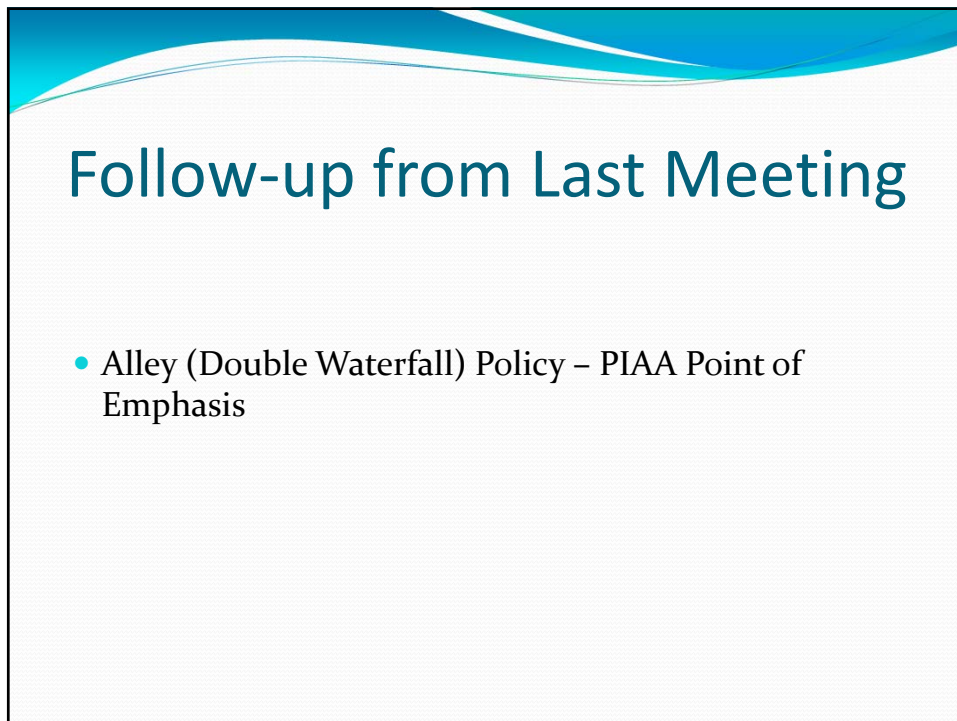


1



2

## Double Waterfall Policy – PIAA Point of Emphasis

- Research on other state's utilization
- Correspondence with Statewide Rules Interpreter
- Discussion with other starters

3

## Double Waterfall Policy – Dual Meets

- Only to be used at facilities where a second waterfall line is present
- Only used for the 800m and 1,600m runs with 9 or more competitors
- Fastest 1/3 of competitors lined up on the outer (small) waterfall
- Have cones at the breakline
- Optional – Cones separating outside from inside
- Try to get a timing official to watch the breakline

4

## ?? from Coaches/AD's/Officials in the past week

- Athlete deaf with a cochlear implant may need to wear a tethered necklace and/or a headcovering
- Calling out laps for the 3,200m relay?
- 300m Hurdle Markings – YCP track for Ray Geesey Invitational
- Can chalk be used during throwing events?
- Can girls and boys run together in a dual meet?

5

## Athlete deaf with a cochlear implant may need to wear a tethered necklace and/or a headcovering

- Question - A parent contacted me sharing that their son is deaf and has a cochlear implant. They are going to try a tethered necklace or a headband for him to wear so he can hear us during practice and meets. Below is some input that the family shared that might be helpful for him.
- Is there anything that I need to complete for him to be successful especially if he is wearing some form of headgear for dual meets. Any input will be greatly appreciated.

6

## Athlete deaf with a cochlear implant may need to wear a tethered necklace and/or a headcovering

- Response - I think to be on the safe side, a request for accommodation should be made by the school (AD) to PIAA. See the slide from last night's Track Rules Meeting. I'm not exactly sure who the request would go to at PIAA. It might be Pat Gebhart. [pgebhart@paaa.org](mailto:pgebhart@paaa.org) Thanks for being proactive and checking!

7

## Calling out laps for the 3,200m relay?

- On a slightly different topic, I'm not sure I've called out lap counts on the 3200 relay as the rules define. Question: As the 1st relay runner reaches the finish line on their first lap, do you call "7 to go" or "1 to go"?

8

## Calling out laps for the 3,200m relay?

- NFHS Rule 3-4-7 – The referee shall note and call aloud, for the benefit of each competitor, the laps remaining in individual races or relay legs of two laps or more.

9

## Calling out laps for the 3,200m relay?

- For the 4X800, I typically don't announce any of the laps except the bell lap. I am watching the teams to make sure the runners are on the track at the right time. If you want to call laps I think the more appropriate call is "one to go". But I don't think it's necessary when a kid is running two laps and you are ensuring the handoffs are taking place on the correct lap.
- The purpose for the "bell lap" is not for the runners. It is for the fans, so that their interest "perks up" and they watch the more interesting last lap.

10

## 300m Hurdle Markings – YCP track for Ray Geesey Invitational

- Be aware the York College track has no markings for the 300 meter hurdles. (No start lines, no hurdle locations).

11

## 300m Hurdle Markings – YCP track for Ray Geesey Invitational

1. Eliminate the 300m hurdles from the meet, or
2. Take some serious time and effort to mark the track for the eight hurdle marks and the appropriate starting marks. I think if you have someone good in math, they could lay this out easily and accurately for you. (use temporary paint?) Coach Schuller and Coach Gillis are math teachers, aren't they?

12

## 300m Hurdle Markings – YCP track for Ray Geesey Invitational

NFHS Rule 5-3-1 – When the start is on a turn, the staggered distances should be determined by a competent surveyor such as, but not limited to, a registered land surveyor, professional engineer, certified track builder, or experienced track stripper. Each lane shall be measured when the staggers are on a curve.

13

## 300m Hurdle Markings – YCP track for Ray Geesey Invitational

- 400m hurdles (NCAA) – 10 hurdles -> Distance to first hurdle=45.00m, Distance between hurdles=35.00m, Distance to finish=40.00m
- NCAA Hurdle marks working backwards from the finish line -> 40m, 75m, 110m, 145m, 180m, 215m, 250m, 285m, 320m, 355m
- 300m hurdles (NFHS) – 8 hurdles -> Distance to first hurdle=45.00m, Distance between hurdles=35.00m, Distance to finish=10.00m
- NFHS Hurdle marks working backwards from the finish line -> 10m, 45m, 80m, 115m, 150m, 185m, 220m, 255m
- Based on the aerial of the track from Google Maps, it looks like the starting lines would be on the curve. I believe the appropriate starting line would be the measured midpoint of exchange zone 1 (the midpoint between the two big triangles, and not the smaller “fly” triangle.
- If you take the time and get everything marked in advance of the meet, I believe it is very “doable” to run a fair and accurate 300m hurdle race. Thanks!

14

## Can chalk be used during throwing events?

- Yes, it can. The following rule pertains to all field events -> **Rule 6.2.14. To obtain a better grip, competitors can use chalk or an adhesive or similar substance such as rosin on their hands during competition.** Note: The games committee has the authority to restrict the use of adherents or other foreign materials on hands if the host school is supplying the throwing implements.

15

## Can girls and boys run together in the same race in a dual meet?

16



## Can girls and boys run together in the same race in a dual meet?

- **YAIAA Senior High By-Laws**
- 
- 5. "The order of running events is standardized with boys first and girls second."
- 
- 15. "**The 3200 Meter Run for Boys and Girls:** In an effort to expedite the meet it is recommended that the Boys' and Girls' 3200 Meter Run take place simultaneously. However, depending on the number of competitors and number of officials this practice is flexible and may be with, or without, a separate start whichever is appropriate or expedient at the time. **With mutual agreement of the opposing coaches and officials, this may also take place with the Girls and Boys' 3200 Meter Relay.**"
- 
- **Listing of events on page 3:**
- 
- 5:05                      Boys' 400 Relay
- 5:10                      Girls' 400 Relay
- 
- It is very clear from the league bylaws that the boys and girls run/compete in separate races, see above. The only exceptions are in the 3,200 run and relay as a common sense time saver. Based on the by-laws I believe the intent is crystal clear. Per the league by-laws, the Boys' 400 Relay is a separate and distinct race from the Girls' 400 Relay.

17

## What's New?

18

## Varsity Meet Scoring

Varsity Meet = 150 Points  
 3 Relays X 5 points = 15 points  
 8 individual track races X 9 points = 72 points  
 7 field events X 9 points = 63 points

Relay - 1<sup>st</sup> place = 5 points  
 Individual events => 1<sup>st</sup> Place = 5 pts, 2<sup>nd</sup> Place = 3 pts, 3<sup>rd</sup> Place = 1 pt

Use PIAA Tie Breaking procedure to break meet ties

When scoring meet, remember to subtract event places that did not score, i.e.  
 - only one pole vaulter cleared minimum height, subtract 4 points from total meet scores.

Divide place ties - i.e.- RL & DT tie for 2<sup>nd</sup> & 3<sup>rd</sup> in HJ, award each team 2 pts

Score both home and away, make sure they sum correctly

19

## PIAA Tie Breaking Procedure (1)

Rule 2-1-1 (pg. 9) PIAA modification, which “provides for a ‘Regular Season Dual Meet Team Scoring Tie-Breaker Procedure’ (either with or without wheelchair competitors) to be applied as follows:

- A. The team with the fewest number of coaches, contestants, and other team/school personnel disqualified from an event and from further competition or involvement in the meet for unsporting conduct, shall be declared the winner;**
- B. If the tie still remains, the team with the fewest number of competitors disqualified from an event for unacceptable conduct, shall be declared the winner;**
- C. If the tie still remains, the team with the greater number of first place finishes, shall be declared the winner;**
- D. If the tie still remains, the team with the greater number of second place finishes, shall be declared the winner;**

20

## PIAA Tie Breaking Procedure (2)

- E. If the tie still remains, the team with the greater number of third place finishes, shall be declared the winner;**  
**F. If the tie is broken after applying A, B, C, D, or E, the team declared the winner shall have one point and an asterisk (\*) added to their score; or**  
**G. If the tie remains after applying A, B, C, D, and E, the meet shall be scored as a tie.”**

21

## Junior High Meet Scoring

Junior High Meet => 100 Points  
 2 Relays X 5 points = 10 points  
 6 individual track races X 9 points = 54 points  
 4 field events X 9 points = 36 points

Relay - 1<sup>st</sup> place = 5 points  
 Individual events => 1<sup>st</sup> Place = 5 pts, 2<sup>nd</sup> Place = 3 pts, 3<sup>rd</sup> Place = 1 pt

Use PIAA Tie Breaking procedure to break meet ties

When scoring meet, remember to subtract event places that did not score, i.e. - only one athlete completed the hurdle race, subtract 4 points from total meet scores.

Divide place ties - i.e.- RL & DT tie for 2<sup>nd</sup> & 3<sup>rd</sup> in HJ, award each team 2 pts

Score both home and away, make sure they sum correctly

22

## Running Event Ties – Manual Timing

- Running Races – Head finish judge should determine finishing order in a race.
- Same heat – What if 2nd runner (finishes 1' behind 1<sup>st</sup> place, has same time (23.54 seconds-hand held) in the 200m?
- Same heat – What if 2nd runner (finishes 1' behind 1<sup>st</sup> place, has better time (23.54 sec. vs. 23.68 sec.) in the 200m?
- Separate heats – Winner of first heat runs 23.71, winner of second heat runs 23.79, good watches. What happens?
- What if gun fires and timer #1 (1st place timer) is slow on starting his watch?

23

## Running Event Ties – Manual Timing

- Reminder – Manual timing with a hundredth stop watch gets rounded up to the next tenth.  
11.41=>11.5 ; 11.50=>11.5
- To convert manual times to FAT times, add 0.24 seconds. 11.41 rounds to 11.5, then add 0.24, so the FAT conversion time is 11.74.

24

## Field Event Ties & Procedures

- Finals - Breaking ties in LJ, TJ, Shot, Discus, Javelin? Compare best attempt, 2<sup>nd</sup> best attempt, etc.
- No Preliminaries/Finals in Dual meets
- Preliminaries after 3 trials, determining finals for invitationals/championships? Only comparing best attempt. What if nine goes to final and two competitors tied for ninth place?
- Order of Finals when Preliminaries are held – reverse order of best performance, i.e.-best preliminary athlete throws last
- Final places – both preliminary and final trials count

25

## HJ & PV Ties (Rule 6-3-2.b.) - Abbreviated

1. Fewest # of trials to clear the height at which the tie occurred
2. If tie remains, fewest total number of misses (passes do not count as misses)
3. If tie is for 1<sup>st</sup> place, make one more attempt at that height, then if necessary lower bar (1"-HJ, 3"-PV). If two or more make it raise the bar. Go until there is one winner.
4. If tie is for other than first, the tie is not broken.
5. No passed heights permitted in jump-offs

26

## Dual Meet Preparation

- Review the rules for the event you are working
- Show up on time to check in with Meet Management, setup your event, and supervise warm-ups



27

## Starter-Referees

- Obtain Meet Conditions
- Check in with Meet Management
- Walk the Venue
- Coordinate with other officials
- Coordinate timing of Coaches and Captain's Meeting
- Coordinate Meet Start Time

28

## Coaches & Captain's Meeting

- Restricted Area
- Noncontested Events
- Entry Limits
- Combined (coed) races
- Throws/Jump Format
- Weather Related Issues
- Excused Competitor Procedures
- Health Issues (atomizers)
- Uniforms
- Flip Coin for Lanes
- Questions / Answers
- Sportsmanship Message

29

## Field Officials at Dual Meets

- Check in with Meet Management
- Coordinate with referee (# competitors, etc.)
- Inspect your event venue
- Bring or obtain everything you will need
- Prep your event venue
- **Train your helpers**
- Coordinate Event Time Schedule
- Supervise warmups (emphasis on safety)
- Conduct Event
- Score event and get scores to the designated area

30

## Tips and Tricks for Running a Smooth Dual Meet

- Pre-meet preparation
- Pre-event communication
- Event instructions
- Conduct of the event

31

Questions??

32