Central Pennsylvania Youth Track & Field Meet

The following information may change.
Last updated 5/20/2019

Organizational Information

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

Contact: Tony Kwasnica (ntfxc.treasurer@gmail.com)
881 Teaberry Lane
State College, PA 16803
(814) 278-1265

This is a USATF-sanctioned event (19-08-066). We will follow the USATF rules of competition unless otherwise determined by the head official. Hurdles heights, shot put weights, and appropriate javelin will follow USATF specifications for each age group except when noted below.

Important Dates

Wednesday, May 29, 2019 9:00 pm	**All entries must be received**
Friday, May 31, 2019 12:00 pm	**All payments must be received**
Friday, May 31, 2019 6:00-8:00 pm	**Limited evening events**
Saturday, June 1, 2019 9:00 am	**Main meet begins**

Divisions

Boys and Girls for the following age divisions:

8 and under	**sub-bantam**	Born in 2011 or later
9-10	**bantam**	Born in 2009 or 2010
11-12	**midget**	Born in 2007 or 2008
13-14	**youth**	Born in 2005 or 2006
15-18	**intermediate/young**	Born in 2001 thru 2004

Events

	8 and under		9-10		11-12		13-14		15-18	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
	Friday Track Events									
3000 Run					101	102	103	104	105	106
300 Hurdles							107	108	109	110
	Friday Field Events									
Pole Vault								202		204
Triple Jump							205	206	207	208
	Saturday Track Events									
1500 Run	301	302	303	304	305	306	307	308	309	310
Sprint Hurdles					311	312	313	314	315	316
100 Dash	317	318	319	320	321	322	323	324	325	326
400 Dash	327	328	329	330	331	332	333	334	335	336
4x100 Relay	337	338	339	340	341	342	343	344	345	346
800 Run	347	348	349	350	351	352	353	354	355	356
200 Dash	357	358	359	360	361	362	363	364	365	366
Swedish Relay			367		368		369		370	
	Saturday Field Events									
Long Jump	401	402	403	404	405	406	407	408	409	410
Javelin	411	412	413	414	415	416	417	418	419	420
Shot put	421	422	423	424	425	426	427	428	429	430
Pole Vault							201		203	

Entries

Athletes 12 and under are limited to 3 entries (including relays) and athletes 13 or older may enter 4 events (including relays). This does not include the Swedish relay. See the information below about the Swedish relay. The cost of entry is **$12 per athlete**.

The organizer may also limit the total number of entries to ensure that the meet runs on time so PLEASE get your entries and payment in early. Last year we closed entry early for the long jump.

Entries will be accepted from both teams and individuals. **Athletes DO NOT need a USATF license to compete.**

There are two ways to register:

(A) Online (preferred)

Register online via athletic.net. You may find our meet at
https://www.athletic.net/TrackAndField/meet/361223/register
We suggest beginning the registration process at least a few days before the registration deadline.

(B) Mail

A paper (mail or fax) entry form may also be found on the meet website. Please send the entry along with the appropriate payment to the address below. Payment may also be made via Paypal to ntfxc.treasurer@gmail.com or via the athletic.net site.

Make checks payable to: *Nittany Track and Field*
Send check payment to: Nittany Track and Field - c/o Tony Kwasnica
881 Teaberry Lane, State College, PA 16803

All participating athletes must also submit a completed waiver (see link to the waiver form on the meet website). You may mail these waivers with your entry payment or provide them at check-in. If you register online, the waiver is completed during the registration process and a paper copy is not necessary.

Friday Meet Schedule (approximate)

Note: Friday events are designed primarily for older 13+ athletes. Current schedule is tentative pending final approval from facility operator and others.

5:30 pm	Athlete coach check-in and track open for warm ups
6:00 pm	Field events begin (see order of events)
6:15 pm	Coaches meeting (infield)
6:15 pm	First call (approximate)
6:30 pm	Track events begin (see order of events)
8:00 pm	Friday events conclude

Friday Order of Events

Note that the following schedule is approximate and events may run up to 30 minutes early. Please listen for your events to be called.

TRACK EVENTS	ESTIMATED START TIME
3000 m	6:30 pm
300 m hurdles	7:15 pm

FIELD EVENTS	ESTIMATED START TIME
Pole Vault (boys)	
All ages Warmup	5:00 pm
All ages	6:00 pm
Triple Jump	
13-14	6:30 pm
15-18	7:15 pm

Saturday Meet Schedule (approximate)

8:30 am	Athlete coach check-in and track open for warm ups
9:10 am	Coaches meeting (infield)
9:15 am	First call (approximate)
9:25 am	National Anthem
9:30 am	Track events begin (see order of events)
9:30 am	Field events begin (see order of events)
1:00 pm	Second half of events begin (approximate)
4:00 pm	Meet concludes

Saturday Order of Events

Note that the following schedule is approximate and events may run up to 30 minutes early. Please listen for your events to be called.

TRACK EVENTS	ESTIMATED START TIME
1500 m	9:30 am
80/100/110 hurdles	10:15 am
100 m	10:45 am
400 m	11:45 am
4x100 m relay	1:00 pm
800 m	1:30 pm
200 m	2:15 pm
Swedish relay	3:15 pm

FIELD EVENTS	ESTIMATED START TIME
Long Jump	
15-18 Warm up	9:00 am
15-18	9:30 am
11-14 Warm up	10:00 am
11-12, 13-14	10:30 am
10- Warm up	1:00 pm
8 and under, 9-10	1:30 pm
Javelin	
8 and under	9:30 am
9-10	10:45 am
11-12	9:30 am
13-14	10:15 am
15-18	11:00 am
Shot put	
8 and under	12:30 pm
9-10	1:00 pm
11-12	1:30 pm
13-14	2:00 pm
15-18	2:30 pm
Pole Vault (girls)	
All ages Warm up	1:00 pm
All ages	2:00 pm

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 at their event location. In the case your field events conflict with your track events be sure to notify the clerk in charge of your event.

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.

This relay was an exciting end to the meet last year! In order to encourage participation, each club may enter one relay team for each age group (9-10,11-12,13-14,15-16) category. This entry will NOT count against the runners' maximum allowable events. Additional open teams will be considered as space allows and at the meet director's discretion.

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.

Due to the unusual entry conditions we will deal with Swedish relay entries via email. Please contact Tony Kwasnica at ntfxc.treasurer@gmail.com about entries for this event prior to June 1.

Also, 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.

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+ age groups in the 100 and 200 meter events. 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 to clerking tent early so as to not cause delays or confusion.

The 300 meter hurdles will follow NFHS guidelines for hurdle height (30” for 13-14 and 15-18 girls, 30” for 13-14 boys, and 36” for 15-18 boys).

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/aero javelins will be provided and must be used by all athletes. Athletes in the 13-14 and 15-18 age groups are expected to provide their own javelins.

The long jump will be conducted in flights. If more than one flight is needed, the flights we be organized alphabetically. Please only enter the long jump area when your flight has been called. There will be clerks available to help with ensuring athletes do not miss their track events. Further, the order of groups and flights between age groups may vary according to availability of athletes from track events. For safety reasons, “run backs” will not be allowed during long jump warm up periods.

Turbo javelin (10 and under) will be conducted on the track infield. Aero and regular javelin (11 and older) will be conducted outside the main track area in the field to the west of the track (see map). Athletes and spectators transiting to and from the javelin area outside the track are asked not to climb on the large construction dirt mound.

Awards

Medals will be awarded for places 1-3 and ribbons will be awarded for places 4-6 for all events and all age divisions. Unofficial results will be posted online shortly following each event. Awards will be distributed shortly after posting of unofficial results (listen for calls inviting top-6 competitors to the podium). Once awards are distributed, all results are official. Athletes should not leave their event to attend awards unless they receive permission from the clerk/official in charge.

Protests

Protests shall be made to the referee at once and not later than 30 minutes after the results of the event have been posted. 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 ceremony, it may be impossible to redistribute awards in the event of a later change.

Concessions

Concessions will be available including water, snacks, Gatorade, and lunch items. See the map on the website for the location of the concessions stands. An outside t-shirt vendor will also be on site on Saturday.

Parking

There is limited parking behind the school near the track. Due to the high school construction, parking might be limited. Overflow parking will be located on the opposite side of Westerly Parkway and will require an approximate 10-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. Please see a current parking map at the end of this document. **PLEASE DO NOT PARK IN FIRE ZONES. IF THE TRACK PARKING LOT IS FULL, YOU MUST PARK ACROSS WESTERLY PARKWAY.**

Tents

Team tents/camps are NOT permitted on the infield. Only meet officials and called athletes are permitted on the infield. Tents may be setup at the far end of the track or the elevated area behind the jumping pits. See the map for more information on acceptable locations for tents.

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 entrance is currently (may change due to construction) located between the main school building and Welch pool.

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.

High School Construction Warning

The State College Area High School began a major construction/renovation project during the summer of 2015. We do not anticipate that the construction will impact the meet this year but urge you to follow all construction signs and to not cross into construction areas. Do not climb on the large mound of dirt outside the track.

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.**

Overflow Parking
Westerly Pkwy
Westerly Pkwy
Westerly Pkwy
O'Bryan Ln
O'Bryan Ln
DO NOT PARK ALONG 2-WAY DRIVE!!!
School Construction Area
Primary Parking
Track Entrance

Field Events:
A. Long Jump
B. Triple Jump (Fri)
C. Pole Vault
D. Shot Put
E. Javelin (10-)
F. Javelin (11+)
Tents OK
B
C
F
E
Officials & Athletes Only
Tents OK
A
5
2
1
D
Tents OK
3
4
1- Timer, Officials & Athletic Trainer
2- Track Clerking Tent
3- Team/Athlete Check-in, Programs
4- Concessions, Restrooms & Results Posted
5- Awards