

# Welcome to the City of Hermitage Track and Field Invitational

April 24, 2010 at Hickory High School, Hermitage, PA

## GENERAL MEET INFORMATION:

- Both track and field events begin at 9:00am.
- Coaches' meeting – Brief meeting at 8:30am by the Finish Line Tent.
- Concession stand will open at 8:15am.
- Invite t-shirts will be sold near the concession stand. NEW – track event t-shirts (field and track) will also be on sale...find the tent as soon as you come into the stadium for some new designs!!!
- Programs will be available at the concession stand area for \$2.00 each highlighting participants in each event, District 10 and PIAA qualifying standards, Invite Meet records.
- Admission to the meet - \$3.00 for adults, \$2.00 for students and senior citizens.



## FACILITY INFORMATION:

- No spikes longer than ¼ inch are permitted on track, javelin, and jumping surfaces.
- Tape only (white athletic tape) for relay marks (please remove after event).
- Will be running the 800 meter, 1600 meter, and 3200 meter races like District 10 and PIAA meets – double waterfall. We will look at the 3200 meter relay to see how many entries before deciding on how to run event.
- If there are too many 3200 meter runners, we will run a slower heat during lunch break. I will be sending out that information on Wednesday so that you can notify your athlete and their parents.

## ATHLETIC TRAINING:



National Athletic  
Trainers' Association

- Medical tent provided by Sharon Regional Health System with our Athletic Trainer, Tammy Thomas, on hand during the meet. Tent is located on the far side of the field. Local trainers will be in attendance to help with all athletes. Water will be available at different locations at the facility. **If you have any special needs for an athlete...**please have your athletic trainer or coach call Tammy at 724-866-0464 or email her at [tammy\\_thomas@hermitage.k12.pa.us](mailto:tammy_thomas@hermitage.k12.pa.us) so that she can be ready on meet day to service your athlete(s).

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## SCRATCH PROCEDURES:

Track and Field Scratches and Adds from Wednesday, April 21st through noon on Friday, April 23rd:

Email me at [barbara\\_dzuricko@hermitage.k12.pa.us](mailto:barbara_dzuricko@hermitage.k12.pa.us)

On the day of the event:

- Field scratches will take place at the site of each field event
- Scratch sheets are available in the meet packet and at the Finish Line Tent.
- Track scratches:
  - Morning events (100m dashes, 110/100m hurdles, 3200m relays, 200m dashes)
    - Scratch by 8:30am so that the proper heats can be finalized – at Finish Line Tent.
  - Afternoon events – please listen to the announcements for the scratch times for each event.

## ADVANCEMENT PROCEDURES:

- In the 100 meter dashes, 200 meter dashes, and the 110/100 meter hurdles, top 2 plus the next fastest times advance to make 16 for the finals of all three events.

## FACILITY PROCEDURES:

- All athletes must stay to the outside of the orange fencing under the bleachers for safety.
- Tents are permitted on “tent” hills outside of the track. Please have your team clean up your areas in the bleachers and on the hills before leaving!!! Thanks!
- Your busses will be able to park right below the ticket booth to be used as shelter if the rain comes. If there is an intense storm, we will use our high school gym area as a place to house the athletes. Coaches will be responsible for the behavior of the students if this situation arises.
- ONLY athletes warming up or preparing for their immediate event should be on the infield. All spectators or athletes not competing should be outside the track fence. No electronic devices permitted in the infield or in the competition area of all field events. Thanks!!!



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## AWARDS AND RESULT INFORMATION:

- Immediate call for awards after event. Field representatives will bring down top 8 after finals.
- All athletes earning awards should arrive at the awards stand in some type of school uniform or team t-shirt to represent their team and school...no hats, etc. **This is a PIAA/District 10 awards presentation policy and will be asking all athletes to comply to get them used to how it should be done at the District and State Meets!**
- Coaches and media can come to the finish line tent at the end of the meet to receive the meet results. If time is available, I can print a sheet with just the times and distances from your athletes. All top 8 results will be sent to a media file covering about 20 plus newspapers, radio stations, and television stations in the District 10 area. The results will also be sent to Don Rich at Penntack. This will be done within an hour of the end of the meet. If you know of anyone else that needs the results, please see me at the finish line tent during the day and I will add them to my list.

