

# 3<sup>rd</sup> Annual Twin Valley Raider Invitational

## 2013 Meet Information

### April 19, 2013

#### Facility Notes

- Shot, Discus, and Javelin are located outside the stadium behind the visitor bleachers. Javelin is a grass runway.
- Team tents may be set up next to throws area – to the left of discus, behind the visiting bleachers. The visitor bleachers may also be used for tents. Please do not set up any tents in the main bleachers.
- Athletes and coaches are invited to use the restrooms/locker rooms on the bottom floor of the Physical Education Center. Please use the door just off of turn 4 to enter the bottom floor. **No spikes in the PE Center.** Spectators can use the restrooms located at the concession stand.
- Spikes for the all-weather surface shall not exceed ¼ inch.
- **All athletes not warming up for/competing in upcoming events are requested to remain outside of the track area/off the infield. We want to continue to allow coaches and athletes on the infield, but you must have a legitimate purpose to be there at that time. Please help us enforce this rule with your athletes.**
- Results will be posted on the Physical Education Center wall during the meet – on the exterior wall at the athlete restrooms/locker rooms.

#### Entry Notes

- An individual may compete in a maximum of four events.
- Each school is allowed a maximum of **three athletes per varsity track event, two athletes per varsity field event, and one relay team per varsity relay event.**
- Unlimited entries will be accepted in the *Novice* 1600 meter run. Each school is allowed to enter a maximum of two teams in the *Novice* 4x200 meter relay.
- ***Novice* athletes may not enter varsity events.**
- **The entry fee will be \$150.00 per team, or \$280.00 for both boys and girls.** Individual athletes may enter at \$10.00 per event - \$15.00 per relay.
- Please **send entry fees to John Guiseppe by Friday, April 5<sup>th</sup>.** Please make all checks payable to **“TVHS Track & Field.”** Please send intention form prior to the end of March.

John Guiseppe  
TVSD Athletic Director  
4897 N. Twin Valley Road  
Elverson, PA 19520

- The entry fee will pay for officials, FAT timing, medals, facility fees, meet workers, etc.
- All entries will be done via Milesplit. **All entries must be submitted on line by Wednesday, April 17<sup>th</sup> at 9:59PM.** <http://pa.milesplit.com>
- The invitational will be held rain or shine. You will be contacted at a later date with more details if the weather forecast indicates any severe threat.

#### Competition Notes

- The invitational will follow all PIAA rules and regulations.
- All track events will be timed using a FAT timing system.

- **Awards will be given to the top three finishers** in each event/relay. This does include *Novice* events.
- No team title will be awarded.
- Trials will be held for the 100m, 200m, and 100/110m High Hurdle events. **The fastest 8 times from trials will advance to the finals.**
- Long Jump/Triple Jump – Flights – **Top 6 to finals.** The horizontal jumps will all be contested in one sand pit. In order to allow sufficient time for all the horizontal jumps the officials will keep things moving at this area.
- Shot/Discus/Javelin – Flights – **Top 6 to finals.** Please note the rotation of throwing events. Shot, Discus and Javelin for boys and girls will all be contested in just two time slots. Throwing events must be complete before sunset.
- All **throwing implements must be weighed in before 3:20** at the Track Shed.
- High Jump and Pole Vault will be contested by the Five Alive Method.
- All vaulting poles must be marked by weight and PIAA Pole Vault verification forms must be turned in to the official. Athlete weigh-ins will occur in the Athletic Training Room.
- All athletes competing in throwing or horizontal jump events will have their first attempt marked. After the first attempt, only performances exceeding the minimum distances measured will be marked.

#### **Opening Heights/Minimum Distances Measured (Weather Permitting)**

**BOYS** Shot 39', Javelin 120', Discus 105', Long Jump 18', Triple Jump 36', High Jump 5'3", Pole Vault 9'0"

**GIRLS** Shot 27', Javelin 75', Discus 73', Long Jump 13', Triple Jump 28', High Jump 4'4", Pole Vault 6' 9"

- Teams are to provide their own batons.
- Starting blocks will be provided by Twin Valley.
- Please listen for the events being called over the PA system. **We will start the throws and horizontal jumps as soon as possible after the previous events are complete.** We will run slightly ahead of schedule if possible.
- There will be a **coaches meeting at 3:00** in the Physical Education Center Classroom.
- All **scratches must be made before the coaches meeting, which begins at 3:00.** Tables will be set up in the Physical Education Center Classroom.
- **Additions will not be accepted after the entry deadline.** However, replacements will be accepted. The athlete who is replacing the scratched athlete must already be entered in the meet.

#### Athlete Drop-off/Parking Notes

- All team busses should arrive at the TVHS Track between 2:15 and 2:45 in order to drop athletes off. Please plan to arrive by 2:45 in order to avoid traffic congestion as the TVHS students and staff are dismissed at 2:51. Busses will be directed to park in the TVMS Turf 2 parking lot for the duration of the meet.
- All spectators should arrive between 3:00 and 3:30 – park in any of the TVHS parking lots. Once again, TVHS students and staff are dismissed at 2:51. The parking lots are almost empty by 3:05. It will be difficult to find a parking spot before the students and staff leave.
- Gates open for spectators at 3:10. The field will begin at 3:30 and the track at 4:00.