

2013

LAUREL MOUNTAIN  
MIDDLE SCHOOL AA  
TRACK & FIELD  
CHAMPIONSHIPS

Monday, May 6, 2013

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 May 6<sup>th</sup> 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 6, 2013

**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:** April 30<sup>th</sup> at Midnight, Online registration through Pennttrack

**Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> - Ribbons for Places 4<sup>th</sup> thru 8<sup>th</sup>  
Trophies for the 1<sup>st</sup> and 2<sup>nd</sup> 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

# 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 and pole vault will be the qualifying (B-4'6"/G-4'2") will be decided based on the weather and 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.

# 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 Boys - 110m Hurdles Trials - 33" (Top 8 times advance to finals)

3:20 Girls - 100m Hurdles Trials - 30" (Top 8 times advance to finals)

3:40 Boys - 100m Dash Trials (Top 8 times advance to finals)

4:00 Girls - 100m Dash Trials (Top 8 times advance to finals)

4:20 Girls - 4x800m Relay

4:35 Boys - 4x800m Relay

Field Events

4:50 Girls - 100m Hurdles Finals

3:00 - Boys Discus (Best of 4 throws)

5:00 Boys - 110m Hurdles Finals

Girls Shot Put (Best of 4 throws)

5:10 Girls - 100m Dash Finals

Boys Triple Jump (Open pit - Best of 4 jumps)

5:15 Boys - 100m Dash Finals

Girls Long Jump (Open pit - Best of 4 jumps)

5:20 Girls - 1600m Run

Girls Pole Vault

5:35 Boys - 1600m Run

5:50 Girls - 400m Dash

4:30 - Boys Shot Put (Best of 4 throws)

6:05 Boys - 400m Dash

Girls Discus (Best of 4 throws)

6:20 Girls - 4x100m Relay

Boys Pole Vault

6:30 Boys - 4x100m Relay

5:00 - Girls Triple Jump (Open pit - Best of 4 jumps)

6:45 Girls - 300m Hurdles - 30"

Boys Long Jump (Open pit - Best of 4 jumps)

7:00 Boys - 300m Hurdles - 30"

7:15 Girls - 800m Run

6:00 - Girls High Jump

7:30 Boys - 800m Run

7:45 Girls - 200m Dash

7:00 - Boys High Jump

8:00 Boys - 200m Dash

8:15 Girls - 3200m Run

8:35 Boys - 3200m Run

8:55 Girls - 4x400m Relay

9:15 Boys - 4x400m Relay

ADDITIONAL INFORMATION

- T-shirts will be on sale for \$10, please fill out t-shirt request form below to ensure your athletes will get the appropriate size shirt. FAX FORM BELOW TO BY 4/25/13 Very few extras will be ordered)
- 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.

T-Shirt Form

Please indicate the number/size of t-shirts you would like order for your team

Size	XS	S	M	L	XL
Number					

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 (814-427-8970) or e-mail to Randy Wilson (rwilson@cchs.k12.pa.us) by Thursday, April 25, 2013. Even though we are using FAT, we will still need coaches to assist at the finish line, and in the field events.