

# Central Pennsylvania Youth Track Meet

*The following information may change.*

*Last updated 5/23/2017*

## Organizational Information

Host: Nittany Track and Field ([www.ntfxc.com](http://www.ntfxc.com))

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

Organizing Committee:

Astrid DeGleris  
Mark Fedkin  
Nick Kello  
Julie Kwasnica  
Tony Kwasnica  
Matthew Lindenberg  
Lisa Nussbaum

This is a USATF-sanctioned event (17-08-085). We will follow the USATF rules of competition unless otherwise determined by the head official.

## Important Dates

**Wednesday, May 31, 2017 9:00 pm - All entries must be received**

**Friday, June 2, 2017 12:00 pm - All payments must be received**

**Saturday, June 3, 2017 9:00 am - Meet begins**

## Divisions

Boys and Girls for the following age divisions:

<b>8 and under</b>	<b>sub-bantam</b>	Born in 2009 or later
<b>9-10</b>	<b>bantam</b>	Born in 2007 or 2008
<b>11-12</b>	<b>midget</b>	Born in 2005 or 2006
<b>13-14</b>	<b>youth</b>	Born in 2003 or 2004
<b>15-16</b>	<b>intermediate</b>	Born in 2001 or 2002
<b>17-18</b>	<b>young</b>	Born in 1999 or 2000

Note: 15-16 and 17-18 age divisions will compete together. Only 15-16 are eligible for awards.

## Events Contested

### EVENT NUMBERS

	8 and under		9-10		11-12		13-14		15-16/17-18	
	G	B	G	B	G	B	G	B	G	B
1500 M Run	1	2	3	4	5	6	7	8	9	10
80 M Hurdles					11(30")	12 (30")				
100 M Hurdles							13 (30")	14 (33")	15 (33")	
110 M Hurdles										16 (39")
100 M Run	17	18	19	20	21	22	23	24	25	26
400 M Run	27	28	29	30	31	32	33	34	35	36
4 x 100 Relay	37	38	39	40	41	42	43	44	45	46
800 M Run	47	48	49	50	51	52	53	54	55	56
200 M Run	57	58	59	60	61	62	63	64	65	66
Swedish Relay*			67 mixed		68 mixed		69 mixed		70 mixed	
Long Jump	83	84	81	82	79	80	77	78	75	76
Turbo Javelin (300g)	85	86	87	88	89	90				
Shot put	91 (2kg)	92 (2kg)	93 (6lb)	94 (6lb)	95 (6lb)	96 (6lb)	97 (6lb)	98 (4kg)	99 (4kg)	100 (12lb)

Note: Events may be combined depending on the number of competitors

\* See special rules regarding the Swedish relay below.

## 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.

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

Preferred entry method is online via athletic.net. You may find our meet at <https://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=297831>.

We suggest beginning the registration process at least a few days before the registration deadline.

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

All athletes athletes who signup via mail must also submit a completed waiver. You may mail these waivers with your entry payment or provide them at check-in. A copy of the waiver can be found on the website.

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

## Meet Schedule (approximate)

8:30 am	Athlete coach check-in and track open for warm ups
9:15 am	Coaches meeting (infield)
9:20 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)
12:00 pm	Official's lunch break (approximate)
12:30 pm	Second half of events begin (approximate)
4:00 pm	Meet concludes

### **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.

<u>TRACK EVENTS</u>	<u>ESTIMATED START TIME</u>
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1500 m	9:30 am
80/100/110 hurdles	10:00 am
100 m	10:45 am
400 m	11:30 am
4x100 m relay	12:30 pm
800 m	1:00 pm
200 m	1:45 pm
Swedish relay	2:45 pm

<u>FIELD EVENTS</u>	<u>ESTIMATED START TIME</u>
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Long Jump	
15-18 Warmup	9:15 am
15-16,17-18	9:30 am
11-14 Warmup	10:00 am
11-12, 13-14	10:30 am
10- Warmup	1:00 pm
8 and under, 9-10	1:30 pm

Turbo Javelin	
8 and under	9:30 am
9-10	10:45 am
11-12	11:30 am

Shot put	
8 and under	12:30 pm
9-10	1:00 pm
11-12	1:30 pm

13-14	2:00 pm
15-16	2:30 pm

Please listen for announcements calling your events and arrive soon after the first call. Track event athletes should check-in at the clerking tent on the infield. Field event athletes should 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 4<sup>th</sup> runners in the 4 x 100. Following the first handoff runners may leave their lane. The handoff for the third leg is at the typical 300 meter (or 1500 meter) start, and the handoff for the final (400) leg is at the start/finish. 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 team 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 entries via email. Please contact Tony Kwasnica at [ntfxc.treasurer@gmail.com](mailto:ntfxc.treasurer@gmail.com) about entries for this event prior to June 2.

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 15-16 and 17-18 age group in the 100 and 200 meter events.

## **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. Note: The 11-12 age group will be competing with the 300g Turbo Javelin.

The long jump will be conducted in flights. We have made every attempt to minimize conflicts with track event, but please follow the instructions of the field clerk regarding competing in your track events. Further, the order of groups and flights within between age groups may vary according to availability of athletes from track events.

## **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 except the 17-18 age group. Unofficial results will be posted shortly following each event. Awards will be distributed shortly after posting of unofficial results. Once awards are distributed all results are official.

## **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 supplied by our timer will be used to resolve protests.

## **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.

## **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 (in front of the High School North Building) 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. During crowded events parking is usually permitted along the drive leading up to the track as long as the cars are off the road, but we cannot guarantee this will be allowed.

## **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 near 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 Pkwy, State College, PA 16801.

NOTE: The main entrance to the drive leading to the track is located on O'Bryan Lane. See the attached map detailing parking and the location of the track.

*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. Turn left onto O'Bryan Lane (just after Weis market) and turn right to enter drive leading to track and parking.

*Arriving from the north on I-99.* Take 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. Turn left onto O'Bryan Lane (just after Weis market) and turn right to enter drive leading to track and parking.

*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. Turn left onto O'Bryan Lane (just after Weis market) and turn right to enter drive leading to track and parking.

## **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.

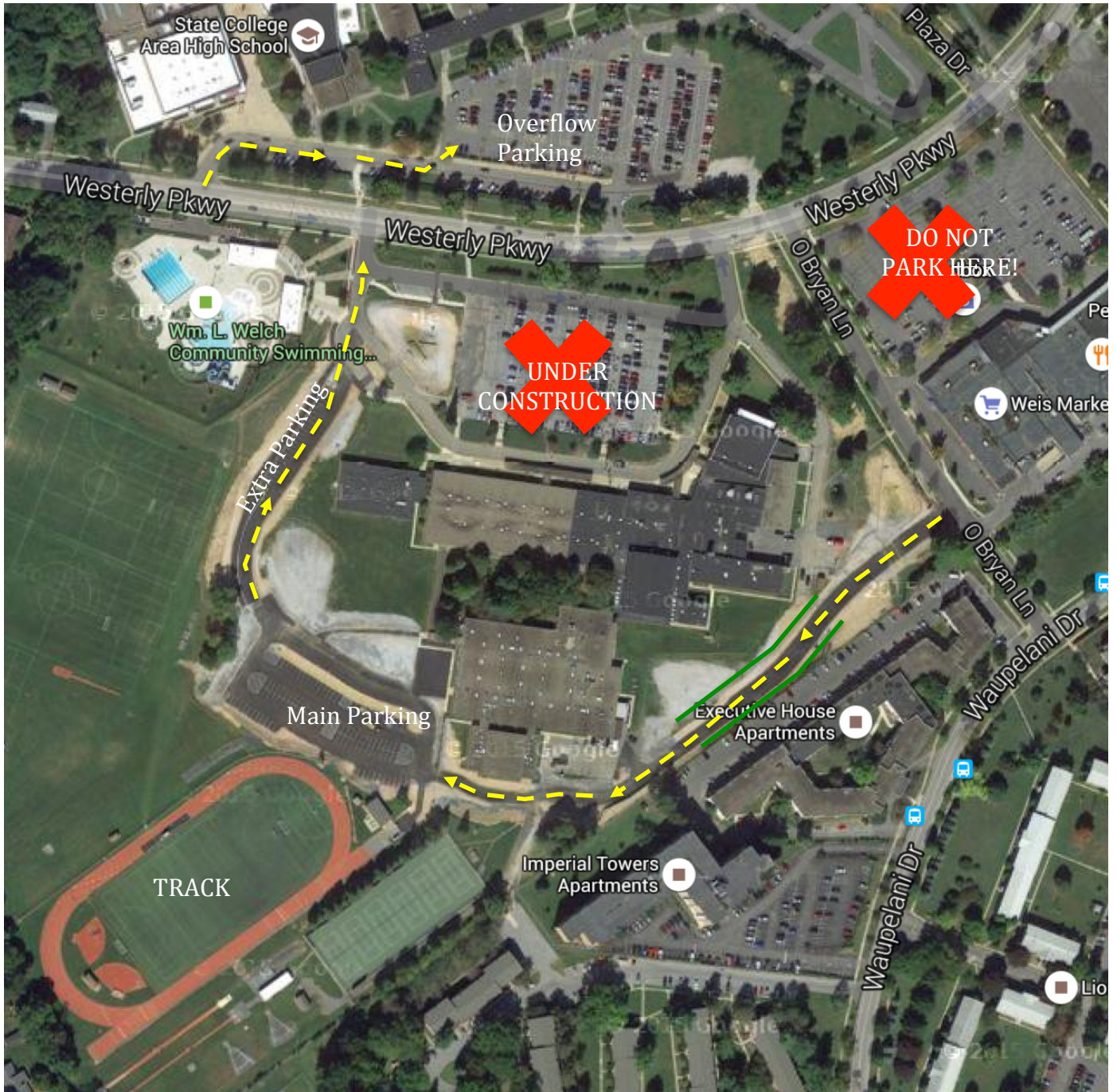
**Inclement Weather**

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.









Field Events:  
A. Long Jump  
B. Shot Put  
C. Turbo Javelin

- 1- Timer, Officials & Athletic Trainer
- 2- Track Clerking Tent
- 3- Team/Athlete Check-in, Programs
- 4- Concessions, Restrooms & Results Posted
- 5- Awards & Announcer