

# Welcome to the 13th Annual City of Hermitage Track and Field Invitational

April 21, 2012 at Hickory High School, Hermitage, PA

## CONTACT INFORMATION:


- Barbara Dzuricsko, Meet Director
  - Hickory High School, 640 North Hermitage Road, Hermitage, PA 16148
  - Office number: 724-981-8750, x 1400
  - Fax number: 724-347-4558
  - Email address: barbara\_dzuricsko@hermitage.k12.pa.us

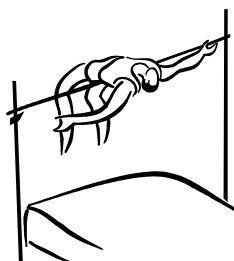


## IMPORTANT DATES:

- **October 14<sup>th</sup>:** Fax or email coach/team confirmation sheet to contacts above.
- April 17<sup>th</sup>: Online entries due by 9:00pm.
- April 9<sup>th</sup>: Scholar Athlete form due. Fax or email.
- April 20<sup>th</sup>: Entry fee due to address above. \$80.00 per gender team or \$150.00 for both boys and girls. If gender team is under 9 athletes, \$10.00 per athlete. Checks made payable to *Hickory Track Boosters*.

## ENTRY REQUIREMENTS:

- **Online Meet Registration**  

- Entries due by April 17<sup>th</sup> at 9:00pm
- <http://pa.milesplit.com/meets/101172>
- [http://pa.milesplit.com/pages/Online\\_Meet\\_Reg\\_Instructions](http://pa.milesplit.com/pages/Online_Meet_Reg_Instructions)
- Two in each event, one relay per event.
  - Starting heights:
    - Pole vault: Girls 7' 0" (possible 6' 6")
    - Pole vault: Boys 9' 0" (possible 8' 6")
    - High jump: Girls 4' 4"
    - High jump: Boys 5' 6"



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## 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. BACK AGAIN! –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 3/16<sup>th</sup> are permitted on track, javelin, and jumping surfaces.
- Tape only (white athletic tape) for relay marks (please remove after event).
- Jumping pit boards:
  - Long jump board      Girls              8 feet
  - Long jump board      Boys              10 feet
  - Triple jump boards    Girls              20, 24, 28, 32 feet
  - Triple jump boards    Boys              28, 32, 36 feet
- Will be running the 800 meter, 1600 meter, and 3200 meter races and the 3200 meter relay like District 10 and PIAA meets – in custom lanes. The 1600 meter relay will run with a 3-turn stagger with a first exchange zone stagger and break line for the second runner.
- 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 the Wednesday before the invitational so that you can notify your athlete and their parents.

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## ATHLETIC TRAINING:

- Medical tent provided by Sharon Regional Health System with our Certified Athletic Trainer, Tammy Thomas, on hand during the meet. Tent is located on the far side of the field. Local Athletic 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).



National Athletic  
Trainers' Association

- Bring supplies: tape, prewrap, ace bandages, etc.
- Make sure athletes bring inhalers, etc.
- No OTCs will be given without parental permission.

## SCRATCH PROCEDURES:

Track and Field Scratches and Adds from Wednesday, April 18th through noon on Friday, April 20th:

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.

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## FACILITY PROCEDURES:



- NEW POLICY FOR OUR NEW TURF FIELD! No parents will be permitted inside the fences to watch the high jump or pole vault areas. Parents will need to watch from outside the fence near each event area. No coaches or athletes will be permitted inside the field fences unless they are preparing for an event or waiting for an award. (special provisions for coaches will be made for pole vault and high jump areas only) Only chairs provided by our school district are permitted on the turf field. No gum or sunflower seeds are permitted. Please help us maintain our new facility!
- 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!!!

## 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 Penntrack. 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.



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## Order of Events:

<u>TIME</u>	<u>TRACK EVENT</u>	<u>CLASS</u>
9:00am	100 meter hurdles	Trials Girls
	110 meter hurdles	Trials Boys
	100 meter dash	Trials Girls followed by Boys
	3200 meter relay	Finals Girls followed by Boys
	200 meter dash	Trials Girls followed by Boys
<b>Lunch</b>	<b>3200 meter run – Heat 1</b>	<b>Finals Girls and Boys</b>
	100 meter hurdles	Finals Girls
	110 meter hurdles	Finals Boys
	100 meter dash	Finals Girls followed by Boys
	1600 meter run	Finals Girls followed by Boys
	400 meter dash	Finals Girls followed by Boys
	400 meter relay	Finals Girls followed by Boys
	300 meter hurdles	Finals Girls followed by Boys
	800 meter run	Finals Girls followed by Boys
	200 meter dash	Finals Girls followed by Boys
	3200 meter run - Heat 2	Finals Girls followed by Boys
	1600 meter relay	Finals Girls followed by Boys

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<u>TIME</u>	<u>FIELD EVENT</u>	<u>Location</u>
9:00am	Session 1:	
	Boys Shot Put	Upper field
	Boys Javelin	Field below press box
	Girls Discus	Upper field
	Boys Long Jump	10 ft. board – next to home bleachers
	Girls Long Jump	8 ft. board- next to home bleachers
	Girls High Jump	By finish line tent
	(those in long & high should try to get in 3 long jumps in first flight)	
	Boys Pole Vault	By scoreboard
	Session 2 after Session 1 is completed:	
	Girls Shot Put	Upper field
	Girls Javelin	Field below press box
	(depending on number of girls doing both javelin and shot put, we will adjust start time of javelin)	
	Boys Discus	Upper field
	Boys Triple Jump	28', 32', 36' boards
	Girls Triple Jump	20', 24', 28', 32' boards
	Boys High Jump	By finish line tent
	Girls Pole Vault	By scoreboard

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SCHOOL WORKER SHEET FROM: Name of School \_\_\_\_\_

We are asking each school to supply two field workers to help with the field events. We will supply a free t-shirt and lunch to each worker. If needed, we will assign a school to an event that needs help if we don't receive this sheet **by April 18<sup>th</sup>**. Thanks! T-shirts will only be saved for those coaches that fax this sheet by **April 18<sup>th</sup>**! Thanks for helping with our pre-meet planning!

PLEASE FAX THIS SHEET TO 724-347-4558 AT HICKORY HIGH SCHOOL :

ATTENTION: BARB DZURICKSKO

NAME OF COACH \_\_\_\_\_

**T-SHIRT SIZE**      SMALL      MEDIUM      LARGE      XL      XXL

**EVENT CHOICE**      BOYS      GIRLS

HIGH JUMP      LONG JUMP      TRIPLE JUMP      POLE VAULT

DISCUS      JAVELIN      SHOT PUT

NAME OF COACH \_\_\_\_\_

**T-SHIRT SIZE**      SMALL      MEDIUM      LARGE      XL      XXL

**EVENT CHOICE**      BOYS      GIRLS

HIGH JUMP      LONG JUMP      TRIPLE JUMP      POLE VAULT

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**SCHOLAR ATHLETE NOMINATIONS**

From \_\_\_\_\_

Has an "A" average and active in your athletic and school community.

**Name of boy:** \_\_\_\_\_

Grade point average or percentage: \_\_\_\_\_

T-shirt size:      Small          medium      large          xl          xxl

**Name of girl:** \_\_\_\_\_

Grade point average or percentage: \_\_\_\_\_

T-shirt size:      Small          medium      large          xl          xxl



These awards will be presented to the athletes at the awards stand during the lunch break while Heat 1 of the 3200 meter run is in progress.

Due by April 9<sup>th</sup>, 2012

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## TEAM CONFIRMATION FAX SHEET:

FAX THIS SHEET TO OUR SCHOOL FAX #: 724-347-4558 **BY OCTOBER 14<sup>TH</sup>!**

**YES, SCHOOL/TEAM NAME** \_\_\_\_\_

RESERVE A SPACE FOR US IN THIS YEAR'S INVITATIONAL!

OUR \_\_\_\_\_ BOYS' TEAM IS COMING!

Head Coach's name \_\_\_\_\_

Best phone number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email address \_\_\_\_\_ @ \_\_\_\_\_

OUR \_\_\_\_\_ GIRLS' TEAM IS COMING!

Head Coach's name \_\_\_\_\_

Best phone number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email address \_\_\_\_\_ @ \_\_\_\_\_

*Looking forward to your talents and fellowship!*