

31st Pan-Ram Invitational

April 13, 2019

Invitation Letter



Dear Previous Invitational Attendee:

You are invited to the 31st Pan-Ram Invitational on April 13, 2019, at Central Dauphin Middle School's Landis Field in Harrisburg, PA. **This year, we are proud to include a Unified 100 meters dash as contested at the State Championships, unseeded 3200 meter run, and each team is permitted to enter two relay teams per relay events.** Enclosed are: Reservation Form/Instructions, Rules, Order of Events, and Pennttrackxc Entry Information. If you have questions, please contact either:

Shane Adams (CD) at sadams@cdschools.org or Michael Galloway (CDE) at mgalloway@cdschools.org.

Important Due Dates:	Reservation Form:	5:00 pm, February 1
	Entry Fees:	5:00 pm, March 1
	Meet Entries:	8:00 pm, April 10

Facilities: Landis Field is a premier venue for track and field competitions and is located at the Central Dauphin Middle School in Harrisburg, PA. The **8-lane track**, the **javelin** and **all jumping runways** are made of **Rekoflex S polyurethane** and **resurfaced in the fall 2013**. The shot and discus are concrete pads. No contestant will be permitted to have spikes longer than 1/4" (6 mm) in length. An athletic trainer will be available and Booster Clubs will offer food, snacks, commemorative t-shirts and other merchandise.

Schedule: All track and field events begin at **9:00 am**. The *Order of Events* is included.

Meet Format: All contestants will compete together with no distinction between AA and AAA.
A unified 100 meter dash will be contested this year.

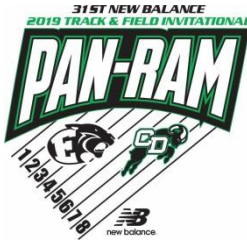
Awards: The **top 8 athletes** in each event receive **engraved spin-cast medals**.
The top male/female track and field athletes will receive outstanding performer plaques.
The 1st place boys' and girls' teams will receive plaques.

Reservation: **Reservation forms are due 5:00 pm, February 1**. Acceptance notification will be by email.

Entry Fees: **Entry fees are due 5:00 pm, March 1**. Each team of 19 or more members is \$190.00. A boys' and girls' team would be \$380.00. Individuals or incomplete teams of 18 members or less may enter for \$10.00 each. **Make checks payable to Pan-Ram T&F Invitational.**

Athlete Entry: **Entries are due 8:00 pm, Wednesday, April 10**. No changes will be allowed after this time. Entries will be completed using <http://www.pennttrackxc.com>. Entry instructions are included in this information packet. **You are permitted to enter 3 athletes in each individual event, however only 2 may compete on meet day. Two relay teams per event are allowed this year.**

Coaches Meeting: A mandatory coaches meeting will begin at **8:30 am** and cover preliminary remarks/instructions including the starting heights of the pole vault and high jump. Coaches must submit scratches in all running events. All field event scratches will be taken at the event. **Only athletes who have been previously entered in the meet and have been issued a number may compete. No new entries will be permitted.** If you are not sure if your athlete will compete, enter 3 in each event and scratch down to 2. Any athlete entered in the meet who has been issued a number may run in a relay provided he or she has not already competed in 4 events.



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Reservation Form



The first 34 boys'/34 girls' teams will be accepted on a "first come first served basis." Preference will be given to past participants. Teams with 19 or more entries are \$190.00. A boys'/girls' team would be \$380.00. Sending a team to another meet? Individuals (18 or less) are welcome to come for \$10.00 each.

EMAIL INFORMATION OR FAX THIS FORM

STEP 1: Please type or print the information below:

School Name:			
	Name	Email	Full Team (\$190) or # Individuals x \$10
Boy's Coach:			
Girl's Coach:			
Total =			

STEP 2: Email information or Fax this page by: ➔ 717-703-5732
5:00 pm, Friday, February 1 to:

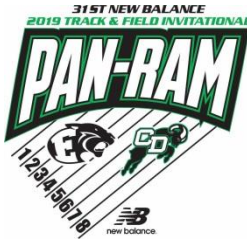
STEP 3: Receive acceptance conformation and password from the Data Director ➔ **"Accepted, You're in!"**
Password: " "

STEP 4: Send entry fees payable to: ➔ Pan-Ram T&F Invitational
Pan-Ram T&F Invitational
received by 5:00 pm, Friday, March 1 to: ➔ Central Dauphin High School
437 Piketown Rd.
Harrisburg, PA 17112

STEP 5: Enter athletes and submit by ➔ <http://www.penntrackxc.com>
8:00pm, Wednesday, April 10 at:



STEP 6: Arrive at the meet by 8:30 am. ➔ **QUESTIONS????**
Attend scratch meeting under Press Box. ➔ Contact Shane Adams at sadams@cdschools.org
Submit scratches and have a great day! ➔ Michael Galloway at mgalloway@cdschools.org



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Rules



1. The National Federation Rules shall govern the meet, except where PIAA exceptions take precedence. PIAA modifications will be enforced. (eliminate 800m relay; no jewelry)
2. Contestant numbers will be assigned and must be worn on the **front** of each athlete.
3. Only spikes of $\frac{1}{4}$ " (6mm) or less are allowed on Rekoflex surfaces, including field event runways.
4. All timing will be FAT with times recorded to the hundredths of a second.
5. The 100m, 200m, 100m hurdles, and 110m hurdles will be run in trial heats with the eight (8) fastest times advancing to the finals. All other races (including the 200m) will be run as finals with a seeded section running last. Places will be based on time.
6. Competitors in the long jump, triple jump, shot put, javelin, and discus will be given three (3) attempts in flights with the best nine (9) performers advancing to the finals for three (3) additional attempts. Trial flights will be arranged so the best performers will compete last.
7. A mandatory coaches meeting will begin at **8:30 am** and cover preliminary remarks/instructions. Food and drinks will be provided. Coaches must submit scratches in all running events. All field event scratches will be taken at the event. **Only athletes who have been previously entered in the meet and have been issued a number may compete. No new entries will be permitted.**
If you are not sure if your athlete will compete, enter 3 in each event and scratch down to 2.
8. Relay teams must be entered with (4) relay members and up to (2) alternates. However, individual participants need not be declared until event check-in. Any athlete entered in the meet who has been issued a number may run in a relay provided he or she has not already competed in 4 events.
9. No javelins may be thrown in any area but the javelin warm-up area.
10. Competitors in the pole vault are not permitted in the pole vault area until an Official is present. Pole Vault Verification Forms **must** be submitted and poles inspected prior to the event.
11. Starting heights for the high jump and pole vault will be decided based on the weather however:
Pole Vault Boys: 8' 0" ➔ 9' 0" Girls: 7' 0" ➔ 8' 0" (6" increments)
High Jump Boys: 5' 2" ➔ 5' 6" Girls: 4' 2" ➔ 4' 6" (2" increments)
12. The 1600m relay will be run with a three (3) turn stagger. The first turn of the 3200m relay, 800m, 1600m, and 3200m will probably run in two (2) alleys.
13. Starting blocks will be provided.



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Order of Events



Running Events

Field Events

- 9:00 Girls' 3200 meter run - unseeded - NEW this year
9:15 Boys' 3200 meter run - unseeded - NEW this year
- 9:30 Girls' 4 x 800 meter relay - finals -2 teams per school
9:50 Boys' 4 x 800 meter relay - finals-2 teams per school
- 10:15 Girls' 100 meter low hurdles - trials
10:35 Boys' 110 meter high hurdles - trials
- 10:55 Girls' 100 meter dash - trials
11:10 Boys' 100 meter dash - trials
- 11:25 **Unified 100 meter dash - Finals NEW this year!**
- 11:35 Lunch Break
- 11:55 Girls' 100 meter low hurdles - finals
12:00 Boys' 110 meter high hurdles - finals
- 12:05 Girls' 100 meter dash - finals
12:10 Boys' 100 meter dash - finals
- 12:15 Girls' 1600 meter run - finals
12:35 Boys' 1600 meter run - finals
- 12:55 Girls' 4 x 100 meter relay - finals-2 teams per school
1:15 Boys' 4 x 100 meter relay - finals-2 teams per school
- 1:35 Girls' 400 meter dash - finals
2:00 Boys' 400 meter dash - finals
- 2:20 Girls' 300 meter intermediate hurdles - finals
2:40 Boys' 300 meter intermediate hurdles - finals
- 3:00 Girls' 800 meter run - finals
3:15 Boys' 800 meter run - finals
- 3:30 Girls' 200 meter dash - finals
3:50 Boys' 200 meter dash - finals
- 4:10 Girls' 3200 meter run - finals
4:35 Boys' 3200 meter run - finals
- 5:00 Girls' 4 x 400 meter relay - finals-2 teams per school
5:20 Boys' 4 x 400 meter relay - finals-2 teams per school
- 5:45 Team Awards Presentation

- 9:30am Boys' Shot Put
Girls' Discus
Girls' Pole Vault (Boys' follow)
Boys' Triple Jump
Girls' High Jump (Boys' follow)
Girls' Long Jump
- 10:45am Boys' Javelin
- 12:45pm Boys' Long Jump
Girls' Triple Jump
- 1:15pm Boys' Discus
Girls' Shot Put
- 2:15pm Girls' Javelin