

Dallastown Invitational

Meet Rules

April 28, 2017

1. The National Federation Rules shall govern the meet, except where PIAA exceptions take precedence. PIAA modifications will be enforced.
2. Qualification to this event will go to the top 24 entrants in all field events and the top 32 in track events except the 1600 and 3200. For the 1600 we will accept the top 24. For the 3200, we will accept the top 18. A list will be sent out by Tuesday, April 22 with names of individuals who have qualified.
3. The 100m, 200m, 100m hurdles, and 110m hurdles will be run in trial heats with the four (4) trial winners and the next four(4) fastest times advancing to the finals. All other races will be run as finals. Places will be based on time.
4. Competitors in the long jump, triple jump, shot put, javelin, and discus will be given three (3) attempts in flights with the best seven (7) performers advancing to the finals for three (3) additional attempts. Trial flights will be arranged so the best performers will compete last. The high jump will use a rolling flight until it reaches the final 6-8 jumpers.
5. A mandatory coaches meeting will begin at 3:15 and cover preliminary remarks/instructions. Coaches will submit scratches in all running events. All field event scratches will be taken at the event. **Only athletes who have been previously entered in the meet and have qualified may compete. No new entries will be permitted.**
6. Relay teams must be entered with (4) relay members. If changes are necessary, they can be made at check in.
7. No javelins may be thrown in any area but the javelin competition area. The Javelin competition will be held outside the stadium on our softball field.
8. Competitors in the pole vault are not permitted in the pole vault area until an Official is present. Pole Vault Verification Forms **must** be submitted and poles inspected prior to the event. Competitors will need to weigh in prior to the event.
9. Starting heights are as follows:

 High jump (B-5' 4"/G-4' 4")
 Pole vault (B-9' 0"/G-7' 0")
10. The 1600m relay will be run with a three (3) turn stagger. The first turn of the 3200m relay, 800m, 1600m, and 3200m will probably run in two (2) alleys.
11. Starting blocks will be provided.

2017 Dallastown Track and Field Invitational

TIME SCHEDULE

Track Events

4:00	Girls' 100M Hurdle Trials Boys' 110M Hurdle Trials
4:25	Girls' 100M Dash Trials Boys' 100M Dash Trials
4:50	Girls' 3200M Relay Final Boys' 3200M Relay Final
5:20	National Anthem
5:25	Girls' 200M Dash Trials Boys' 200M Dash Trials
5:50	Girls' 100M Hurdle Final
5:55	Boys' 110M Hurdle Final
6:00	Girls' 100M Dash Final
6:05	Boys' 100M Dash Final
6:10	Girls' 1600M Run Final Boys' 1600M Run Final
6:30	Girls' 400M Relay Final Boys' 400M Relay Final
7:00	Girls' 400M Dash Final Boys' 400M Dash Final
7:25	Girls' 300M Hurdle Final Boys' 300M Hurdle Final
7:50	Girls' 800M Run Final Boys' 800M Run Final
8:10	Girls' 200M Dash Final
8:15	Boys' 200M Dash Final
8:20	Girls' 3200M Run Final Boys' 3200M Run Final
8:55	Girls' 1600M Relay Final Boys' 1600M Relay Final

Field Events

4:00	Girls' Javelin Girls' Pole Vault Boys' Discus Boys' High Jump
4:30	Girls' Long Jump Boys' Triple Jump
5:30	Boys' Javelin Girls' Discus
6:00	Girls' High Jump
6:30	Boys' Pole Vault Boys' Long Jump Girls' Triple Jump
7:15	Girls' Shot Put Boys' Shot Put

Please note the following points:

All field event finals will be held immediately following the trials for that event.

Assuming there are four heats of each, the 100M, 200M, and 100/110 hurdles will advance 8 to the finals (winner of each heat and the next four fastest times).

Field events will advance 7 to the finals. 6 medals will be awarded

Coaches, if you have athletes who will be checking out of field events to run a race, remind them that they should report back to that field event immediately upon completion of the race.