



# PIAA District 6

## 2023 AA Track and Field Championships

### **DATES:**

AA BOYS AND GIRLS            Tuesday, MAY 16 and Wednesday, May 17 2023  
Rain Date:                      Thursday, MAY 18, 2023

### **SITE:**

Mansion Park Stadium, Altoona, PA    **GPS:** 414 North Logan Blvd. Altoona, PA 16602

### **ADMISSION:**

Tickets will be sold online. The website will be provided to athletic directors and coaches a week before the meet.

***TEAMS AND COACHES ARE TO ENTER THE MAIN GATE AND WILL BE HAND STAMPED.***

### **PIAA STATE MEET INFORMATION:**

Please check the PIAA website for the State Meet Memorandum for meet information for the 2023 Championships.

**COACHES:** Please remember to turn in **SCRATCH SHEETS** and **RELAY SHEETS** before leaving Mansion Park. Turn them in at the tent area. Remember to sign them.

**COACHES MEETING:** 12:00 pm on the field / Bench area

## **2023 AA DISTRICT 6 TRACK AND FIELD CHAMPIONSHIPS** **GENERAL INFORMATION AND MEET RULES**

1. This is a two day meet that will require trials and finals in all running events except the 800m, 1600m and 3200m run. Please check the time schedule for both days.
2. The top 8 times will advance to the finals the next day in all preliminary running events.
3. In the shot put, discus, javelin, long jump, and triple jump, there will be three (3) trials. The top nine (9) will advance to the finals for three (3) more attempts.
4. Competitors excused to compete in another event will have a maximum of ten (10) minutes from the time they are excused until they must make themselves available for their next trial.
5. Spikes must be ¼" or smaller. The clerk and starters will check all spikes. Any individual wearing illegal spikes will be issued a warning and be required to make them legal before competing further. Failure to do so or a second violation will lead to disqualification from the event.

6. **ALL COACHES AND COMPETITORS MUST STAY OUTSIDE THE FENCE AREA.** Competitors will warm up off the track. Only those competitors who are in announced events will be allowed in the track and field areas. Once a competitor is eliminated, they must leave the track area. One (1) coach only is permitted in the designated coaching box area for jumping events.
7. Competitors may use their own implements in the throwing events. Weigh-ins for **ALL** implements will be held prior to the event at a time / place to be announced at the meet.
8. Approved footwear for the javelin includes: javelin boots with ¼" spikes, all-purpose shoes, or any other approved footwear that does not include metal cleats or metal tipped cleats.
9. Only the starting blocks provided by District 6 may be used.
10. A competitor officially becomes a participant when he/she or a relay team of which they are a member reports to the clerk of course or the judge of a field event in which they are entered.
11. No marks are to be used on the track or runways. Use tape only.
12. Banners, signs, portable radios, stereos, whistles, and noise makers are prohibited.
13. Athletes are not to bring cell phones, headphones, or other music/gaming devices inside the fence area.
14. Unsportsmanlike and/or unacceptable behavior will be reported to the District 6 Committee and the school's principal.
15. Please review the uniform rule with your athletes. Uniforms must be school issued or approved. **IT IS STRONGLY ADVISED THAT YOU CONFIRM THAT YOUR RELAY TEAMS ARE IN UNIFORMS THAT ARE EXACT IN EVERY WAY PRIOR TO CHECKING IN FOR THE RELAY EVENTS.**
16. **EACH SCHOOL MUST provide (2) student helpers for a boys AND girls field event.** Assignments will be given to you at the coaches meeting.
17. Pole vault verification forms should be hand delivered at the weigh-ins. **DO NOT MAIL THE FORM.**
18. National Federation of State High Schools track and field rules will be followed.

**LIVE RESULTS:** Link will be provided at the coaches meeting.

# **2023 AA DISTRICT 6 TRACK AND FIELD CHAMPIONSHIPS**

## **ENTRY PROCEDURES**

**ENTRIES:** Make sure you are entering the correct classification – AA, **not AAA**

**CONFIRM:** – All times / distances must have been achieved during the 2023 outdoor season in a meet officiated by a registered PIAA official. **No split times may be used. Indoor season times / distances are not permitted.**

Entry is through the MileSplit online entry portal. Access the District 6 AA meet via the calendar option at PennTrackXC.com

**EXAMPLE ENTERING TIMES** – Athlete runs hand held 11.23 Round to 11.3 Convert to FAT=11.54 You then enter 11.54 **REMEMBER** – You are always adding 0.24 to a hand held time.

### **PLEASE NOTE:**

1. Number of entries will be limited to 32 in the track events and 24 in the field events. The exceptions are the 1600m and 3200m run where the field will be limited to the top 20 athletes.
2. Please use FAT times when entering. Dual meet times are permitted. Round up hand held times to the nearest tenth then add 0.24. All times and distances must be proven if challenged by another school.
3. Scratches are permitted at the coaches meeting before the meet Tuesday.
4. Each school is responsible for the correctness of their entries. Correct spelling is the coach's responsibility as the program is generated from this information.

### **DEADLINE SCHEDULE FOR AA COACHES:**

**1. SUNDAY, MAY 14<sup>th</sup>, 12:00 noon**

Deadline to enter athletes. You may enter three (3) in individual events and one (1) relay.

**2. SUNDAY, MAY 14<sup>th</sup>, 5:00 pm**

After the deadline, coaches can review the acceptance lists on [pa.milesplit.com](http://pa.milesplit.com).

**2023 AA DISTRICT 6 TRACK AND FIELD CHAMPIONSHIPS**

**PAYMENT PROCEDURE**

**ENTRY FEE:**

**Number of athletes X \$10.00**

Count the number of athletes you have entered including all eligible relay members. Take the total number of athletes you are bringing X \$10.00. That is your amount due.

**DO NOT refer to the MileSplit PennTrackXC website to confirm number of athletes entered to determine amount owed. Their numbers and information are inaccurate and incorrect.**

**MAKE CHECK PAYABLE TO: DISTRICT VI, PIAA**

**HAND DELIVER CHECK AT THE COACHES MEETING.  
DO NOT MAIL.**

**\*\*\* REMEMBER – THERE ARE NO LATE PHONE ENTRIES AND THERE ARE  
NO ENTRIES AT THE MEET\*\*\***

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**2023 AA DISTRICT 6 TRACK AND FIELD CHAMPIONSHIPS / SCHOOL ENTRY FEE**

SCHOOL NAME \_\_\_\_\_ Class AA

TOTAL NUMBER OF ATHLETES \_\_\_\_\_ (Boys and girls combined)

ENTRY FEE \$ \_\_\_\_\_ (Total of athletes X \$10.00)

# ***DISTRICT VI TRACK AND FIELD CHAMPIONSHIP***

## ***2023 Time Schedule***

**Tuesday, May 16**

### **Track Events:**

1:00 pm 4 x 800M Relay

1:15 pm 100M Hurdles

1:45 pm 110M Hurdles

2:15 pm 100M Dash

Break

2:45 pm 4 x 100M Relay

3:15 pm 400M Dash

3:45 pm 300M Hurdles

4:15 pm 200M Dash

4:45 pm 1600M Run (Finals)

5:30 pm 4 x 400M Relay

\*There will be a 30-minute break after the 100m until the 4x100M Relay

### **Field Events:**

1:00 pm Shot Put (AAA Girls)

High Jump & Discus Throw (AA Girls)

Long Jump & Javelin Throw (AA Boys)

Triple Jump (AAA Boys)

3:00 pm Long Jump & Javelin Throw (AA Girls)

Triple Jump (AAA Girls)

High Jump & Discus Throw (AA Boys)

Shot Put (AAA Boys)

12:30 pm Pole Vault (AAA Girls followed by AAA Boys)

***DISTRICT VI***  
***TRACK AND FIELD CHAMPIONSHIP***

***2023 Time Schedule***

**Wednesday, May 17**

**Track Events:**

3:00 pm 4 x 800M Relay

3:15 pm 100M Hurdles

3:30 pm 110M Hurdles

3:45 pm 100M Dash

Break

4:30 pm 4 x 100M Relay

4:45 pm 400M Dash

5:00 pm 300M Hurdles

5:15 pm 800M Run

5:45 pm 200M Dash

6:00 pm 3200M Run

7:00 pm 4 x 400M Relay

\*There will be a 30-minute break after the 100m Dash until the 4x100M Relay

**Field Events:**

3:30 pm Shot Put (AA Girls)  
High Jump & Discus Throw (AAA Girls)  
Long Jump & Javelin Throw (AAA Boys)  
Triple Jump (AA Boys)

5:00 pm Long Jump & Javelin Throw (AAA Girls)  
Triple Jump (AA Girls)  
High Jump & Discus Throw (AAA Boys)  
Shot Put (AA Boys)

2:30 pm Pole Vault (AA Girls followed by AA Boys)

# 2023 AA DISTRICT VI PIAA POLE VAULT COMPETITION

## Wednesday, May 17

**NOTE:** Pole Vault will **BEGIN** at 2:30PM.

*Note this time schedule change! PV begins 30 minutes BEFORE the rest of the meet!*

→ This schedule is weather dependent and subject to change.

*Per District VI Games Committee decision, bungees will not be allowed for warm-ups in the Pole Vault due to safety and time constraints.*

### AA GIRLS' Pole Vault Time Schedule

Pole Vault Weigh-Ins: 1:00 – 2:00 (Located in the Visitor's locker room)

Runway Closes/Rules: 2:25

Competition Begins: 2:30

Pole Vault Weight Verification Forms (The same procedure at the state meet)

Each team will bring an **UNSIGNED** weight verification form to weigh-ins.

*Separate forms for each sex are required.*

Only items before weigh-ins on the form:

1. School's Name
2. Competing Pole Vaulters Names
3. Competing Pole Vaulters Grades

→ Only the vaulters from one (1) team and a single coach will be allowed in the locker room at a time. All other teams will wait outside the locker room.

After all of your pole vaulters are weighed in, the **HEAD COACH** will then list EACH pole EACH vaulter is planning to use based on the individual pole vaulter's weight. The **HEAD COACH** will then sign the form and present this to the pole inspector out by the pole vault pits.

**NOTE:**

The **GIRLS** will compete **FIRST**, followed by the **BOYS** 50 minutes after the completion of the girls' event.

*Coaches → Check the effects on pole vault competitors and other entered events!*

### Opening Heights AA Meet Using ONE Pole Vault Pit

**Girls: 7'3", then 8'0", then 8'6", etc. First run-throughs at 9'0"**

**Boys: 10'3", then 11'0", then 11'6", etc. First run-throughs at 12'0"**

**Note:** The top three (3) placers automatically qualify out of District VI for the state championship with up to six (6) competitors who meet the state qualifying standards. PIAA State Qualifying Standards:

Starting Heights at the PIAA State Meet: **Girls - 10'6"      Boys - 13'6"**  
**Girls - 9' 6"      Boys - 12'0"**