



ALTOONA MOUNTAIN LION TRACK AND FIELD CLASSIC
FRIDAY, MAY 2, 2025
MANSION PARK STADIUM
12:30 PM

Dear Coach:

The Altoona Area School District would like to extend to you and your athletes an invitation to compete in this year's Altoona Mountain Lion Track and Field Classic.

<u>Coaches Meeting:</u>	12:15 pm	Location TBA at meet.
<u>Registration Fee:</u>	High School Boys	\$160.00
	High School Girls	\$160.00
	Individuals	\$25.00 (Up to six/team)
<u>Awards:</u>	Plaques, Ribbons, and Special Awards	

➤ **\$320 Combined**

MAKE CHECKS PAYABLE TO: BIG A BOOSTER CLUB / TRACK

AGAIN THIS YEAR: HAND DELIVER CHECKS AT THE MEET
DO NOT MAIL ENTRY CHECKS

**ENTRY AND SEEDING INTO THE MEET WILL BE DONE THROUGH
MILESPLIT ONLINE MEET REGISTRATION / PENNTRACKXC.COM**

REGISTRATION PERIOD

Window is currently open and will close at NOON ON WEDNESDAY, APRIL 30, 2025

**NO REPLACEMENTS OR CHANGES AFTER APRIL 30 AT NOON. NO
EXCEPTIONS.**

2025 ALTOONA MOUNTAIN LION TRACK & FIELD CLASSIC

GENERAL INFORMATION

1. **ENTRIES** are limited to one (1) contestant in each individual event. You may have two (2) contestants in each individual event if BOTH meet the entry standard. In relay events, you may enter only one (1) team. Please enter metric times only. DO NOT enter hand held times. If needed, round up hand held times to the nearest tenth by adding .24
2. Because of limited throwing areas, contestants **MUST meet the standards in the Shot, Discus and Javelin.** *If you have no athletes that have not met the standard, you will have NO contestants in those events.* You may use your own implements. Shots, discuses, and javelins will be weighed. **NO ILLEGAL IMPLEMENTS PLEASE!**
3. Please do not enter any 3200 meter runners who cannot seriously compete.
4. **SCRATCHES** for track events will be made at the coaches meeting. Field event scratches will be made at the event. **THERE ARE NO REPLACEMENTS. PLEASE DON'T ASK.**
5. Spikes must be ¼" or smaller. Spikes will be checked by the clerk and starters. No spikes will be for sale at the meet. Individuals with illegal spikes will be barred from competing in that event. SPIKES ARE NOT TO BE WORN IN THE STANDS.
6. COACHES AND NON COMPETING COMPETITORS MUST STAY OUTSIDE THE FENCE AREA. Only those competitors in announced events will be allowed inside the fence area. Only one (1) coach is permitted in the jump coach box area.
7. There will be trials and finals in the 100M, 200M, 100M low hurdles, and 110M high hurdles. The eight (8) fastest F.A.T. times will advance to the finals. All other events will be determined by time – fast heat last.
8. There will be three (3) trials in the shot put, discus, javelin, long jump, and triple jump. The top nine (9) competitors will advance to the finals for three (3) more attempts.
9. For athletes leaving one competition to compete in another, the ten (10) minute rule will be in effect.
10. In the javelin, approved footwear includes javelin boots (1/4" spikes max.), all-purpose athletic shoes, or soccer shoes. Shoes with metal or metal tipped cleats are not permitted.
11. Substandard throws or jumps may not be measured.

12. Please review the *uniform rule* with your athletes.
13. Relays – mark the track with **tape only**.
14. Any incident of unsportsmanlike or unacceptable behavior by an athlete and/or coach will be reported to their District Committee and their high school principal.
15. **EACH SCHOOL MUST provide two (2) student helpers for a boys AND girls field event.** Assignments will be emailed to you the week of the meet.
16. National Federation track and field rules will be followed.
17. Again, both boys and girls AA and AAA will be separated. We must have total cooperation from coaching staffs to help begin and officiate the 12:30 field events and 1:30 track events. **PLEASE VOLUNTEER TO HELP AT THE EVENT OR COACHES MEETING.**

LIVE RESULTS: altoonatrack.com



LIVE RESULTS

ALTOONA MT. LION TRACK & FIELD CLASSIC

QUALIFYING STANDARDS

May 2, 2025

<i><u>EVENT</u></i>	<i><u>BOYS</u></i>	<i><u>GIRLS</u></i>
100	11.84	13.74
100/110 HURDLES	17.24	17.94
1600 RUN	5:03.24	5:55.24
200 DASH	24.94	28.14
300 HURDLES	44.24	53.24
3200 RUN	10:45.24	12:45.24
4 X 100 RELAY	NONE	NONE
4 X 400 RELAY	NONE	NONE
4 X 800 RELAY	NONE	NONE
400 DASH	55.24	64.24
800 RUN	2:10.24	2:38.24
HIGH JUMP	5'8"	4'10"
LONG JUMP	19'0"	15'3"
TRIPLE JUMP	38'0"	31'6"
SHOT	42'0"	30'0"
DISCUS	110'0"	80'0"
JAVELIN	120'0"	85'0"
POLE VAULT	10'6"	8'0"

You may have **two (2)** entries in each individual event if **both meet the entry standards**. Otherwise, you may have only **one (1)** entry in each individual event.

REMINDER: Your Shot, Discus, and Javelin entries **MUST** meet the standard otherwise you have **NO** entry in that event.

ALTOONA MT. LION TRACK & FIELD CLASSIC

Time Schedule - 2025

CLASS AA-AAA

For all running events: AA Girls will be first, followed by AAA Girls; then, AA Boys followed by AAA boys.

**1:30	100m Dash	Trials*
	Girls 100m Low Hurdles; Boys 110m High Hurdles	Trials*
	4X800m Relay	Finals
	200m Dash	Trials*

***Finalists will advance by F.A.T. timing.**

**There will be a 30 minute break between the trials and finals.
Finals will begin at approximately 5:00.**

5:00 Approx.	100m Low Hurdles, 110m High Hurdles	Finals
	100m Dash	
	1600m Run	
	4X100m Relay	
	400m Dash	
	300m Intermediate Hurdles	
	800m Run	
	200m Dash	
	3200m Run	
	4X400m Relay	

FIELD EVENTS: TRIALS AND FINALS

3:30	Long Jump Pit I (south)	Girls AAA, then Boys AAA
3:30	Long Jump Pit II (north)	Boys AA, then Girls AA
3:30	Triple Jump Pit I (south)	Boys AAA, then Girls AAA
3:30	Triple Jump Pit II (north)	Girls AA, then Boys AA
3:30	High Jump Pit I (south)	Girls AAA, then Boys AAA
3:30	High Jump Pit II (north)	Girls AA, then Boys AA
**12:30/5:00 Approx.	Pole Vault	B&G AA then B&G AAA
**12:30	Shot Put	Boys AA, then Boys AAA
		Girls AA, then Girls AAA
**12:30	Discus	Girls AAA, then Girls AA
		Boys AA, then Boys AAA
**12:30	Javelin	Boys AAA, then Boys AA
		Girls AAA, then Girls AA

****Please note the time.**

PLEASE NOTE: Girls' AAA Discus, Boys' AAA Javelin, Boys' AA Shot Put, & B&G AA PV start at 12:30.

Track Trials start at 1:30.

Coaches MUST HELP with these events until our officials arrive. Volunteer at the coaches meeting!!!