

PTFCA INDOOR TRACK CARNIVAL

Saturday, February 15, 2014 10:00 AM Lehigh University

The Pennsylvania Track and Field Coaches Association proudly announces its 24th annual Indoor Track Carnival. This event will be held at Lehigh University's brand new 200 meter, 6 lane Mondo oval with 10 lanes on the straight and promises to be a spectacular event for all levels of competition. This year's meet will be run at metric distances except for the field events and the Mile run.

This year we will limit the number of competitors in each event to shorten the length of the meet. We will accept the top 40 entrants in the 60 dash, 60 hurdles, top 36 in the 200, 400, 800, mile, 4 x 200, 4 x 400, and 4 x 800. The 3000 meter run and the Distance Medley will be limited to the top 15 entrants. In the field events, the PV starting heights will be 8' and 10', high jump will be 4'6" and 5'6" and we will not measure long jumps less than 14' or 18' and shot puts less than 26' or 38' (girls/boys) so do NOT enter lesser competitors in the field events. Each team will be allowed only **one** competitor per event. Competitors will be allowed to compete in four events. Seeding will be by committee whose decision is final. No substitution of competitors will be allowed. Also, **no food, drinks, or electronic devices (radios, cell phones, etc.)** will be allowed as per Lehigh's instructions. There will be a concession area where food can be purchased. **All food must be consumed in this area.** Violation of these rules will result in the expulsion of the offending person or team from Lehigh.

Entry Fee: \$6 per individual per event, \$30 per relay or \$100 per boys or girls team. Acceptances will be posted on the PTFCA website on Sunday, February 3, following a seeding meeting. **NO ENTRY FEES WILL BE RETURNED** in the event of rejection.

Awards: Medals will be awarded to the top five competitors in each event. No team score will be kept.

Equipment: Spikes of .25" or less will be allowed for all track and field events except for the Shot Put. Blocks will be provided by Lehigh. PTFCA shots will be used by all competitors. Relay teams will provide their own batons.

Timing/uniforms: FinishLynx fully automatic timing. Each competitor **must** wear their official school uniform. The decision of the meet referee concerning uniforms will be final. PIAA and National Federation rules will be in effect.

Important: Each team will be required to provide one person to help officiate the meet. You **MUST** email Ron Lopresti (ronlop@msn.com) with your officiating request by February 1 or you will be assigned a job based on need. All teams **must clean-up** their area before leaving.

Closing of entries: Entries must be submitted via **MileSplit Online**

(<http://pa.milesplit.us/meets/125960>) by Saturday, February 1, 2014 at 11:59 PM. Checks are to be made payable to **"PTFCA"**. Please send checks to:

Ron Lopresti, President PTFCA
2001 Sterigere Street
Norristown, PA 19403
Home: (610) 631-5675
Email: ronlop@msn.com

Special note: This meet is open only to PA schools who are members of the PTFCA. If you are not a member, you may join by adding the \$10.00 annual dues to your entry if you are not entering the State Meet. If you plan on paying for your memberships at the State Meet, there is no need to pay this now.

Order of Events: All events will run one after the other. Athletes **must clerk in** when the event is called or be scratched. **No substitution** of athletes will be permitted.

Field events: Begin promptly at **10:00 AM**.

Long Jump: Girls then Boys

Pole Vault: Girls then Boys

Shot Put: Girls then Boys

High Jump: Boys then Girls

Note: Starting heights HJ girls: **4'6"**; boys **5'6"**; PV girls **8'0"**; boys **10'0"**

Track events: Begin promptly at **10:30 AM**. First call will be at 10:00 AM. All track events will be **girls then boys**.

60m Hurdles trials: (winner plus times to finals)

60m Dash trials: (winner plus times to finals)

Mile run

400 meter dash

60 meter hurdles: finals

60 meter dash: finals

800 meter run

200 meter dash

3000 meter run

4 x 200 meter relay

4 x 800 meter relay

Distance Medley (1200m, 400m, 800m, 1600m)

4 x 400 meter relay

