2016

LAUREL MOUNTAIN

MIDDLE SCHOOL AA

TRACK & FIELD

CHAMPIONSHIPS

Monday, May 9, 2016

3:00 pm (Coaches meeting @ 2:30)

LAUREL MOUNTAIN

Middle School AA

Track & Field Championships

Dear Athletic Director/Middle School Track & Field Coach:

Your team is cordially invited to compete at the Laurel Mountain Middle School AA Track & Field Championships on Monday April 27th at Saint Francis University Track and Field Complex in Loretto, PA. This meet is limited to schools that participate in AA at the high school level.

Date: May 9, 2016

Time: 3:00 pm (Coaches Meeting at 2:30 pm)

Place: St. Francis University Track & Field Complex

Entry Fee: $7 per Athlete, $25 Minimum fee per school

Entry Deadline: May 3rd at Midnight, Online registration through Penntrack

Awards: Medals for 1st, 2nd, 3rd - Ribbons for Places 4th thru 8th

Trophies for the 1st and 2nd place teams (boys and girls).

Medals for Runner, Jumper, Thrower and Athlete of the meet, (Most Points in that area)

Facilities: Restrooms will be available, but locker rooms will not be available

Make Checks Payable to: Laurel Mountain T&F Championships

Mail Checks and Entrees to: Laurel Mountain T&F Championships

204 Schoolhouse Road

Ebensburg, PA 15931

Questions: Contact Randy Wilson (814) 659-8513

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|  | **Rules** |  |

1. The National Federation of State High Schools Rules shall govern the meet, except where PIAA exceptions take precedence.
2. Only spikes of 1/4" (6mm) or less will be permitted on all surfaces, including the field event runways. Please remind athletes that spikes are not permitted to be worn in the bleachers/stands.
3. All timing will be FAT with times recorded to the hundredths of a second.
4. The 100m, 100m hurdles, and 110m hurdles will be run in trial heats with the eight (8) fastest times advancing to the finals. All other races will be run as finals with a seeded section running last. Places will be based on time.
5. Competitors in the long jump, triple jump, shot put, and discus will be given four (4) attempts total, in an “open pit” format. There will not be flights and finals.
6. A mandatory coaches meeting will begin at 2:30 and cover preliminary remarks and instructions. Any scratches will be taken in all running events. (NO SUBSTITUTIONS ONLY SCRATCHES) All field event scratches will be taken at the field event.
7. Starting heights for the high jump & pole vault will be the qualifying stds. (HJ: B 4'6", G 4’2” / PV: B 7’, G 6’) or if weather conditions are poor, a change may be announced at the Coaches meeting.
8. Relay teams must be entered with relay members and alternates. However, individual participants need not be declared until event check-in. Any athlete entered on the team roster is eligible to run provided he/she does not compete in more than four (4) events.
9. Starting blocks will be provided.
10. Competitors must report to all events when they are called.
11. The 10 minute rule will be enforced when leaving for another event.
12. No limit in competitors. **All who qualify for an event may compete**.
13. Eight places will be scored. (Team points: 10-8-6-5-4-3-2-1)
14. Each participant is allowed to compete in **4 events**.
15. All jewelry is prohibited.
16. Profanity will result in disqualification from the meet.
17. All members of a relay team should wear similar uniforms.

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| Laurel Mountain Middle School | | | |
| AA Track & Field Championships | | | |
| Qualifying Standards | | | |
| Girls | | Boys | |
| Event | Time/Dist. | Event | Time/Dist |
| 100 H -30 " | 21.5 | 110 H -33 " | 21.5 |
| 300 H - 30" | 1:05 | 300 H - 30" | 1:00 |
| 100 M | 15 | 100 M | 13.5 |
| 200 M | 31.6 | 200 M | 28.5 |
| 400 M | 1:15 | 400 M | 1:05 |
| 800 M | 3:10 | 800 M | 2:50 |
| 1600 M | 7:10 | 1600 M | 6:10 |
| 3200 M | 15:45 | 3200 M | 13:45 |
| 4x100 R | No Std | 4x100 R | No Std |
| 4x400 R | No Std | 4x400 R | No Std |
| 4x800 R | No Std | 4x800 R | No Std |
| Shot | 25' | Shot | 32' |
| Disc | 63 | Disc | 92 |
| PV | 6' | PV | 7' |
| HJ | 4'2” | HJ | 4'6" |
| LJ | 12' | LJ | 14' |
| TJ | 25 | TJ | 29 |

**Order of Events (This is a Tentative Time Schedule-We will operate on a rolling schedule)**

3:00 Girls – 4x800m Relay

3:15 Boys – 4x800m Relay

3:30 Boys - 110m Hurdles Trials – 33” (Top 8 times advance to finals)

3:45 Girls - 100m Hurdles Trials – 30” (Top 8 times advance to finals)

4:00 Boys – 100m Dash Trials (Top 8 times advance to finals)

4:15 Girls – 100m Dash Trials (Top 8 times advance to finals)

4:30 Girls – 1600m Run Field Events

4:50 Boys – 1600m Run 3:00 - Boys Discus (Best of 4 throws)

5:05 Girls – 100m Hurdles Finals Girls Shot Put (Best of 4 throws)

5:15 Boys – 110m Hurdles Finals Boys Triple Jump (Open pit - Best of 4 jumps)

5:25 Girls – 100m Dash Finals Girls Long Jump (Open pit - Best of 4 jumps)

5:30 Boys – 100m Dash Finals Girls Pole Vault

5:35 Girls – 400m Dash

5:50 Boys – 400m Dash 4:30 - Boys Shot Put (Best of 4 throws)

6:00 Girls – 4x100m Relay Girls Discus (Best of 4 throws)

6:10 Boys – 4x100m Relay Boys Pole Vault

6:25 Girls – 300m Hurdles – 30”

6:40 Boys – 300m Hurdles – 30” 5:00 - Girls Triple Jump (Open pit - Best of 4 jumps)

6:55 Girls – 800m Run Boys Long Jump (Open pit - Best of 4 jumps)

7:05 Boys – 800m Run

7:20 Girls – 200m Dash 6:00 – Girls High Jump (or as soon as Boys PV ends)

7:30 Boys – 200m Dash

7:40 Girls – 3200m Run 7:00 – Boys High Jump (or as soon as Girls HJ ends)

8:00 Boys – 3200m Run

8:15 Girls – 4x400m Relay

8:30 Boys – 4x400m Relay

ADDITIONAL INFORMATION

* T-shirts will be on sale for $10
* A concession stand will be available for your athletes to purchase light refreshment; Pizza, hot dogs, snacks, water & Gatorade, etc.
* A trainer will be available on-site.
* Parking for spectators will be free.
* There is grassy area where teams can place their tents.

We would like each school to provide at least one worker per school. Please select a field event that your worker would be comfortable assisting at.

SCHOOL NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ OFFICIAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FIRST CHOICE \_\_ SECOND CHOICE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please complete the following form and fax (814-472-8970) or e-mail to Randy Wilson (rwilson@cencam.org) by Tuesday, May 3, 2016. Even though we are using FAT, we will still need coaches to assist at the finish line, and in the field events.