Central Pennsylvania Track & Field Meet

The following information may change.
Last updated 2/15/2025

Organizational Information

Host: Nittany Track and Field (www.ntfxc.com)

Contact: Andrew Petersen (ntfxc.treasurer@gmail.com)
2371 Corinna Ct
State College, PA 16803

Meet Website: http://ntfxc.com/NTF_Meet_2025.html
Live Results: http://ntfxc.com/results/

Introduction

Welcome! Thank you for your interest in the 2025 Central PA Track & Field Meet. After a hot, but successful meet in 2024, this year's meet will return to a similar structure from previous years. We are grateful for the continued support of our sponsors and the State College Area School District.

We will follow the USATF rules of competition unless otherwise determined by the head official. Hurdle heights, shot put weights, and appropriate javelin will follow USATF specifications for each age group except when noted below.

Important Dates

Thursday, May 1	**Early Bird Meet registration opens**
Sunday, June 15 midnight	**Early Bird Meet registration ends**
Thursday, June 19 8:00 pm	**Registration closes and all charges finalized**

Divisions

Boys and Girls for the following age divisions:

8 and under	Born in 2017 or later
9-10	Born in 2015 or 2016
11-12	Born in 2013 or 2014
13-14	Born in 2011 or 2012
15-18	Born in 2007 to 2010

Entries

Athletes are limited to 4 entries in individual events. Relay entries do not count towards your entry limit. The cost of entry is:

Early Bird: $7 per event or relay team before Monday, June 16th at 12:01 am
Late Entry: $10 per event or relay team after Monday, June 16th at 12:01 am, but before Thursday, June 19th at 8:00 pm

We will limit the total number of entries to ensure that the meet runs on time so PLEASE get your entries in early. To receive the early bird entry fee, you MUST register and pay by the early bird deadline. Any unpaid entries will be rejected at that time. Shortly after the early bird deadline, a finalized meet schedule and potentially additional entries will be published.

All Registration and payment are online via athletic.net. You may find our meet at: https://www.athletic.net/TrackAndField/meet/585072/info. We suggest beginning the registration process at least a few days before the registration deadline.

NOTE: Athletes DO NOT need a USATF license to compete.

NOTE: Nittany Track and Field athletes will be registered by their coaches. If you are a paid member of Nittany Track and Field, please do not attempt to register yourself online.

Events

The following events will be offered:

100 m Dash	all age groups
200 m Dash	all age groups
400 m Dash	all age groups
800 m Run	all age groups
1500 m Run	all age groups
3000 m Run	11-12, 13-14, 15-18
80 m Hurdles	11-12
100 m Hurdles	13-14, 15-18 girls
110 m Hurdles	15-18 boys
300 m Hurdles	13-14, 15-18
Swedish Relay	9-10, 11-12, 13-14, 15-18
Long Jump	all age groups
Triple Jump	13-14, 15-18
Shot Put	all age groups
Turbo Javelin	8 and under, 9-10

Meet Schedule (approximate) Will be updated frequently

Saturday, June 21st

5:30 pm	Athlete/coach check-in and track open for warmup
6:15 pm	Coaches meeting (infield) & First Call
6:30 pm	Track and Field Events Saturday Session Begin
8:00 pm	Saturday Events Conclude

Sunday, June 22nd

8:00 am Athlete/coach check-in and track open for warmup
8:45 am Coaches meeting (infield)
9:00 am Track and Field Morning Session Begins
12:30 pm Morning Session Ends (approximate)
1:00 pm Afternoon Session Begins (approximate)
4:00 pm Meet concludes

Order of Events

Unless otherwise stated, boys will follow girls and events will progress from the youngest to oldest age groups. Some age groups or genders may be combined. The final schedule will provide details.

Note: This schedule is approximate and is open to modification based upon entry counts and availability of officials.

Saturday Track Session		**Saturday Field Session**	
Event	**Age Group(s)**	**Event**	**Age Group**
3000 m Run	11-12, 13-14, 15-18	Triple Jump	13-14, 15-18
300 m Hurdles	13-14, 15-18		

Sunday Morning Track Session		**Sunday Morning Field Session**	
Event	**Age Group(s)**	**Event**	**Age Group**
1500 m Run	All	Long Jump	15-18, 13-14, 11-12
80 m Hurdles	11-12	*begins at 9:00*	
100 m Hurdles	13-14, 15-18 girls		
110 m Hurdles	15-18 boys	Turbo Javelin	9-10, 8 and under
100 m Dash	All	*begins at 9:00*	
400 m Run	All		
		Shot Put	8 and under, 9-10
		Follows Turbo Javelin	

Sunday Afternoon Track Session		**Sunday Afternoon Field Session**	
Event	**Age Group**	**Event**	**Age Group**
800 m Run	All	Long Jump	9-10
200 m Dash	All	Long Jump	8 and under
Swedish Relay	9-10, 11-12, 13-14, 15-18	Shot Put	15-18, 13-14, 11-12
		begins at approximately 1:00 pm	

The final schedule will be updated to reflect actual entry counts and will be distributed to all entrants on Friday, June 20th.

Please listen for announcements calling your events and arrive soon after the first call. Track event athletes must check-in at the clerking tent on the infield. Field event athletes must check-in their event location.

Track Events

All events will be timed finals. Seeding will be based upon declared seed times whenever possible. Please use accurate seed times to ensure fair competition amongst all athletes. Events may be combined if necessary. **Spikes may be worn. Starting blocks will only be permitted for the 11 and older age groups in the sprint events (400 and lower); there will be no blocks for any athletes in the 8 and under and 9-10 age groups.** If an athlete appears unfamiliar with the use of blocks, it is at the discretion of the meet officials regarding whether they will be permitted to use them; in no case will we allow block usage to excessively delay the meet. Athletes may only use the blocks provided by the meet officials.

In the event of scratches, heats may be reseeded by the track clerk and, therefore, may not always reflect assignments in the meet program. Please arrive at the clerking tent early so as to not cause delays or confusion. Athletes missing their assigned heat may not be accommodated.

FAT Timing

We provide FAT (Fully Automatic) timing, which requires the use of hip numbers. In all track events, hip numbers should be worn on the left side of the athlete's body. As a reminder to those unfamiliar with hip numbers and FAT timing, the hip number must be visible to the camera at the finish line to be effective. Thus, please avoid placing the number underneath clothing or too far to the front (e.g. facing forward). The clerks will help ensure athletes have hip numbers placed appropriately.

We plan to start track races with an electronic starter's pistol. The following links will take you to videos of the type of sound that can be expected at the start. https://youtu.be/qsFtrmdIn8w https://youtu.be/AbyW-UeItV4

Swedish Relay

The Swedish relay is a medley relay event commonly run in youth competitions and consists of four legs (100, 200, 300, 400). See USATF Competition Rule 170. The relay begins at the typical 200-meter start. The first leg is completed in the runner's assigned lane and the first handoff is the same as that between the 3rd and 4th runners in the 4 x 100. Following the first handoff runners may leave their lane. The second handoff is at the typical 300-meter (or 1500 meter) start, and the third handoff for the final (400) leg is at the start/finish zone. All handoffs other than the first are conducted similarly to a 4x400 (or 4x800) relay.

Each club may enter relay teams for each age group (9-10,11-12,13-14,15-18) category. This entry will NOT count against the runners' maximum allowable events.

The relay will be competed as a **mixed gender** event. Each team MUST have at least two girls among the four runners. Teams with more than two girls are permitted.

See https://www.youtube.com/watch?v=2V6AcgEBaMc for a video example of the Swedish relay at New Balance Nationals. We hope this will be a fun and exciting conclusion of the meet and encourage you to strongly consider putting together teams for this event.

Field Events

Each athlete will be permitted **four attempts** per event with final placings determined based upon the best of these four attempts. Appropriately weighted shot puts and turbo javelins will be provided and must be used by all athletes.

Field events will be conducted in flights. If more than one flight is needed, the flights will be organized alphabetically. Please only enter the jumping or throwing area when your flight has been called. Warm up periods will be determined by the jumps officials and will be strictly enforced. Athletes missing their warm up period will not be allowed extra warm up time. *Please note that USATF and NFHS rules now prohibit "run backs" and they will not be allowed during long jump warm up periods.*

Awards

Ribbons will be awarded for places 1-6 for all events and all age groups. Results will be posted online shortly following each event. Results may be found at www.ntfxc.com/Results/. Awards will be available shortly after posting of unofficial results. Awards may be obtained at the awards table. To avoid long lines please pickup your awards throughout the day as they become available. We will not mail awards that were not picked up. Once awards are distributed, all results are official.

Protests

Please be sure to check the live results often and notify the officials tent on the infield ASAP if there are any discrepancies. Protests shall be made at once and not later than 30 minutes after the results of the event have been posted online. Protests shall be directed to the officials tent on the infield. We will be using a fully automatic timing system and only the finish line video will be used to resolve protests. We will make every attempt to rectify results if they can be determined to be in error. Due to the timing of the awards distribution, it may be impossible to redistribute awards in the event of a later change.

Concessions

There will be limited concessions available between 10 am and 2 pm but athletes may wish to bring their own food and water. No alcohol, tobacco products or glass containers are permitted on school property.

Parking

There is parking behind the school near the track. In the past, this parking area has filled up, but the parking area has since been expanded. Overflow parking will be located on the opposite side of Westerly Parkway and will require an approximate 5-minute walk to the track. If the lot near the track is full, you may wish to drop off your athletes and equipment and proceed to the parking lot. Please do not block the roadway or park in spots reserved for school employees. A parking map will be available prior to the meet. **PLEASE DO NOT PARK IN FIRE ZONES. IF THE TRACK PARKING LOT IS FULL, YOU MUST PARK ACROSS WESTERLY PARKWAY. DO NOT PARK IN THE NARROW ONE-WAY DRIVE LEADING FROM WESTERLY PARKWAY TO THE TRACK. This will be strictly enforced and your vehicle may be towed without warning.**

Tents

Team tents/camps will only be permitted in designated areas. A detailed map with acceptable team camp locations will be distributed shortly before the meet. Tents placed in other areas will be required to move. Only meet officials and called athletes are permitted on the infield.

Directions

The State College Area High School Track is located at 653 Westerly Parkway, State College, PA 16801. The track is located behind the new high school building located on the south side of Westerly Parkway. The track can be accessed either via the drive off of Westerly Parkway between Welch Pool and the main school building or the drive access off of O'Bryan Lane.

Arriving from the south on I-99. Take the Atherton St. (BUS-322) exit 69 and proceed south for approximately 4.5 miles to Westerly Parkway. Turn right onto Westerly Parkway and travel approximately .5 miles to the high school.

Arriving from the north on I-99. Tale the Park Ave. exit 74 and proceed west for approximately 2 miles. Turn left onto University Drive. Proceed south for approximately 1.5 miles to Easterly Parkway. Turn right on Easterly Parkway. Proceed on Easterly Parkway past Atherton Street. High school is located approximately .5 miles past Atherton.

Arriving from the south on US-322. Take the Atherton St. (BUS-322) exit north for approximately 4 miles. Turn left onto Westerly Parkway and travel approximately .5 miles to the high school.

Inclement Weather

In the event of severe weather, competition may be delayed and all spectators and participants may be required to find shelter. While we will make every effort to complete all events in a timely fashion, significant weather problems may require modification of the schedule and the cancellation of events. Refunds will not be issued for cancelled events.

Behavior

All athletes, parents, coaches, and spectators are expected to demonstrate polite and supportive behavior. Failure to act in this fashion may result in athlete disqualification or spectator removal. We especially ask that you be sure not to litter and assist with keeping this school facility in good, clean condition during and after the meet. **The school district does not permit dogs at the track so please do not bring them inside the facility.**