules concerning uniforms will apply.

### Schedule:

- The Sport Chairperson/Committee will provide schedules for a 2-year cycle

### Officials:

- All Starters must be PIAA-Registered Track & Field Official.
- The Starter shall act as referee for running events and field events if there is no PIAA Registered Track and Field Official to serve as head field judge.
- The head field judge should be a PIAA-Registered Track and Field Official. It is recommended but not mandatory for dual meets.
- Only responsible adults **must** be used to officiate. **The event will not commence until a responsible adult is present. Failure to provide a responsible adult will result in forfeiture of points of that event by the host school.**
- Student help **will** not be utilized in making decisions.

### Meet Operations:

- Meets will be conducted under the National Federation rules
- The P.I.A.A. modifications will be enforced
- Dual Meets: Boys & Girls combined – Girls events in running go first.
- Entries per team (dual meet) – ALL COMPETITORS WHO PARTICIPATE IN THE MEET ARE ELIGIBLE TO SCORE/PLACE IN THE MEET
  - A Minimum of Three (3) entries in the 100, 200 and 400 meters
  - A Minimum of Three (3) entries in the 100, 110 and 300-meters hurdles
  - Maximum of Eight (8) entries in the 800 meters
  - Maximum of Twelve (12) entries in the 1600 and 3200 meters
  - A Guarantee of Five (5) entries in all field events
  - There is a maximum of four (4) events per individual.

\*All events may have a maximum number of entries mutually agreed upon and determined by the coaching staffs and games committee along with meet management. The number of entries may also be determined by the facility and weather conditions.

\* Races run in sections, especially sections run in lanes, the order the sections are run (fastest to slowest or slowest to fastest) will be determined by mutual consent of the coaches or the Games Committee.

\*Rule 4-2-4a (page 21) of the NFHS Rulebook for Track & Field Rules Book that reads: **“In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant.”** ie: there are NO Exhibition Athletes according to the NFHS Track and Field Rules Book. If they participate in the Meet they are eligible to Place and Score.

If possible, at least four (4) lanes of hurdles should be used. If not, permit the visitors two (2) entries in the fast heat.

The starter will meet with the team captains for lane selection. Teams will alternate for each event.

If you are hosting a home ‘Middle School or High School’ track and field meet with more than one team coming – please go out of your way to inform all the visiting schools and all assigned officials to let them know; 1) what teams will all be present and 2) how the meet will be scored. Please keep in mind: If the Meet is being scored as a Tri-Meet – you are limited to only four (4) entries in each event and if four (4) or more team are competing, and the Meet is scored as a Quad/Invitational Meet each team is limited to only three (3) athletes per event.

If it is being scored as Double Duals – you may continue the normal entries as listed in the Mid Penn Conference Guidelines or under NFHS rules (page 21 of the NFHS Track and Field Rules Book) that the maximum number of entries are mutually agreed upon as determined by the coaching staff’s, games committee or meet management. All teams competing in the Meet NO matter how small their roster MUST be SCORED against at least ONE team competing in the Meet.

Whenever meets involve three (3) or more teams, it is strongly recommended that the home team specify that horizontal jumping events and throwing events be conducted in four (4) trials in place of trials and finals in order to speed the events and eliminate problems in determining finalists in multiple combinations of schools.

### **Track Events:**

3200 Meter Relay  
100 Meter Hurdles  
110 Meter Hurdles  
100 Meter Dash  
1600 Meter Run  
400 Meter Relay  
400 Meter Dash  
300 Meter Hurdles  
800 Meter Run  
200 Meter Dash  
3200 Meter Run  
1600 Meter Relay

### **Field Events:**

Field events order should be set to meet the situations and facilities at the home school. The visiting team should receive information concerning the order of field events prior to the day of the meet.

## **Middle School (7<sup>th</sup> & 8<sup>th</sup> Grade) Mandatory Order of Events:**

### **Track Events:**

100 Meter Hurdles: Girls – 10 Hurdles; 30” high  
110 Meter Hurdles: Boys – 10 Hurdles; 33” high  
100 Meter Dash  
1600 Meter run  
400 Meter Relay  
400 Meter Dash  
800 Meter Run  
200 Meter Dash  
1600 Meter Relay

### **Field Events:**

Field Events should be set to meet the situations and facilities at the home school.  
High Jump  
Long Jump  
Discus (1 kg. – 2 lbs. 3.27 oz.)  
Shot Put (Girls – 6 lbs. or 2.774 kg.)  
(Boys – 8 lbs. 13 oz. or 4 kg.)

## **Participation Limitations: 7<sup>th</sup> & 8<sup>th</sup> Grade:**

- 7<sup>th</sup> & 8<sup>th</sup> Grade Students may compete in a maximum of **four (4)** events.
- Conference and/or participating schools, by mutual agreement, may delete track or field events, but may not add or modify track or field events or modify the order of events.
- Pole Vault and Triple Jump may be added by mutual agreement of participating schools.
- Please refer to the P.I.A.A. Handbook/Constitution and By-Laws Section for further details.

## **Divisional Champions:**

- Division Champions will be determined by total points, with the team getting two (2) points for a win and one (1) point for a tie. If a tie exists, co-champions will be recognized.

## **Participation:**

- All participating schools must abide by the eligibility rules as stated in the P.I.A.A. Constitution and By-Laws and the Mid-Penn Conference Constitution and By-Laws

## **Postponement of Meets:**

- When a meet is postponed, it should be rescheduled on the first available date for the participating schools.

## **Report to the Media:**

- The home team should report scores to the news media (Pennlive.com).

### Conference Meet:

- A Conference Meet will be held at the conclusion of the dual meet schedule.
- The Track & Field Chairperson/Committee will determine the site of the Conference Meet.
- Medals will be given to the top eight (8) places in each event.
- Team champions will be declared in Boys & Girls based on points earned in a combined classification scored meet.
- Qualification for events based on minimum standards and participants limited. (Maximum of three (3) competitors per school) See addendum.
  - Track Events: **All participants in track events must meet the qualifying standard with a 2024 time. All athletes meeting the QS will be accepted.**
  - Field Events: **All participants in field events must meet the qualifying standard with a 2024 mark. All athletes meeting the QS will be accepted.**
    - Starting heights in vertical jumps (high jump and pole vault) will be at competitive level TBD

### Addendum:

If a school has more than three (3) permitted athletes in an event that would qualify in the top eight (8) competitors (Size of Finals) for that event, that school may be permitted to enter additional athletes so long as the additional athletes remain in the top eight (8) qualifiers for said event.

The Track & Field Committee will make final decisions if circumstances create additional exceptions.

For example: School A has three (3) athletes that qualified for the 100M Dash and are seeded in the top eight (8) in the event. School A also has a 4<sup>th</sup> athlete that would qualify in the top eight (8) competitors in the 100M Dash. School A is permitted to enter the 4<sup>th</sup> competitor in the 100M Dash.