

YMCA PLEDGE

**WIN OR LOSE,
I PLEDGE BEFORE GOD
TO PLAY THE GAME
AS WELL AS I KNOW HOW;
TO OBEY ALL THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND, AND BODY.**





YMCA of Greater Oklahoma City Parents Code of Ethics

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.

I will place the emotional and physical well being of each child ahead of a personal desire to win.

I will support the implementation of the YMCA's four character development values-caring, honesty, respect and responsibility. When my child is required to have a Super Sports Manual, I will help read to him/her or encourage my child to read if they are able to read it on their own.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all YMCA youth sports events.

I will remember the game is for youths – not for adults.

I will do my very best to make the youth sports experience for my child.

I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.

I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.



Outdoor Sports Hot Weather Guidelines

We want to take every precaution that we can to provide a safe environment for everyone involved in the YMCA Sports Programs. Here are some of the recommendations that we are asking to be implemented during extremely hot conditions:

- Make sure each player drinks 4 to 8 ounces of water 15 minutes prior to practice or competition.
- Make sure that each player brings some type of beverage that can provide electrolytes that can be lost during this extreme heat. They should replenish these fluids every 15 minutes during practice or competition.
- It is recommended that each team bring extra ice water and possibly cool towels to help cool off participants.
- Coaches please keep an eye on each of your players to look for signs of heat-related illnesses such as: flush face, irritability, nausea and or vomiting, and lack of sweat. If any of these symptoms occur please address appropriately.
- It is recommended that no shirts be worn under the player's jersey.
- The YMCA will be providing ice water for each field to replenish participant water bottles.
- We will be asking officials to communicate with each coach prior to the game to get consensus and establish awareness of the risk of heat-related injuries.
- Time modifications will be allowed with consensus from the coach and participants of each team.

If the temperature is 105° F or higher, games and practices should be postponed or cancelled. Temperature means either ambient (still air) or heat index.

The Sports Director or Sports Coordinator will determine the official temperature, and make a decision on games. Decisions on game times will be made at least 30 minutes prior to your scheduled game time. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline. The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions / cancellations. We want to re-emphasize that we are here for the children and we want to try and ensure that they have the safest environment possible. Please contact your sports director with any other questions that you might have related to the above topic.



Outdoor Sports Cold Weather Guidelines

46° and higher - No Change / Games played as scheduled

45° and lower – Additional Clothing Beneath Uniform Suggested
(Long Sleeves / Long Pants / Additional Socks / Gloves/Stocking Caps)

40° and lower – Shorten Games
(6U & Below – Four, 6 minute Quarters, with a 1 minute Half Time)
(8U & Above – Two, 15 Minute Halves, with a 1 minute Half Time)

35° and lower – Suspend Games
Temperature means either ambient (still air) or wind chill index.

The Sports Director or Sports Coordinator will determine the official temperature, and make a decision on games. Decisions on game times will be made at least 30 minutes prior to your scheduled game time. Updates will be posted on QuickScores, as well as the Sports Information and Weather Hotline.

The YMCA will guarantee one make-up game per season due to weather. Coaches are asked to use these guidelines in determining practice conditions / cancellations.

Cold Weather Tips

- Safety and health of the players come first.
- Jackets may be worn, but the jersey must be on the outside
- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, due to less running or moving.
- Referees and coaches should discuss weather and fields pre-game.

Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches, pears, watermelon or other seasonal fruit
- >> Dried fruit and Raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or sugar-free applesauce
- >> Ice cold water - no need for sugar packed sport drinks

GRAB & GO - THE PRICE IS RIGHT!

- >> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack -

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$7.29

Typical Snack -

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25 each

Total = \$10.25





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRACK & FIELD 2013

The Y nurtures the potential of children through the youth sports programming by strengthening character in our youth, engaging families, and building lasting relationships. Participants in these programs build skills, learn about teamwork, and focus on sportsmanship. Families are presented with second-to-none volunteer opportunities as coaches, team parents, and committee members.

Ages

5 to 14

When

Early Registration for the Spring Season is December 11, 2012 to February 22, 2013

Final Registration for the Spring Season is February 23, 2013 to March 1, 2013

Where

Register at the EDMOND YMCA or TRAILS YMCA

There are a limited number of spaces. Once full, signups will be placed on waiting list.

Contact

Chris Berry, EDMOND YMCA Associate Executive Director & Sports Director

Derek McGee, EDMOND YMCA Sports Coordinator

Norris Williams, EDMOND YMCA Sports Coordinator & Head Official

Member

\$10 for Family Members during Early Registration and \$30 during Final Registration

\$40 for Youth Members during Early Registration and \$60 during Final Registration

To receive member rates, the membership must remain current the entire season

Non-Member

\$60 during Early Registration and \$80 during Final Registration

Additional Information & Dates

Please see reverse side & attached calendar



EDMOND YMCA

1220 South Rankin Street Edmond, OK 73034

P 405 348 9622 www.ymcaokc.org



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

Additional Information

Age Specific Leagues

YMCA Track programs are divided by the age of the participants. We will use the same date cut off as the Hershey's Track & Field Program to avoid any confusion. A valid birth certificate must be turned in for each child; we will keep all birth certificates on file for future leagues. The Age Cut Off is how old the child will be on December 31, 2013.

Jerseys

\$15 for green & white reversible YMCA All Sports Jersey
Jerseys are available at the Front Desk of the EDMOND YMCA
YMCA Jerseys are required for all participants

Important Dates & Season Specific Meetings

Please see the attached calendar for Important Dates, Coaches Meeting, & Parents Meeting Information.

Coaches Needed

The YMCA uses volunteer coaches to provide leadership to the community through structured athletic activities. If you are interested in coaching, please contact the Sports Department for more information.

www.quickscores.com/edmondymca

Is the website used for schedules, standings, and other information on EDMOND YMCA Sports.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Financial Assistance

It is the policy of the YMCA of Greater Oklahoma City that no person be denied membership or program participation due to the inability to pay. Funds for financial assistance are provided through the United Way and the YMCA's Community Support Campaign.

EDMOND YMCA

1220 South Rankin Street Edmond, OK 73034
P 405 348 9622 www.ymcaokc.org

December 2012 / Track & Field Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 Spring Sports Early Registration Begins	12	13	14	15
16	17	18	19	20	21	22
23	24 YMCA Closes at 2:00 PM	25 Christmas YMCA Closed	26	27	28	29
30	31 YMCA Closes at 4:00 PM					

January 2013 / Track & Field Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day YMCA Closed	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Spring Sports Early Registration Ends At 9:00 PM	26 Spring Sports Final Registration Begins
27	28	29	30	31		

February 2013 / Track & Field Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Spring Sports Final Registration Ends
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Track & Field Early Registration Ends 9:00 PM	23
24	25	26	27	28		

March 2013 / Track & Field Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Track & Field Final Registration Ends	2
3	4 T & F Meetings Parents 6:15 PM Coaches 7:00 PM	5 Summer Sports Registration Begins	6	7	8	9
10	11 Practice Begins This Week	12	13	14	15	16
17	18 Spring Break	19 No Practices	20 Or Games	21 March 17 – 24	22	23 Spring Break
24	25	26	27	28	29	30 Easter Weekend
31 Easter Sunday YMCA Closed						

April 2013 / Track & Field Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Chickasha YMCA Track Meet Chickasha	8	9	10	11	12	13
14 YMCA of OKC Track Meet Location TBA	15	16	17	18	19	20
21 Cleveland Co. YMCA Meet Norman	22	23	24	25	26 Summer Sports Registration Ends At 9:00 PM	27
28 OKC Marathon 1 Mile Kid's Run	29	30 End of Season	*Meet Dates Subject to change			



Track and Field Practices*

Ages 5-6	Tuesday's	6:00 PM - 7:00 PM
Ages 7-8	Thursday's	6:00 PM - 7:00 PM
Ages 9-10 Boys	Thursday's	7:00 PM - 8:00 PM
Ages 9-10 Girls	Individual Coach will contact with practice info	
Ages 11-12	Tuesday's	7:00 PM - 8:00 PM
Ages 13-14	Individual Coach will contact with practice info	

Information

The practice track is located just north of the YMCA.

No food or drink, other than water bottles.

All parents and non-participating children will need to be seated along the fence.

No one will be allowed on any of the mats, turf, or other sports equipment.

YMCA Staff will be present if there are any questions, comments, or concerns.

In the event of inclement weather, please call the Weather Hotline at 616-1114, at 5:00 PM to determine if practice is still on as scheduled.

Dates & Times Subject to Change

Edmond YMCA Sports Department 405-348-9622
www.quickscores.com/edmondymca



Track and Field Meets 2013

April 7 - Chickasha YMCA Track Meet

Chickasha H.S. Track / 1:00 PM

Registration Deadline March 29

Register with you local YMCA Sports Department

April 14- YMCA of Greater OKC Track Meet

Edmond North Track / 1:00 PM

Registration Deadline April 5

Register with you local YMCA Sports Department

April 21 - Norman YMCA Track Meet

Norman North High School / 1:00 PM

Registration Deadline April 12

Register with you local YMCA Sports Department

April 28- Oklahoma City Memorial Kids Marathon

Downtown OKC

Registration Deadline March 28

Contact your local YMCA Sports Director if interested in participating.

Hershey's Meets for Ages 9 & Up

Visit www.hersheystrackandfield.com for list of local meets

Can only participate in 1 Hershey's Meet

Edmond YMCA Sports Department 405-348-9622

www.quickscores.com/edmondymca



YMCA of Greater OKC Track Meet

*12:45-1:15 Check-In (as soon as you check in head over to do your field event)

*1:30 Pledge & First Event Call

Order of Events

1. 1600m Run (timed finals) 13/14 girls, 13/14 boys
2. 25m Dash (timed finals) 5/6 girls, 5/6 boys, 7/8 girls, 7/8 boys, (utilizing both sides of the track with the 5/6 yr olds being timed by stop watches)
3. 50m Dash (timed finals) 9/10 girls, 9/10 boys, 7/8 girls, 7/8 boys, 5/6 girls, 5/6 boys (utilizing both sides of the track with the 5/6 yr olds being timed by stop watches)
4. 100m Dash (timed finals) 5/6 girls, 7/8 girls, 9/10 girls, 11/12 girls, 13/14 girls, 5/6 boys, 7/8 boys, 9/10 boys, 11/12 boys, 13/14 boys (utilizing both sides of the track with the 5/6 yr olds being timed by stop watches)
5. 400m Run (timed finals) 9/10 girls, 11/12 girls, 9/10 boys, 11/12 boys
6. 200m Dash (timed finals) 7/8 girls, 9/10 girls, 11/12 girls, 13/14 girls, 7/8 boys, 9/10 boys, 11/12 boys, 13/14 boys
7. 4x100m Relay (timed finals) 9/10 girls, 11/12 girls, 13/14 girls, 9/10 boys, 11/12 boys, 13/14 boys
8. 800m Run (timed finals) 13/14 girls, 13/14 boys, 11/12 girls, 11/12 boys

***All times are subject to change.**

Order of Field Events

Softball Throw - Starts as soon as you check in /Must be done by 2:30pm

Standing Long Jump Pit - Starts as soon as you check in / must be done by 2:30pm



YMCA of Greater OKC Track Meet

Parents and Participants:

Welcome to the YMCA of Greater OKC Track and Field Meet. Prior to the start of each event, the announcer will make a "1st, 2nd, and 3rd" call, at which time the athletes being called **MUST** report to the event at or before the 3rd and Final Call.

Running events take priority over fielding events. If an athlete is in competition at a field event and their running event is called, the athlete must report to the field event official that he/she must leave to report to a running event official. After completing the running event the athlete must immediately report back to the field event. All fielding events must be completed by 2:30pm.

As a spectator please remain outside of the competition area. Only the athletes and event personnel will be allowed inside the event area. All running events will meet in the middle of the field when called to be placed into their heats. Spectators will not be allowed to sit on the turf or bring lawn chairs on to the football field.

If during the event a question or concern arises that your coach cannot answer please go to a YMCA Staff member.

We hope this is a fun day for everyone and good luck from the representing YMCA Sports Departments!





Child's Name: _____

Child's Age: _____
(Age is how old the child will be on 12/31/13)

M / F

Choose which YMCA Track Meet you are signing up for:

Chickasha YMCA Meet

YMCA of Greater OKC Meet

Norman YMCA Meet

Choose three events your child would like to participate in:

event 1: _____

event 2: _____

event 3: _____

If 4X100 relay was chosen, and they would like to participate with a certain group, list them below.

1)	2)	3)	4)
<u>Boys & Girls 5 - 6</u>			

1.	25 Meter Dash
2.	50 Meter Dash
3.	100 Meter Dash
4.	Softball Throw
5.	Standing Long Jump

1.	25 Meter Dash
2.	50 Meter Dash
3.	100 Meter Dash
4.	200 Meter Dash
5.	Softball Throw
6.	Standing Long Jump

Boys & Girls 9-10

1.	50 Meter Dash
2.	100 Meter Dash
3.	200 Meter Dash
4.	400 Meter Dash
5.	4x100 Meter Relay
6.	Standing Long Jump
7.	Softball Throw

Boys & Girls 11-12

1.	100 Meter Dash
2.	200 Meter Dash
3.	400 Meter Dash
4.	800 Meter Dash
5.	4x100 Meter Relay
6.	Standing Long Jump
7.	Softball Throw

Boys & Girls 13-14

1.	100 Meter Dash
2.	200 Meter Dash
3.	800 Meter Dash
4.	1600 Meter Dash
5.	4x100 Meter Relay
6.	Standing Long Jump
7.	Softball Throw

The age division for everyone is how old the child will be on 12/31/13)

Participants can participate in a total of three events.
Participants can enter either two track and one field or two field and one track event.

Off Day Work-out Program

<u>Day</u>	<u>Workout</u>	<u>Time</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>
<u>Monday</u>	Sprinters- (4) x 200 meter sprints					
	400 meter runners- (4) x 400 meter runs					
	Middle Distance- Easy 1 Mile run					
	Long Distance- Good Pace 1.5 mile run					
	<u>Workout</u>	<u>Time</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>
<u>Tuesday</u>	Sprinters- easy 1 mile run					
	400 meters- (6) 200 meter sprints					
	Middle Distance- (2) 800 meter runs					
	Long Distance- (3) 800 meter runs					
	<u>Workout</u>	<u>Time</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>
<u>Wednesday</u>	Sprinters- Off or 20 minute easy run					
	400 meters- Off or 20 minute easy run					
	Middle Distance- Off or 30 minute easy run					
	Long Distance- Off or 30 minute easy run					
	<u>Workout</u>	<u>Time</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>
<u>Thursday</u>	Sprinters- (6) Hills;Sprint up/Jog Down					
	400 meters-(6) Hills;Sprint up/Jog Down					
	Middle Distance-(6) Hills;Sprint up/Jog Down					
	Long Distance- (6) Hills;Sprint up/Jog Down					
	<u>Workout</u>	<u>Time</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>
<u>Friday</u>	Sprinters- (6) x 200 meter sprints					
	400 meters-(3) x 600 meter runs					
	Middle Distance- 1 mile run, good pace					
	Long Distance-1 mile run, good pace					
	<u>Workout</u>	<u>Time</u>	<u>Set 1</u>	<u>Set 2</u>	<u>Set 3</u>	<u>Set 4</u>
<u>Saturday</u>	Sprinters-(8) 100 meter sprints					
	400 meters- Easy 20 minut run					
	Middle Distance- Easy 20 minute run					
	Long Distance- Easy 30 minute run					
	<u>Workout</u>					
<u>Sunday</u>	Day Off					

Norman Track Meet Results

Sunday, May 15

5-6 Co-Ed

Softball Throw

Place	Number	Name	Branch	Distance in ft.
1		Avery Stone	Edmond	46.00
2		Azia Rose	MWC	41.30
3		Tatum Ridge	Edmond	38.40
4		Jenson Jones	EWP	37.90
5		Daiden Jones	Northside	36.30
6		Sam Mooney	Edmond	35.60
7		Elijah McGuire	Cleveland County	29.00
8		Jordyn Miller	Northside	26.40
9		Thaddaeus Walker	Cleveland County	24.70
10		Ethan Williams	EWP	19.10
11		Nicholas Bramante	EWP	18.80
12		Bryson McCann	EWP	14.20
13		Juel Niimi	EWP	12.90
14		Adam Stone	EWP	12.60

5-6 Co-Ed

Long Jump

Place	Number	Name	Branch	Distance in ft.
1		Shyheim Barkus	MWC	5'10
2		Derek Doan	Chickasha	5'9
3		Jeremiah Miles	MWC	5'6
4 tie		Julius Ejike- Charles	Northside	5'1
4 tie		Trey Greyson	Northside	5'1
5		Nate Davison	EWP	5'0
6 tie		Charley Carson	Edmond	4'10
6 tie		Ethan Williams	EWP	4'10
7 tie		Adam Stone	EWP	4'8
7 tie		David Desplinter	EWP	4'8
8 tie		Ayden Woodhead	EWP	4'7
8 tie		Jaylen Mims	Northside	4'7
8 tie		Jenson Jones	EWP	4'7
8 tie		Keenan Coates	Edmond	4'7
8 tie		Rachel Mulder	Northside	4'7
9 tie		Connor Coffey	Bethany	4'6
9 tie		Peter Desplinter	EWP	4'6
10		Aiden Harmer	Bethany	4'4
11 tie		Bryden Colvin	EWP	4'3
11 tie		Juel Numi	EWP	4'3
12		Bryson McCann	EWP	4'2
13		Elna Ortiz	Northside	4'1
14		Jade Grenvik	EWP	3'9

7-8 Girls

25 meter dash

Place	Number	Name	Branch	Time
1	81	Jazmyn Murry	Chickasha	4.65
2	55	MORGAN DAWSON	EWP	4.97
3	85	Ashton Gravett	Edmond	4.98
4	54	MICAH BROWN	EWP	5.02
5	90	Avery Nield	Edmond	5.10
6	69	Matthews, A'Yana	MWC	5.12
7	53	KAYLA NEALY	EWP	5.13
8	88	Lina Shukry	Edmond	5.38
9	83	Briana Wernke	Edmond	5.43
10	263	Kameryn Friza	Edmond	5.60

7-8 Girls

50 meter dash

Place	Number	Name	Branch	Time
1	81	Jazmyn Murry	Chickasha	9.43
2	64	Jayda Whitley	Cleveland County	9.67
3	89	Ella O'Connor	Edmond	10.02
4	53	KAYLA NEALY	EWP	10.20
5	85	Ashton Gravett	Edmond	10.30
6	69	Matthews, A'Yana	MWC	10.32
7	262	Zoe Pagonis	Edmond	10.38
8	54	MICAH BROWN	EWP	10.39
9	60	Jekayla Dixon	North Side	10.40
10	63	Dacia McGuire	Cleveland County	10.47
11	90	Avery Nield	Edmond	10.50
12	51	DELANEY MORROW	EWP	10.53
13	49	ANANA AHLERS	EWP	11.05
14	55	MORGAN DAWSON	EWP	11.15
15	88	Lina Shukry	Edmond	11.47
16	260	Ana Vangaal	Edmond	11.60
17	52	KATIE CUSACK	EWP	12.00
18	263	Kameryn Friza	Edmond	12.76
19	83	Briana Wernke	Edmond	12.91

7-8 Girls

100 meter dash

Place	Number	Name	Branch	Time
1	65	Nyel Kennedy	Cleveland County	16.41
2	64	Jayda Whitley	Cleveland County	18.07
3	91	Jozalynn Ridge	Edmond	18.38
4	86	Summer Bergerson	Edmond	18.74
5	262	Zoe Pagonis	Edmond	19.18
6	60	Jekayla Dixon	North Side	19.21
7	49	ANANA AHLERS	EWP	19.28
8	51	DELANEY MORROW	EWP	19.47
9	260	Ana Vangaal	Edmond	20.52
10	87	Michaela Bingham	Edmond	21.02
11	52	KATIE CUSACK	EWP	21.62
12	57	Suzanah Ingraham	North Side	21.72

7-8 Girls

200 meter dash

Place	Number	Name	Branch	Time
1	65	Nyel Kennedy	Cleveland County	44.84
2	91	Jozalynn Ridge	Edmond	49.21
3	87	Michaela Bingham	Edmond	51.03
4	86	Summer Bergerson	Edmond	51.17
5	57	Suzanah Ingraham	North Side	53.89
6	89	Ella O'Connor	Edmond	57.4

7-8 Girls

Long Jump

Place	Number	Name	Branch	Distance in ft.
1	65	Nyel Kennedy	Cleveland County	6'4
2 tie	81	Jazmyn Murry	Chickasha	6'3
2 tie	54	Micha Brown	EWP	6'3
3	55	Morgan Dawson	EWP	6'1
4	91	Jozalynn Ridge	Edmond	5'11
5	86	Summer Bergerson	Edmond	5'6
6 tie	51	Delaney Morrow	EWP	5'5
6 tie	87	Michaela Bingham	Edmond	5'5
7	88	Lina Shukry	Edmond	5'3
8 tie	63	Dacia McGuire	Cleveland County	5'2
8 tie		Nameryn Frazier	Edmond	5'2
9	83	Briana Wernke	Edmond	5'1
10	57	Suzanah Ingraham	Northside	4'9
11	69	A'Yana Matthews	MWC	4'6

7-8 Girls

Softball Throw

Place	Number	Name	Branch	Distance in ft.
1	64	Jayda Whitley	Cleveland County	76.70
2	53	Kayla Nealy	EWP	54.70
3	90	Avery Nield	Edmond	44.80
4	52	Katie Cusack	EWP	35.40
5	262	Zoe Pagomis	Edmond	32.00
6	260	Anna VanGaal	Edmond	26.90
7	85	Ashton Gravett	Edmond	20.10
8	60	Jekayla Dixon	Northside	19.10

7-8 Boys

25 meter dash

Place	Number	Name	Branch	Time
1	22	Jole Atkinson	Cleveland County	4.68
2	26	Walden, Cale	MWC	4.70
3	3	DONNIE CLARKE	EWP	4.76
4	4	ISAIAH HYMAN	EWP	4.84
5	43	Ryan Blevins	Edmond	5.06
6	14	Alex Ortiz	North Side	5.09
7 tie	11	RYAN GUERRERO	EWP	5.11

7-8 Boys 25 Meter Cont.				
7 tie	38	David Vaught	Edmond	5.11
8 tie	1	CALEB CORNELL	EWP	5.27
8 tie	7	KORI RUSSELL	EWP	5.27
9	46	Colby Ferbrache	Edmond	5.28
10	36	Elijah Lovejoy	Edmond	5.50
11	44	Ben Wilkerson	Edmond	5.61
12	10	NOAH COATS	EWP	6.21
13	9	LUCAS COATS	EWP	6.61

7-8 Boys

50 meter dash

Place	Number	Name	Branch	Time
1	4	ISAIAH HYMAN	EWP	9.13
2	23	Miles, Elijah	MWC	9.25
3	34	Joe Houck	Edmond	9.54
4	35	Cullen Tebow	Edmond	9.72
5	14	Alex Ortiz	North Side	9.75
6	3	DONNIE CLARKE	EWP	9.86
7	26	Walden, Cale	MWC	9.95
8	22	Jole Atkinson	Cleveland County	10.23
9	44	Ben Wilkerson	Edmond	10.59
10	21	Evan Kelley	Cleveland County	10.61
11	11	RYAN GUERRERO	EWP	10.62
12	46	Colby Ferbrache	Edmond	10.69
13	36	Elijah Lovejoy	Edmond	11.39
14	7	KORI RUSSELL	EWP	11.44
15	41	Joey Wilkerson	Edmond	11.48
16	2	DEVON JOHNSON	EWP	11.59
17	29	Derek Smith	Bethany	16.02

7-8 Boys

100 meter dash

Place	Number	Name	Branch	Time
1	20	Khyland Wallace	Cleveland County	14.71
2	25	Rose, Curtis	MWC	16.06
3	34	Joe Houck	Edmond	16.81
4	40	Jayden Williams	Edmond	17.48
5	35	Cullen Tebow	Edmond	17.59
6	23	Miles, Elijah	MWC	18.08
7	38	David Vaught	Edmond	18.86
8	33	Thomas Duffy	Edmond	19.06
9	37	Cadin Bingham	Edmond	19.54
10	8	LOGAN DAVEY	EWP	19.58
11	41	Joey Wilkerson	Edmond	22.11
12	39	Ethan Stovall	Edmond	22.38
13	2	DEVON JOHNSON	EWP	22.53
14	29	Derek Smith	Bethany	24.67

7-8 Boys 200 meter dash

Place	Number	Name	Branch	Time
1	20	Khyland Wallace	Cleveland County	31.23
2	25	Rose, Curtis	MWC	36.03
3	40	Jayden Williams	Edmond	37.89
4	42	Carter Hodson	Edmond	40.52
5	43	Ryan Blevins	Edmond	41.56
6	33	Thomas Duffy	Edmond	41.97
7	24	Pope, EJ	MWC	42.54
8	37	Cadin Bingham	Edmond	42.93
9	21	Evan Kelley	Cleveland County	42.99
10	8	LOGAN DAVEY	EWP	43.42
11	39	Ethan Stovall	Edmond	50.48

7-8 Boys Long Jump

Place	Number	Name	Branch	Distance in ft.
1	3	Donnie Clarke	EWP	6'7
2	4	Isaiah Hyman	EWP	6'2
3 tie	22	Jole Atkinson	Cleveland County	5'10
3 tie	20	Khyland Wallace	Cleveland County	5'10
4	36	Elijah Lovejoy	Edmond	5'8
5 tie	42	Carter Hodson	Edmond	5'7
5 tie	41	Joey Wilkerson	Edmond	5'7
6 tie	14	Alex Ortiz	Northside	5'6
6 tie	2	Devon Johnson	EWP	5'6
7 tie	39	Ethan Stovall	Edmond	5'4
7 tie	24	EJ Pope	MWC	5'4
7 tie	33	Thomas Duffy	Edmond	5'4
8	46	Colby Ferbrache	Edmond	5'3
9	44	Ben Wilkerson	Edmond	5'2
10	10	Noah Coats	EWP	4'11
11	7	Kori Russel	EWP	4'9
12	8	Lucas Coats	EWP	4'4

7-8 Boys Softball Throw

Place	Number	Name	Branch	Distance in ft.
1	24	Curtis Rose	MWC	82.40
2	34	Joe Houck	Edmond	75.00
3	43	Ryan Blevins	Edmond	72.00
4	1	Caleb Cornell	EWP	59.40
5	40	Jayden Williams	Edmond	59.20
6	42	Carter Hodson	Edmond	56.40
7	10	Noah Coats	EWP	53.90
8	26	Cale Walden	MWC	53.40
9	37	Cadin Bingham	Edmond	52.10
10	35	Cullen Tebow	Edmond	50.70
11	11	Ryan Guerrero	EWP	48.20
12	23	Elijah Miles	MWC	47.90
13	38	David Vaught	Edmond	46.80

7-8 Boys Softball Throw Cont.				
14	21	Evan Kelley	Cleveland County	46.50
15	24	EJ Pope	MWC	42.90
16	29	Derek Smith	Bethany	37.20
17	9	Lucas Coats	EWP	36.50
18	8	Logan Davey	EWP	36.00

9-10 Girls

50 meter dash

Place	Number	Name	Branch	Time
1	150	Aleah Walker	North Side	9.17
2	147	Brooke Qualls	North Side	9.21
3	171	Ashton Smith	Bethany	9.30
4	143	KIAMI WHITFIELD	EWP	9.55
5	161	Preston, My'Anjewel	MWC	9.66
6	261	Cedar Stewart	Edmond	9.88
7	175	Nyla Smith	Edmond	9.89
8	141	KAYLA FENWICK	EWP	9.95
9	142	KARISSA WYNNE	EWP	10.03
10	160	Gilliam, Imunique	MWC	10.12
11	140	BRIANNE WINNER	EWP	10.51
12	149	Carmen Walker	North Side	10.56
13	154	Kamryn Oman	Cleveland County	11.18
14	145	MADISON RACE	EWP	13.80

9-10 Girls

100 meter dash

Place	Number	Name	Branch	Time
1	140	BRIANNE WINNER	EWP	15.65
2	149	Carmen Walker	North Side	16.03
3	160	Gilliam, Imunique	MWC	16.27
4	264	Jamyla Johnson	Chickasha	16.70
5	175	Nyla Smith	Edmond	17.38
6	148	Makiah Henson	North Side	17.48
7	261	Cedar Stewart	Edmond	17.64
8	176	Dayna Horton	Edmond	17.65
9	161	Preston, My'Anjewel	MWC	17.95
10	143	KIAMI WHITFIELD	EWP	18.30
11	141	KAYLA FENWICK	EWP	18.51
12	177	Delaney Janz	Edmond	18.54
13	150	Aleah Walker	North Side	18.68
14	182	Lauren Coates	Edmond	18.97
15	171	Ashton Smith	Bethany	19.19
16	157	Brewer, Sierra	MWC	19.35
17	165	Nakiya Ballard	Guthrie	27.69

9-10 Girls

200 meter dash

Place	Number	Name	Branch	Time
1	165	Nakiya Ballard	Guthrie	33.15
2	181	Adeline O'Connor	Edmond	34.02

9-10 Girls 200 Meter Cont.				
3	182	Lauren Coates	Edmond	35.24
4	157	Brewer, Sierra	MWC	35.79
5	142	KARISSA WYNNE	EWP	37.59
6	174	Mia Duffy	Edmond	37.59
7	180	Emma Blevins	Edmond	40.57
8	148	Makiah Henson	North Side	42.22
9	264	Jamyla Johnson	Chickasha	43.98

9-10 Girls 400 meter

Place	Number	Name	Branch	Time
1	176	Dayna Horton	Edmond	1.24.04
2	177	Delaney Janz	Edmond	1.26.19
3	174	Mia Duffy	Edmond	1.29.19
4	147	Brooke Qualls	North Side	1.34.00
5	181	Adeline O'Connor	Edmond	1.37.53

9-10 Girls Softball Throw

Place	Number	Name	Branch	Distance in ft.
1	264	Jamyla Johnson	Chickasha	74.40
2	148	Makiah Henson	Northside	67.40
3	261	Cedar Stewart	Edmond	64.70
4	154	Kamryn Oman	Cleveland County	62.80
5	149	Carmen Walker	Northside	54.20
6	140	BRIANNE WINNER	EWP	51.20
7	160	Imunique Gilliam	MWC	50.40
8	157	Sierra Brewer	MWC	42.60
9	141	Kayla Fenwick	EWP	38.70
10	176	Dayna Horton	Edmond	30.11
11	145	Madison Race	EWP	26.20

9-10 Girls Long Jump

Place	Number	Name	Branch	Distance in ft.
1	150	Aleah Walker	Northside	6'10
2	147	Brooke Qualls	Northside	6'6
3 tie	143	Kiami Whitfield	EWP	6'5
3 tie	165	Nakiya Ballard	Guthrie	6'5
4	171	Ashton Smith	Bethany	6'4
5	182	Lauren Coates	Edmond	6'2
6	175	Nyla Smith	Edmond	6'1
7	180	Emma Blevins	Edmond	6'0
8 tie	154	Kamryn Oman	Cleveland County	5'7
8 tie	174	Mia Duffy	Edmond	5'7
9	142	Karissa Wynne	EWP	5'0
10	145	Madison Race	EWP	3'5

9-10 Boys 50 meter dash

Place	Number	Name	Branch	Time
1	108	Bryson Deloney	North Side	8.73
2	124	Everett Orange	Chickasha	8.79
3	103	Asher Agee-Moser	North Side	8.84
4	107	Bryce Miller	North Side	8.96
5	131	Jack Roubik	Edmond	8.98
6	98	PATRICK CALEY	EWP	9.31
7	125	Jake Knudsen	Edmond	9.37
8	100	RYAN NEALY	EWP	9.76
9	99	RAYCEN JOHNSON	EWP	9.77
10	127	Collin Shortt	Edmond	9.81
11	135	Drew Nield	Edmond	9.82
12	102	Bryce Bussett	North Side	10.08
13	128	Ian McGregor	Edmond	11.13
14	138	Parker Vint	Edmond	11.73

9-10 Boys 100 meter dash

Place	Number	Name	Branch	Time
1	113	Jaydon Colby	Cleveland County	15.25
2	108	Bryson Deloney	North Side	15.36
3	124	Everett Orange	Chickasha	15.44
4	95	JAYDEN HUGHES	EWP	15.63
5	119	Kaiden Ballard	Guthrie	15.92
6	132	Luke Blevins	Edmond	16.17
7	107	Bryce Miller	North Side	16.24
8	105	Kobe Gulley	North Side	16.37
9	131	Jack Roubik	Edmond	17.17
10	98	PATRICK CALEY	EWP	17.3
11	93	HUNTER MONTOYA	EWP	17.72
12	127	Collin Shortt	Edmond	17.75
13	100	RYAN NEALY	EWP	17.87
14	104	Jarrett Crump	North Side	18.21
15	135	Drew Nield	Edmond	18.22
16	99	RAYCEN JOHNSON	EWP	18.37
17	130	Raj Zala	Edmond	21.61
18	138	Parker Vint	Edmond	21.95

9-10 Boys 200 meter dash

Place	Number	Name	Branch	Time
1	113	Jaydon Colby	Cleveland County	32.57
2	119	Kaiden Ballard	Guthrie	33.57
3	105	Kobe Gulley	North Side	33.60
4	126	Christopher Hardwick Jr.	Edmond	35.32
5	101	STEPHEN MAGG	EWP	36.22
6	114	Coker, Austin	MWC	36.62
7	129	Christopher Sipols	Edmond	36.91
8	121	Ethan Mostek	Bethany	38.39
9	93	HUNTER MONTOYA	EWP	38.99

9-10 Boys 200 Meter Cont.				
10	122	Jadon Barker	Bethany	42.70
11	130	Raj Zala	Edmond	47.82
12	97	JIMMY DAVISON	EWP	53.34

9-10 Boys 400 meter

Place	Number	Name	Branch	Time
1	95	JAYDEN HUGHES	EWP	1:19
2	132	Luke Blevins	Edmond	1:21
3	129	Christopher Sipols	Edmond	1:25
4	122	Jadon Barker	Bethany	1:28
5	121	Ethan Mostek	Bethany	1:33
6	114	Coker, Austin	MWC	1:41
7	97	JIMMY DAVISON	EWP	1:59

9-10 Boys Softball Throw

Place	Number	Name	Branch	Distance in ft.
1	135	Drew Nield	Edmond	80.20
2	125	Jake Knudsen	Edmond	78.00
3 tie	108	Bryson Deloney	Northside	76.80
3 tie	126	Christopher Hardwick Jr.	Edmond	76.80
4	101	STEPHEN MAGG	EWP	73.90
5	100	RYAN NEALY	EWP	73.50
6	99	RAYCEN JOHNSON	EWP	72.30
7	102	Bryce Bussett	Northside	71.40
8	93	HUNTER MONTOYA	EWP	70.80
9	127	Collin Shortt	Edmond	68.70
10	103	Asher Agee-Moser	Northside	59.60
11	121	Ethan Mostek	Bethany	59.10
12	104	Jarrett Crump	Northside	58.40
13	130	Raj Zala	Edmond	58.00
14	122	Jadon Barker	Bethany	36.80

9-10 Boys Long Jump

Place	Number	Name	Branch	Distance in ft.
1	95	Jayden Hughes	EWP	7'4
2 tie	113	Jaydon Colby	Cleveland County	6'11
2 tie	132	Luke Blevins	Edmond	6'11
3 tie	124	Everett Orange	Chickasha	6'9
3 tie	125	Jake Knudsen	Edmond	6'9
4	107	Bryce Miller	Northside	6'6
5	119	Kaiden Ballard	Guthrie	6'5
6 tie	126	Christopher Hardwick	Edmond	6'4
6 tie	105	Kobe Gulley	Northside	6'4
7 tie	103	Asher Agee -Moser	Northside	6'2
7 tie	114	Austin Coker	MWC	6'2
7 tie	131	Jack Roubik	Edmond	6'2
8 tie	102	Bryce Bussett	Northside	6'0
8 tie	129	Christopher Sipols	Edmond	6'0

9-10 Boys Long Jump Cont.				
9	138	Parker Vint	Edmond	5'10
10	128	Ian McGregor	Edmond	5'9
11	97	Jimmy Davison	EWP	5'3

11-12 Girls

100 meter dash

Place	Number	Name	Branch	Time
1	241	Tess O'Connor	Edmond	14.65
2	238	Jasmine Nicholson	Edmond	14.82
3	228	Sneed, Marshae	MWC	15.27
4	234	Tessa Spoonemore	Bethany	15.77
5	237	Tamia Murry	Chickasha	15.79
6	231	Aislin Ballard	Guthrie	16.65
7	221	RYLEE FOLSOM	EWP	17.25
8	216	JAMIE DEWBRE	EWP	17.48
9	223	Isabel Ortiz	North Side	17.6
10	227	Filippo, Brittney	MWC	17.65
11	230	Jasmyne Owze	Guthrie	18.18
12	222	TARYN JENNINGS	EWP	19.05

11-12 Girls

200 meter dash

Place	Number	Name	Branch	Time
1	234	Tessa Spoonemore	Bethany	32.66
2 tie	233	Allison Rice	Bethany	33.03
2 tie	238	Jasmine Nicholson	Edmond	33.03
3	228	Sneed, Marshae	MWC	33.92
4	229	Pope, Elizabeth	MWC	34.6
5	212	ALLISON EBREY	EWP	35.84
6	237	Tamia Murry	Chickasha	35.98
7	231	Aislin Ballard	Guthrie	36.4
8	230	Jasmyne Owze	Guthrie	40.82
9	227	Filippo, Brittney	MWC	41.58

11-12 Girls

400 meter

Place	Number	Name	Branch	Time
1	241	Tess O'Connor	Edmond	1.12.19
2	233	Allison Rice	Bethany	1.24.66
3	212	ALLISON EBREY	EWP	1.26.69
4	229	Pope, Elizabeth	MWC	1.29.41
5	217	KATIE DAVISON	EWP	1.30.90
6	215	HELLEN WERNER	EWP	1.32.33
7	214	HALEY DAVEY	EWP	1.43.14

11-12 Girls

800 meter

Place	Number	Name	Branch	Time
1	217	KATIE DAVISON	EWP	3.43.47
2	214	HALEY DAVEY	EWP	3.53.15

11-12 Girls

Softball Throw

Place	Number	Name	Branch	Distance in ft.
1	227	brittney Filippo	MWC	91.00
2	223	Isabel Ortiz	Northside	89.50
3	234	Tessa Spoonemore	Bethany	75.60
4	221	Rylee Folsom	EWP	55.50
5	216	Jamie Dewbre	EWP	47.00
6	222	Taryn Jennings	EWP	45.20

11-12 Girls

Long Jump

Place	Number	Name	Branch	Distance in ft.
1	228	Marshae Sneed	MWC	7'8
2	237	Tamia Murry	Chickasha	7'5
3	231	Aislin Ballard	Guthrie	6'10
4	216	Jamie Dewbre	EWP	6'6
5 tie	212	Allison Ebrey	EWP	6'5
5 tie	223	Isabel Ortiz	Northside	6'5
6	217	Katie Davison	EWP	6'1
7	221	Rylee Folsom	EWP	5'11
8	229	Elizabeth Pope	MWC	5'10
9	222	Taryn Jennings	EWP	5'5
10	238	Jasmine Nichloson	Edmond	4'3
11	214	Haley Davey	EWP	4'2

11-12 Boys

100 meter dash

Place	Number	Name	Branch	Time
1	197	Brewer, Micah	MWC	14.53
2	207	Wesley Williams	Edmond	14.71
3	196	Rose Jr, Antonio	MWC	14.93
4	200	Preston Jr., Troy	MWC	15.56
5	198	Brewer, Xavier	MWC	15.58
6	204	Michael Li	Edmond	16.55
7	192	John Mulder	North Side	16.88
8	209	Mason Sharum	Edmond	17.16
9	187	PAYTYN PACKHAM	EWP	18.35
10	183	BRENDAN HITCHCOCK	EWP	19.35

11-12 Boys

200 meter dash

Place	Number	Name	Branch	Time
1	197	Brewer, Micah	MWC	30.93
2	207	Wesley Williams	Edmond	31.34
3	196	Rose Jr, Antonio	MWC	33.55
4	195	Jonathan Appleby	Cleveland County	33.96
5	200	Preston Jr., Troy	MWC	34.92
6	198	Brewer, Xavier	MWC	36.00
7	204	Michael Li	Edmond	37.16
8	209	Mason Sharum	Edmond	38.51

11-12 Boys 200 Meter Dash Cont.				
9	187	PAYTYN PACKHAM	EWP	39.63
10	183	BRENDAN HITCHCOCK	EWP	43.82

11-12 Boys 400 meter

Place	Number	Name	Branch	Time
1	195	Jonathan Appleby	Cleveland County	1.20.84
2	206	Hunter Martin	Edmond	1.21.81
3	192	John Mulder	North Side	1.24.34
4	203	Jacob Sipols	Edmond	1.24.79

11-12 Boys 800 meter

Place	Number	Name	Branch	Time
1	206	Hunter Martin	Edmond	3.16.97
2	203	Jacob Sipols	Edmond	3.33.24

11-12 Boys Softball Throw

Place	Number	Name	Branch	Distance in ft.
1	195	Jonathan Appleby	Cleveland County	105.90
2	196	Antoino Rose Jr	MWC	96.20
3	207	Wesley Williams	Edmond	92.50
4	192	John Mulder	Northside	88.00
5	203	Jacob Sipols	Edmond	85.90
6	188	Savion Crawley	EWP	42.80

11-12 Boys Long Jump

Place	Number	Name	Branch	Distance in ft.
1	197	Micah Brewer	MWC	8'2
2	198	Xavier Brewer	MWC	7'2
3	206	Hunter Martin	Edmond	7'0
4	204	Michael Li	Edmond	6'11
5	187	Paytyn Packham	EWP	6'10
6 tie	209	Mason Sharum	Edmond	6'8
6 tie	200	Troy Preston	MWC	6'8
7	183	Brenden Hitchcock	EWP	6'0

13-14 Girls 100 meter dash

Place	Number	Name	Branch	Time
1	251	AALIYAH CARTER	EWP	16.8

13-14 Girls 200 meter dash

Place	Number	Name	Branch	Time
1	258	Clara O'Connor	Edmond	32.46
2	251	AALIYAH CARTER	EWP	37.85

**13-14 Girls
800 meter**

Place	Number	Name	Branch	Time
1	254	Chloe Mostek	Bethany	3.24.29

**13-14 Girls
1 mile**

Place	Number	Name	Branch	Time
1	254	Chloe Mostek	Bethany	7.44.54

**13-14 Girls
Softball Throw**

Place	Number	Name	Branch	Distance in ft.
1	254	Chole Mostek	Bethany	58.40

**13-14 Girls
Long Jump**

Place	Number	Name	Branch	Distance in ft.
1	251	Aaliyah Carter	EWP	7'3

**13-14 Boys
100 meter dash**

Place	Number	Name	Branch	Time
1	248	Andrew Rudniki	Bethany	16.8

**13-14 Boys
Softball Throw**

Place	Number	Name	Branch	Distance in ft.
1	248	Andrew Rudniki	Bethany	169.00

**13-14 Boys
Long Jump**

Place	Number	Name	Branch	Distance in ft.
1	248	Andrew Rudniki	Bethany	8'11

CONFIDENCE LEADERSHIP ENCOURAGEMENT

ACHIEVEMENT CONFIDENCE

RUN! JUMP! THROW! ENCOURAGEMENT ACHIEVEMENT

HERSHEY'S



TRACK & FIELD GAMES

TM



Official
Rule Book
& Manual
2013

RUN! JUMP! THROW! LEADERSHIP



Mission

To provide

a quality recreation and school program where children have fun and are introduced to physical fitness through basic track and field events such as running, jumping and throwing.

Please check the Hershey's Track & Field Games Website for event registration and administration, resource tools and additional information.

www.hersheystrackandfield.com

Check out our partner organizations at:

Athletics Canada Website:

www.athleticscanada.com

Key Club International Website:

www.keyclub.org

National Association for Sport and Physical Education Website:

www.naspeinfo.org

National Recreation and Park Association Website:

www.nrpa.org

Easy Steps to Hosting a Qualified Local Meet:

1. Logistics

Secure a location for the track meet, date and time. All you need is a place to run, jump and throw – a track is not even necessary.

2. Contact Your State/Provincial/Territory (S/P/T) Chair

You can find your S/P/T Chair by going to public website, click on Organizers tab > Find a State/Provincial/Territory Chair. They will be a good resource in helping you plan your event and answering any questions regarding the program in your state/province/territory.

3. Access Our On-Line Event Manager Program

You can access Event Manager from public website by clicking the “Login to Event Manager” button. Event Manager is our administrative program that allows you to qualify as an HTFG meet and includes helpful information and material to make hosting a track & field event easy.

- A. Register your account profile as a Local Coordinator.
- B. Register your event by going to Events>Add Event. Your event will have to be approved by your S/P/T Chair in order to post to public website. You have the option to register your event as a Closed Meet for school fun/field days, programs with specific enrollment, or meets restricted by a local agency/organization; your event will post to public website as a Closed Meet.
- C. After the event, log back into Event Manager to submit the Meet Results form and the Participation Report. These forms are required to complete the on-line program process as a qualified meet. If you use Hytek meet manager program to run/organize your meet, event manager is compatible for importing and exporting.
- D. Under Resources on the homepage, click the Reference Materials link to access forms, flyers, certificates, merchandise catalog, etc.

4. On-line Participant Registration

On-line registration for local meet participants is available on public website. When you register your event, provide specific instructions regarding registration for your meet in the “Registration Information” box; the registration instructions will post to public website along with your event information. As a Local Coordinator, you will receive an email notification letting you know when someone registers. You also can access registrant information within event manager under “Event Registrations” to export data in an excel spreadsheet.

5. Gather Equipment – Free Activation Kit

The most important items of equipment are softballs, measuring tapes, batons and stopwatches. As a new coordinator or community, your S/P/T Chair will submit your name to receive a free Activation Kit which includes items mentioned above (while supplies last).

6. Recruit Volunteers

The number of volunteers will depend on the size of your meet. Keep in mind, some volunteers could perform several duties. Potential volunteers include recreation department staff members, PTO/PTA members, service clubs (Key Club, Kiwanis, etc.), track clubs, parents or members of a high school track team.

Five Helpful Tips:

- 1.** Make it fun for the kids, volunteers, and you!!
- 2.** Don't wait until the last minute to round up volunteers.
- 3.** Each participant must register by completing a Local Entry Form. Local entry forms can be found in our rulebook and in event manager by going to the Resources area and clicking on Reference Materials. Parents also can register their child online under the Parents tab.
- 4.** Consider sponsorships to provide ribbons, t-shirts, etc. Certificates and flyers are available in event manager by going to Reference Materials under the Resources area.
- 5.** Remember, your kids could qualify for their Regional Team and experience an all-expense paid trip to Hershey, Pa. in August to compete in the North American Final.

Hershey's Track & Field Games is solely funded and sponsored by The Hershey Company and partnered with the National Recreation and Park Association (NRPA), Athletics Canada, the National Association for Sport and Physical Education (NASPE) and Key Club International.



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North American Final Meet Schedule

Henry Hershey Field Milton Hershey School

1... Girls Lg. Jp. (9-10)..... 10:15A	20... Boys 100m (11-12)..... 11:30A
2... Boys Lg. Jp. (9-10)..... 10:15A	21... Girls 100m (13-14)..... 11:35A
3... Girls S. Throw (9-10)..... 10:15A	22... Boys 100m (13-14)..... 11:40A
4... Boys S. Throw (9-10)..... 10:15A	23... Girls Lg. Jp. (13-14)..... 11:40A
5... Girls 1600m (13-14)..... 10:15A	24... Boys Lg. Jp. (13-14)..... 11:40A
6... Boys 1600m (13-14)..... 10:25A	25... Girls S. Throw (13-14)..... 11:40A
7... Girls 800m (11-12)..... 10:35A	26... Boys S. Throw (13-14)..... 11:40A
8... Boys 800m (11-12)..... 10:40A	27... Girls 200m (9-10)..... 11:55A
9... Girls 800m (13-14)..... 10:45A	28... Boys 200m (9-10)..... 12:00P
10... Boys 800m (13-14)..... 10:50A	29... Girls 200m (11-12)..... 12:05P
11... Girls Lg. Jp. (11-12)..... 10:50A	30... Boys 200m (11-12)..... 12:10P
12... Boys Lg. Jp. (11-12)..... 10:50A	31... Girls 200m (13-14)..... 12:15P
13... Girls S. Throw (11-12)..... 10:50A	32... Boys 200m (13-14)..... 12:20P
14... Boys S. Throw (11-12)..... 10:50A	33... Girls 400m (9-10)..... 12:30P
15... Girls 50m (9-10)..... 11:05A	34... Boys 400m (9-10)..... 12:35P
16... Boys 50m (9-10)..... 11:10A	35... Girls 400m (11-12)..... 12:40P
17... Girls 100m (9-10)..... 11:15A	36... Boys 400m (11-12)..... 12:45P
18... Boys 100m (9-10)..... 11:20A	37... Girls 4 x 100 (13-14)..... 12:55P
19... Girls 100m (11-12)..... 11:25A	38... Boys 4 x 100 (13-14)..... 1:05P

Awards will be presented after each event.

Medals and certificates will be awarded to all participants.

Key Dates and Rule Changes for 2013

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11-6-1-1 & 2	Age Groups	Born in 2003 - 2004 (9 and 10 year olds)
11-6-1-1 & 2	Age Groups	Born in 2001 - 2002 (11 and 12 year olds)
11-6-1-1 & 2	Age Groups	Born in 1999 - 2000 (13 and 14 year olds)
14-9-1-4 & 5	North American Final/Regional Team Selection	
15-9-3-1 to 3	District Level Information	
15-10-1-1	State/Provincial/Territory Meet Deadline	July 6, 2013
15-10-2-1	Regional Team Deadline	July 12, 2013
15-10-3-1	North American Final	August 1-4, 2013

***All changes/highlights are in bold type within the respective sections throughout the rule book.**

Letter from the Founder



The purpose of Hershey's Track & Field Games is to promote physical fitness and participation for the youth of North America. I must stress the importance of the basic philosophy of this program - to stimulate the participation of all eligible children. It is no way to be construed as an all-star program for chosen individuals.

Learning, participation, enjoyment and physical exercise are the main elements of this program. At all times we shall strive to maintain the conduct of this program at a very basic level for these children. Therefore, it is of the utmost importance to stress participation at local park and recreation departments, schools and other community service organizations.

Through proper guidance and assistance, it is our firm belief and hope that we may positively shape the direction of the future of these children.

A handwritten signature in black ink, which appears to read "Donald P. Cohen". The signature is fluid and cursive.

Donald P. Cohen
Founder
Hershey's Track & Field Games



State/Provincial/Territory Chairs

Region 1

Regional Coordinator

Deb Weinreis (2013)

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Note: (Year) – year named Regional Coordinator and State/Provincial/Territory Chair

State/Provincial/Territory Chairs

Region 5

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*See Hershey's website for updated information:

www.hersheystrackandfield.com

HIGHLIGHTS OF THE RULES

*The information below will assist you in conducting a local Hershey's Track & Field Games meet.
This information is taken from the Official Rule Book.*

1. The only restriction for participation is age. A participant's age is as of December 31, 2013.

**Born in 2003-2004
(9 & 10 Year Olds)**

**Born in 2001-2002
(11 & 12 Year Olds)**

**Born in 1999-2000
(13 & 14 Year Olds)**

A participant must compete in his/her age group and sex division.

2. Participants who take part in Junior Varsity or Varsity Track Programs or are members of a Track Club are eligible to participate in the Hershey's Track & Field Games as long as the state/provincial/territory high school athletic governing body does not prohibit participation.
3. Participants may not wear shoes designated for spikes. In field events, any shoes designed for turf sports are not allowed.
4. Participants may not compete in their bare feet, slippers or socks.
5. Participants may not wear jewelry, hair beads and decoration, or sunglasses (unless prescription).
6. Starting blocks are not permitted.
7. A participant may compete in only three events [this may be two running events (includes relays for 13-14 age group) and a field event or two field events and a running event] up to and including the state/provincial/territory meet. For 9-10 and 11-12 age groups, the relay does not count as a running event because 9-10 and 11-12 relays do not advance to the North American Final.
8. A participant who displays unsportsmanlike conduct will be disqualified from meet in progress and shall not advance to the next level of competition.
9. Times will be recorded to the nearest 100th of a second and distances will be measured in feet and inches to the nearest one quarter inch (except in Canada).
10. In the case of ties for first place, there must be a run off for the running event. In the field events the contestant with the best second throw or jump will be declared the winner.
11. Each running competitor is allowed one false start.
12. All local meet winners must have their age verified at the local level competition.
13. In the relay, the acceleration zone will not be used and aids may not be used.
14. A competitor should be excused from a field event so that he/she may participate in a running event. The individual shall return to the field event immediately following the completion of that running event.
15. A participant may enter only one local and/or district meet (where applicable) or they will be disqualified from meet in progress and shall not advance to the next level of competition.
16. A participant must participate in the state/province/territory in which he/she resides.
17. Lane and position can be drawn by chance or seeded.
18. Most local, district (where applicable) and state/provincial/territory meets will be held rain or shine.
19. There must be at least 5 participants from each state/province/territory in each region that qualify for the North American Final Meet. All regional winners will qualify for the North American Final Meet.
20. Age groups 9-10 and 11-12, 4x100 Relays, will not qualify for the North American Final.

Rule 1

definitions

Section 1

field events

article 1 A flight is a round of trials for contestants in the Softball Throw and the Standing Long Jump.

article 2 A foul is one which is counted as a trial, but which is not measured because of some violation of the rules.

article 3 The scratch mark is the line which is used in the Standing Long Jump and the Softball Throw to mark the limit beyond which a competitor may not touch during competition.

article 4 All field events in the U.S. will be measured in feet and inches to the nearest one quarter inch (except Canada which will use the Universal metric standard measurement).

article 5 In Canada, the field events will be measured in universal metric at local, district and provincial meets. The meters will be converted to feet and nearest quarter inch when submitted to the Regional Coordinator for the North American Final Meet.

Section 2

finish

article 1 A dead heat is a situation in which two runners cross the finish line at exactly the same instant. This results in a tie if winning places are involved. Refer to Page 9 - Rule 3 - Section 2.

article 2 The finish tape is a soft material which can be stretched across the track directly above the finish line to aid the judges in determining which runner crosses the finish line first.

Section 3

general conditions

article 1 A preliminary flight or heat is the first level of competition in any event which qualifies participants for the next level of competition.

article 2 To qualify is to win the right to participate in a semi-final or final race or flight by meeting certain standards in an earlier race or flight.

article 3 To scratch is to designate the withdrawal of an entry before competition begins.

article 4 No spikes or shoes designated for spikes will be allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed, e.g., football/soccer shoes. The participant's shoe cannot be used to gain an advantage. Any violation of this rule will cause disqualification of the participant in the event in which the illegal shoes were worn. A shoe is a covering for the foot and must be used by participants. The Aqua Sock (or similar footwear) is permissible. The use of ballet-type slippers or socks does not meet the requirements of this rule. No athlete will be allowed to compete in bare feet.

article 5 The proper track uniform consists of a minimum of a jersey or blouse, boxer-type trunks or shorts, sweats, long pants, leotards or tights which are not objectionable, and shoes. (See Rule 2, Competitors and Attendants, Section 3, Art. 1, 2, and 3). Jewelry, hair beads and decoration, sunglasses (except prescription) shall not be allowed during competition.

article 6 Unsportsmanlike conduct is conduct which is unfair or language which will bring discredit to the individual or the team: disrespectfully addressing an official; using profanity; criticizing an opponent or an official; throwing a baton following a relay.

Section 4

relays

article 1 The baton is the implement which is used in a relay race and is handed by each runner to the succeeding teammate.

article 2 An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20.11 meters (22 yards) long.

article 3 A relay is a race during which four runners participate as a team. An individual leg of the relay is finished when the incoming runner passes the baton to the succeeding runner.

article 4 A relay leg is the distance over which one runner of a relay team must run. Each runner may run only one leg of the relay.

article 5 In the sprint relay, outgoing runners waiting for the baton must take positions and begin running inside the passing (exchange) zone. The baton will be passed within the exchange zone (it is only the position of the baton which is decisive and not the position of the body or limbs of the competitor).

Section 5

starting

article 1 The starting runner may not touch the scratch line or the ground in front of it until after the starting gun has been fired.

article 2 A staggered start is a method of equating the distance for all competitors when a race is run in lanes around one or more curves (200M or 400M). The runner or relay team assigned to the second and each succeeding lane starts a specified distance ahead of the runner on the left.

article 3 In the 800 and 1600 meter races, a curved starting line (waterfall) will be used so that each competitor will run the same distance going into the curve. (See Rule 5, Section 1, on Lane Infractions)

article 4 Starting blocks are not permitted.

Section 6 track events

article 1 Course is a general term used to indicate the path of a runner. In races where each runner is required to remain in a specified lane, the course is the same as the lane.

article 2 A heat is a preliminary race to eliminate slower competitors so the final race will include as many of the fastest competitors as desired. When there are a great number of entries in a given event, the heats could be arranged in preliminary and semi-final rounds (the number of final competitors is at least equal to the number of awards to be given). A final heat may or may not be conducted at local, district and state/provincial/territory meets based upon a decision of the meet committee.

article 3 To jostle is to run against or elbow another runner. It is a form of crowding or bumping between two runners which hampers or impedes one of them.

article 4 A lane is the course which is marked on the track for a race. A runner must stay in this prescribed path unless informed otherwise by the starter. Lanes vary in width depending upon the size of the track and the number desired for a given meet. Lanes should be one meter, seven centimeters (42 inches) wide whenever possible. (See Rule 5, Sections 1 and 2)

article 5 A runner is a participant in a race. Other terms used to designate a participant are contestant and competitor.

Section 7 track meet

article 1 All distances except field events will be measured in meters. Field events will be measured in feet and inches to the nearest one quarter inch (except in Canada).

article 2 If preliminary heats are conducted, only winning times/marks for the final event will be submitted (i.e., heat or trial times/marks will not be submitted).

article 3 The Board of Review is the administrative body responsible for the proper conduct of a track meet. The committee for the North American Final consists of three members of the Board of Directors.

Rule 2 competitors & attendants

Section 1 participation limitation

article 1 Each competitor is individually responsible for promptly reporting for each event entered. He or she must report to the Clerk of Course or bullpen for any running event or the designated area for field events.

article 2 The following is allowed event participation per age group at the local, district (where applicable) and state/provincial/territory meets: 9&10 may participate in one (1) field event and two (2) running events and the relay; or two (2) field events and one (1) running event and the relay*. 11&12 may participate in one (1) field event and two (2) running events and the relay; or two (2) field events and one (1) running event and the relay*.

13&14 may participate in one (1) field event and two (2) running events; or two (2) field events and one (1) running event.

*Since the 4x100 relay does not advance to the North American Final for the 9&10 and 11&12 age groups, they are allowed the extra event at the local, district and/or state/provincial/territory meet level.

If a competitor exceeds the event limit, the event that puts the competitor over the limit as specified above shall cause the competitor to be disqualified from the event(s) exceeding the limit. In the case it is the 4x100 relay, the team may move forward with an eligible substitute from the meet where the infraction occurred. This rule does not apply to competition at the North American Final. An individual will be selected to compete only in one event at the North American Final. This one event may be a running event, a relay event (13&14) or a field event.

article 3 Attendants may not accompany a competitor to the starting area. Any competitor will be disqualified if, in the opinion of the meet referee, the runner has in any way been aided by a coach, teammate or anyone connected directly or indirectly with the individual concerned. Such aid includes running alongside a teammate, being stationed at various points near the track, or located near any of the field events for the purpose of aiding or coaching the competitor after the race or field event has been started.

article 4 A competitor officially becomes a participant when he or she, or a relay team of which they are a member, reports to the Clerk of Course or to the Judge of a field event in which he or she is entered. Participant will not be permitted to enter the competition after the Clerk closes the entries in the running events, or in the field events after the Judge has determined the places for the competition.

Section 2 disqualification

article 1 Any competitor who is disqualified for unsportsmanlike conduct shall be ineligible for further participation in the meet in progress and shall not advance to the next level of competition. Unsportsmanlike conduct is defined as a competitor who displays inappropriate behavior(s) or willfully fails to follow the direction of the meet referee and/or meet director.

article 2 Any competitor who is disqualified for competing in more than one local and/or district meet shall be ineligible for further participation in the meet in progress and shall not advance to the next level of competition.

article 3 Any competitor who is disqualified for competing in the wrong age group; wearing illegal shoes; aiding a participant directly or indirectly by accompanying participant to the starting area, running along side participant, being stationed at points along the track to aid/coach participant; or exceeding the allowed event limit shall be disqualified from that event.

article 4 At the North American Final, any cause for disqualification shall first be discussed with the competitor's regional coordinator. At the state/provincial, district and local meets, the meet director or his/her representative will inform the participant of the disqualification.

article 5 At all meets, all protests must be filed with the Meet Referee in writing within fifteen (15) minutes of the ruling (disqualification). At the North American Final Meet, these protests must be submitted by the Regional Coordinator.

article 6 At the North American Final, a Board of Review shall serve as the final Board of Review relative to all protests. This board shall consist of three members from the Board of Directors.

Section 3 uniforms

article 1 A competitor must be in the proper track uniform and wearing the assigned contestant number (when numbers are used) before being permitted to compete.

article 2 The recommended uniforms for the state/provincial/territory meet will consist of the official youth program t-shirts provided by Hershey's Track & Field Games, shorts (boxer-type trunks, gym trunks, sweats, long pants, leotards or tights which are not objectionable), and shoes. Relay teams may run in leotards or tights which may or may not match in color.

article 3 The proper uniform for the North American Final will consist of the official youth program shirt, as issued, shorts (boxer-type trunks, gym trunks, sweats, long pants, leotards or tights which are not objectionable), and shoes. Relay teams may run in leotards or tights which do not match in color.

Rule 3 awards

Section 1 awards

article 1 The Board of Directors encourages the continued use of awards for participants. The Hershey's Track & Field Games Office will continue to provide certificates and ribbons for participants at each state/provincial/territory meet. At the North American Final, medals and certificates will be awarded to all participants.

Section 2 ties

article 1 A tie in a running event occurs when two or more runners cross the finish line at exactly the same time. If the time is equal, the runner with the higher picked place is the winner. If place and time are the same, the persons involved will rerun the race at an appropriate time during the meet. When two or more runners or relay teams, running in separate heats or sections, have identical times, those involved will rerun the race at an appropriate time during the meet.

article 2 When there is a tie for places in field events determined by distance, the higher place is awarded to the competitor whose second best performance is better than the second best performance of any other competitor tied for that place.

Rule 4 start & finish

Section 1 start

article 1 The starting of each race shall be done by the report of a pistol fired so that its smoke or flash will be visible to the timers or other sounding device. A whistle or starting pistol of any caliber may be used.

article 2 For an unfair start, the starter or assistant starter shall recall the runners by a second shot. If any competitor is in motion after a starter gives an order to "Set," the starter shall not fire the pistol or blow the whistle and will ask the athletes to stand.

article 3 The starter must receive a hand signal or whistle from the head judge that the judges are ready. When communicating with the starter, the

head finish judge should use the following signals: (1) to indicate ready, move one arm upward full extension and down to the side five times in succession accompanied by the use of a whistle; (2) to indicate not ready, move both arms to full extension and criss-cross them. Do not use whistle.

article 4 In starting sprints, the starter shall direct the competitors "On your marks." At this signal, the competitors will immediately take their proper positions on their starting lines. After they have taken their positions and are steady on their marks, the starter shall instruct them to "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their bodies touches on or over the starting line. After an interval of approximately two seconds, when all competitors are set and motionless, the starter shall fire the pistol, or blow the whistle.

article 5 For races of 800 meters and longer, the starter will use the command "On Your Marks" and, when all competitors are steady, shall fire the pistol, or blow the whistle.

article 6 A false start occurs when a runner fails to comply with the starter's commands; or when a runner leaves the mark with a hand or foot after the "Set" instruction, but before the pistol is fired or whistle blown or when a runner leaves the mark without the pistol being fired or whistle blown. The offenders shall be warned the first time and shall be disqualified from the event on the second violation. If a competitor uses tactics at the starting line which are designed to disconcert, he or she will be warned. If the runner's action is repeated, the contestant shall be disqualified from the event.

article 7 No starting equipment for the runners will be allowed.

article 8 In the state/provincial/

territory and North American Final meets, all lanes (and positions) may either be drawn by chance or seeded.

Section 2 finish

article 1 The finish line is a line on the ground across the track from finish post to finish post. It shall be indicated by a mark drawn just outside the measured course so that the inner edge of the mark coincides with the actual finish line. The competitors place in the order in which any part of their bodies (e.g., torso, as distinguished from head, neck, arms, legs, feet or hands) reaches that edge of the finish line first crossed by the competitor.

article 2 For the purpose of aiding the judges, but not to be used as a finish line, soft material may be stretched across the track at the finish (approximately one meter, 21.92 centimeters or four feet above the ground). This soft material shall be "breasted" by the competitor or competitors finishing and must not be seized by the hand. A soft material in white, yellow or orange has been found to be satisfactory.

article 3 State/provincial/territory times for running events will be recorded to the 100ths. It is strongly suggested that all meets should be recorded to the 100ths in running events.

article 4 Video replay equipment, other than the official equipment approved by the Board of Review, shall not be used to make decisions related to the meet.

article 5 The Board of Review may approve the use of an official Full Automatic Timing system (FAT) to verify the outcome of any race (use must be determined before the event begins). When using the FAT system, the standard conversion does not apply to

Hershey's Track & Field Games meets.

Rule 5 *running infractions*

Section 1 lane infractions

article 1 When a race is run in lanes, each competitor shall keep his or her own position in the course during the entire race. A competitor who, without being fouled and while running around a curve, gains an advantage by stepping on or over the inside lane line may be disqualified from the event. A competitor who, without being fouled and while running around a curve, steps on or over this lane line for three or more consecutive steps either with one or both feet shall be disqualified from the event.

article 2 In a race involving a curve and where lanes are not specified, a runner may change toward the inside or outside of the track when he or she is one full running stride (2.2 meters, seven feet) in advance of the runner whose path is crossed. It is not a foul if a runner crosses to the inside or outside if this action does not interfere in any way with another competitor's stride.

Section 2 interference

article 1 If any runner impedes another competitor by jostling or running across an opponent's path, deliberately runs on or inside the track curb (or painted line), or illegally runs outside the assigned lane or course, the referee shall disqualify the runner, or in a team race, the entire team from the event.

article 2 If interference occurs in any preliminary heat, the referee may allow the offended runner or team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, just as if the runner or the team had won a place. If interference occurs in the final heat, the referee may order a new race between all of those who, in his opinion, are entitled to the privilege.

Section 3 aiding competitor

article 1 Aiding a competitor is defined as: (a) anyone associated directly or indirectly with a competitor who paces the contestant by running, or taking a position along the track for the purpose of coaching or otherwise assisting the runner; (b) a competitor who is a lap behind the leading runner paces or otherwise assists a teammate or impedes another runner; (c) any runner intentionally leaves the track and re-enters to continue the race; or (d) contestants who join hands or grasp each other in order to finish a race in a tie. For any such act(s), the competitors shall be disqualified from the event.

article 2 The use of any aid during a race (including carrying a baton, except in a relay) is prohibited. This includes the use of a mark of any type on the track for a relay.



Rule 6 age groups, sex division & eligibility

Section 1 age groups

article 1 Contestants will compete in events according to their age. There will be three age groups:

**Born in 2003 or 2004
(9 and 10 year olds)**
**Born in 2001 or 2002
(11 and 12 year olds)**
**Born in 1999 or 2000
(13 and 14 year olds)**

article 2 Competitors will determine which age group to enter by calculating their age on **December 31, 2013. Nine-year-olds must be born during 2004, ten-year-olds must be born during 2003, eleven-year-olds must be born during 2002, twelve-year-olds must be born during 2001, thirteen-year-olds must be born during 2000 and fourteen-year-olds must be born during 1999.**

article 3 All contestants must compete in their respective age groups.

article 4 Any contestant who enters or competes in an age group which he or she does not legally belong will be disqualified from that event.

article 5 Each contestant must show documented proof of age to the local sponsoring agency.

article 6 Proof of age will be approved only after viewing a birth certificate or equivalent legal document, such as passport, adoption papers, certified school record, baptismal certificate, 1-94 card or hospital certificate. The state/

provincial/territory chair must verify the age of each North American finalist with the child's local sponsoring agency.

Section 2 sex division

article 1 Contestant will compete within one sex division. Males will compete with males and females will compete with females.

Section 3 eligibility

article 1 The intent of Hershey's Track & Field Games is to provide a basic playground form of participation for the beginning athlete. Any boy or girl 9-14 years of age is eligible to participate in the program as stated in Rule 6, Section 1, Article 1. Children with disabilities are welcome to participate and will be accommodated whenever reasonably possible.

article 2 Eligible children must compete in the program in the state/province/territory in which they live. Any eligible child who lives outside the jurisdiction of a local sponsoring agency in his or her state/province/territory, may participate in the program with the permission of the agency. A participant may enter only one local and/or district meet (where applicable) or they will be disqualified from meet in progress and shall not advance to the next level of competition.

article 3 Any question regarding eligibility will first be referred to the state/provincial/territory chair. If the question is unresolved, it shall then be presented to the regional coordinator. If the regional coordinator is unable to resolve the question, it shall be presented to the Board of Review. The ruling of this Committee is final.

Rule 7

track events

Section 1

age groups

Boys & Girls (9-10)

1. 50 Meter Dash (54 yds., 24.5 inches)
2. 100 Meter Dash (109 yds., 13 inches)
3. 200 Meter Dash (218 yds., 26 inches)
4. 400 Meter Dash (437 yds., 16 inches)
- ★ 5. 4 x 100 Meter Relay (437 yds., 16 inches x 4)
6. Standing Long Jump
7. Softball Throw

Boys & Girls (11-12)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run (874 yds., 32 inches)
- ★ 5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Boys & Girls (13-14)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run (1,749 yds., 28 inches)
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

★ Age groups 9-10 and 11-12, 4x100 Relays, will not qualify for the North American Final.

Section 2

relays

article 1 Relays are races between teams of four contestants, no one may run more than one leg. The members of a team may be changed until a preliminary heat has been run. After a heat has been run, only an injured or ill member of the original

relay team may be replaced by another runner. The disabled athlete may not enter further competition in the meet.

article 2 It is permissible for the order of running to be changed between heats and succeeding rounds or the final.

article 3 Each runner shall carry a baton in hand and shall pass it to the succeeding teammate. The first runner shall start with the baton and the last runner shall carry the baton across the finish line.

article 4 In relay races, the baton must be passed while it is within a 20.11 meter (22 yard) exchange zone. The exchange zone is determined by lines drawn perpendicular to the inside lane line and 10 meters (11 yards) on each side of the exchange zone mark. The lines marking the limits of the exchange zone are included in the 20.11 meter measurement. The acceleration zone shall not be used.

article 5 The baton must actually be handed, not thrown, from one competitor to the succeeding teammate. This teammate may not take sole possession of the baton outside the exchange zone. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either runner may retrieve it without penalty provided the runner does not interfere with an opponent. If the baton is dropped outside the exchange zone, it must be retrieved by the runner who dropped it.

article 6 After passing the baton, the relieved runner should stand still or jog straight ahead unless he or she is in the inside or outside lane. In these cases, the relieved runner shall step off the track as soon as possible.

article 7 A team shall be disqualified for failure to pass the baton in accordance with the rules. The referee also may disqualify a team for other running infractions.

The rules relative to fouling, coaching or impeding a runner apply to relay races as they do to all other track events, except within the exchange zone. In this case the runner who passes the baton and his/her successor who receives it may overlap each other. The incoming runner shall not assist his/her teammate by pushing him/her.

article 8 Throwing the baton following the finish of any relay is unsportsmanlike conduct and will cause the relay team to be disqualified.

article 9 The relay baton shall not exceed 29.9 centimeters (11.81 inches) in length. Its circumference shall be at least 10.16 centimeters (4 inches) and no more than 12.7 centimeters (5 inches). It shall be a smooth, hollow tube made in one piece. The baton shall be made of wood, metal, plastic or other rigid material. It shall weigh at least five decagrams, or 1.766 ounces. The use of tape to wrap the baton is prohibited.

Rule 8

field events

Section 1

general rules

article 1 Contestants shall report promptly to the Event Judge at the designated location when the event is announced. A contestant shall be charged with an unsuccessful attempt if he or she does not complete a trial or pass it within two minutes after being called for a trial unless excused by the Event Judge to participate in another event.

article 2 A competitor excused to compete in another event shall return to the excused event immediately following the completion of the other event.

article 3 In both field events, participants will have two successive attempts. The order of the third attempt will be decided by the officials in the local, district and state/provincial/territory meets. At the North American Final Meet, order will be decided by shortest to longest distance for the third attempt.

article 4 All field events will be measured in feet and inches to the nearest one quarter inch (except in Canada).

article 5 In all field events, the measurements shall be measured and be recorded with the “zero” end of the measuring tape held at the point of a contestant’s landing and the feet and inches markings at the center point of the scratch line.

Section 2 standing long jump

article 1 All competition in the Standing Long Jump will be on a flat surface. A Long Jump pit may be used. It is recommended that two judges (one on either side to measure length) be used.

article 2 A competitor may (1) rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground; (2) both feet must be parallel to each other, an equal distance from the scratch line before jumping; (3) both feet must leave the ground at the same time.

article 3 The jumper must take off from behind the scratch line. If the jumper’s shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial.

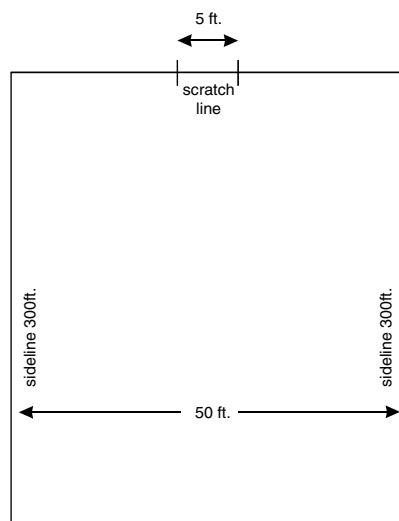
article 4 Each jumper is entitled to three trials. Each trial shall be recorded. The contestant with the longest jump shall be considered the winner.

article 5 In the case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.

article 6 Each legal jump shall be measured perpendicularly to the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line or its extension.

Section 3 softball throw

article 1 The ball throwing competition will be conducted using a softball with a minimum circumference of 30.14 centimeters (11 7/8 inches), and a maximum circumference of 30.78 centimeters (12 1/8 inches). The minimum weight of the softball must be 17 decagrams (six ounces) and its maximum weight must be 19.13 decagrams (6.75 ounces).



article 2 The throw may be from either a standing position or on the run.

article 3 No glove, tape or other foreign substance may be applied to the throwing hand unless it is required for medical reasons.

article 4 Stepping on or over the scratch line constitutes a foul. A contestant must throw within the five foot throw marks. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial (foul).

article 5 Each thrower will be allowed three (3) trials. The longest trial will be considered the winner.

article 6 In case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.

article 7 Each legal throw will be measured for distance from a point at the center of the five foot throw marks to the spot where the ball lands between two parallel sidelines.

article 8 The throw must be made from inside the five-foot throw marks indicated on the scratch line. The ball must land inside the fifty-foot wide parallel sidelines. The line is out of bounds. The measurement is taken from the center of the five-foot throw marks located on the scratch line to the point touched by the ball which is nearest the scratch line.

article 9 Throws will be conducted in flights as stated in Rule 8, Section 1, Art. 3 and Rule 1, Section 1, Art. 1. (It is suggested that approximately eight competitors make up one flight).



Rule 9

general program information

Section 1

north american final / regional level

article 1 It is the duty of the regional coordinator to select the regional first place winners of the respective region based on the state/provincial/territory final results forwarded to the regional coordinator by the chair of each state/province/territory in his or her region. Among the criteria for selecting this team will be time and distance comparisons of the winners of each state/province/territory. This team will represent the region at the North American Final. Regional teams will not include 9-10 and 11-12, 4x100 Relays. The regional coordinator, in selecting the regional team, shall designate the makeup of this team so that each state/province/territory in said region is represented by not less than five (5) participants.

article 2 A participant may be selected to represent a region in one event only. The one event may be a running event, a relay event or a field event.

article 3 In order to represent a region, a relay team must be the original four individuals who competed as a team in winning their event in the state/provincial/territory meet. Exceptions must be approved by the regional coordinator.

article 4 Once the regional team has been selected, original team members who cannot compete in the North American Final due to illness or other circumstances shall have a replacement named by the Regional Coordinator.

article 5 Participants selected for the North American Final will

be required to participate in the program from August 1 through August 4, 2013. Participants are not permitted to leave the facilities or events with their parent/guardian prior to designated early checkout unless withdrawing completely from the North American Final weekend and any future participation in the Hershey's Track & Field Games (HTFG). Exceptions may be granted at the sole discretion of the HTFG office for extraordinary circumstances.

article 6 The appointment of the regional coordinator is subject to the approval of the Board of Directors.

Section 2

state / provincial / territory level

article 1 Each year a state/provincial/territory chair will be appointed. His or her responsibility will be to coordinate the program.

article 2 Each state/province/territory may be divided into geographic districts representing the entire state/province/territory. The number of districts shall be sufficient to allow for maximum participation. Each state/provincial/territory chair will be responsible for ensuring that the program is conducted in a non-discriminatory manner in accordance with all applicable laws within his or her state/province/territory.

article 3 Each state/province/territory must hold at least one state/provincial/territory meet. Exceptions must be approved by the Board of Directors.

article 4 It is the responsibility of the state/provincial/territory chair to provide a complete list of the state/provincial/territory meet winners to the regional coordinator within two (2) days of the conclusion of the state/provincial/territory meet. This list must be submitted electronically using the online event manager program at

www.hersheystrackandfield.com. All running distances will be run in the metric measurement. Field events will be reported in feet and inches to the nearest one quarter inch (including Canada).

article 5 The winners of the state/provincial/territory meet shall be eligible for selection as members of the regional team which will advance to the North American Final with the exception of the 9-10 and 11-12, 4x100 relay teams. No child who meets the eligibility requirements should be discouraged from competing so long as that child can compete safely.

article 6 It is the duty of the state/provincial/territory chair to inform all entrants on the standard local participation form that not every winner in the state/provincial/territory meet will automatically be selected to participate in the North American Final. Due to the rule of geographical distribution ("...not less than five from each state/province/territory..."), it is not possible, nor is it the intent of the program, to establish a winners only program.

article 7 Each state/provincial/territory chair may formulate a plan of action that will incorporate the rules set forth in the Official Rule Book.

article 8 All ribbon and certificate awards for the state/provincial/territory finals will be provided by the Hershey's Track & Field Games and sent to each state/provincial/territory chair.

article 9 Chaperones for the North American Final must be a minimum age of 21 years at the time of selection.

article 10 Due to the process involved with selecting the regional team, no state/provincial/territory meet results shall be posted online until after August 1 of each year. Check with the state/provincial/territory chair after August 1 to see if results will be posted (optional). North American Final meet results are posted on the Hershey's Track & Field Games website.

Section 3

district level

(where applicable)

article 1 Each State/Provincial/Territory Chair will determine if district meets will be part of their program. The district meet coordinator will be responsible for organizing and administering the district track and field meet with approval from the State/Provincial/Territory Chair to determine number of district meets within the state/province/territory and locations.

article 2 Each district meet will be a qualifying meet whereby local meet participants/winners will advance to the district meet level. District meets are not open and must be acknowledged/approved by the State/Provincial/Territory Chair.

article 3 Each district meet coordinator will ensure that all participants are registered on the required HERSHEY'S Track & Field Games local entry form to confirm participation approval by parent/guardian and confirm that participants are competing in the appropriate age group.

article 4 All ribbon awards are to be uniform and standardized. A merchandise catalog is available within the on-line Event Manager program for ordering ribbons, t-shirts, etc., if interested.

Section 4

local level

article 1 It is the philosophy of the Hershey's Track & Field Games that any eligible child be given an opportunity to participate.

article 2 Each local participating agency shall hold qualifying trials to determine the best competitors.

article 3 All participants must register on the standardized entrance form, a sample of which is included in the Rule Book and Manual and also available in the resources area of the online event manager program at www.hersheystrackandfield.com.

article 4 Local meet directors may supplement the local program by conducting events for participants under 9 years old (as of December 31). The events and age grouping will be at the discretion of the local meet director. Note: These participants will not be able to advance to the next level of competition.

article 5 All ribbon awards are to be uniform and standardized. A merchandise catalog is available for ordering ribbons.

Rule 10

official dates

Section 1

state/provincial/territory final

article 1 All state/provincial/territory meets must be completed by July 6, 2013. The results of the state/provincial/territory meets must be submitted electronically using the online event manager program at www.hersheystrackandfield.com. All results must be submitted online no later than July 8, 2013.

Section 2

regional results

article 1 The regional coordinators must prepare their regional teams and submit names electronically by using the online event manager program at www.hersheystrackandfield.com no later than July 12, 2013.

Section 3

north american final

article 1 The North American Final will be held August 1-4, 2013. The competition will take place at Henry Hershey Field, on the campus of Milton Hershey School, Hershey, PA.

Rule 11

rules interpretation

Section 1

general rules

article 1 These rules have been adopted by the Board of Directors.

article 2 Interpretation of these rules by the Board of Directors is final.

article 3 The National Federation of State High School Track and Field Rules govern the conduct of the Hershey's Track & Field Games except when noted in this Official Rule Book. New State/Provincial/Territory Chairs will receive a copy of the Federation Rule Book.

article 4 A competitor officially becomes a participant when he or she, or a relay team of which they are a member, reports to the Clerk of Course or to the Judge of a field event in which he or she is entered. Participant will not be permitted to enter the competition after the Clerk closes the entries in the running events, or in the field events after the Judge starts competition.

Rule 12

description of final facilities

Section 1

general rules

article 1 The North American Final will be held at Henry Hershey Field, Milton Hershey School. All running events will be held on an all-weather Recortan Track. Each of the eight lanes is 48 inches wide. The markings are consistent with international rules and include a 50 Meter Dash start line. The Softball Throw will be conducted on a grass-covered field. The Standing Long Jump will be conducted from a scratch board into a raised sand-filled pit.

Local, District or State/Provincial/Territory Meets

Suggested Planning

Equipment List

Administrative

Clipboards
Computer, Printer, Copy Paper
Extension cords
Pens, Pencils, Paper Clips, Scissors
Scotch Tape/Masking Tape
Stapler/Staples

Meet Materials - Softball Throw

Softballs
Area marked for SBT scratch line
Measuring tape (300')
Traffic cones for aiming marks

Meet Materials - Standing Long Jump

Measuring tape (50')
Rakes and brooms

Meet Materials - Running Events

Batons
Flags for relay zones
Starting guns, blanks or other starting device
Stop Watches/Timing device

Miscellaneous

Area for Awards/Awards stand
Designated area for Announcer
Prepared materials for Announcer
Refreshments
Signs/Banners
Tables/Chairs
Tents for clerk of course area or shade
Walkie Talkies
Water/Ice and ice chests
Public address system/bullhorn
United States/Canadian Anthem
Hershey Rule Book and Manual

Meet Director

1. Responsible for overall coordination and accountability for the entire meet.
2. Set date; reserve field (designate parking area, sprinklers, etc.).
3. Order awards, participation certificates and ribbons, if used.
4. Contact Starter and Clerk of Course. Send both the Rule Book before the meet.
5. Reserve use of scoreboard (if available).
6. Contact concessionaire.
7. Contact sound system contractor.
8. Make all arrangements for guest athlete, i.e. invitation, responsibilities, confirmation and thank you letters.
9. Invite previous participants to attend-let them pass out ribbons at awards table.
10. Develop a Schedule of Events.
11. Contact Medical Services (First Aid, Ambulance, etc.) and send confirmation letter. Confirm with phone call.
12. Secure announcer and send confirmation and thank you letter.
13. Reserve table and chairs and arrange for pick-up and delivery the day of the meet.
14. Arrange for van/truck to haul meet equipment.
15. Arrange for restroom facilities.

District or State/Provincial/Territory Chair

Keep State/Provincial/Territory Chair informed about the status of these responsibilities:

1. Obtain local track meet results from participating cities.
2. Compile local track results for meet program.
3. Prepare and print program (front cover and any photos). Print enough copies for athletes and spectators.
4. Create event/heat sheets.
5. Include volunteer schedule in program.

Volunteer Coordinator

Keep Local Meet Director informed about the status of these responsibilities:

1. Recruit volunteers.
2. Make volunteer phone calls, indicate times available, send confirmation letters.
3. Type volunteer assignments.
4. Publicity
5. Send confirmation letters.
6. Send thank you notes.

Local Meet Check List

miscellaneous

task completed

register local meet within HTFG event manager	_____
availability of field	_____
pre-meet publicity	_____
marking of field	_____
concession stand	_____
first aid/ambulance	_____
public address system	_____
meet publicity (TV/paper)	_____
post-meet publicity	_____
meet clean-up	_____
post-meet, submit meet results & participation report within HTFG event manager	_____

awards

item completed

certificates	_____
ribbons	_____
medals	_____
shirts	_____
other	_____

supplies

item completed

starting gun/whistle	_____
starter gun shells	_____
batons	_____
official softballs - 12"	_____
50 ft. measuring tape	_____
300 ft. measuring tape	_____
finish line string (optional)	_____

Registration

check-in guidelines

1. Collect a completed and signed copy of the official HERSHEY'S Track & Field Games local entry form for each participant.*
2. Verify age of participant and event age group (birth certificate).
3. Participants check in by stating name, age and event. Confirm that each participant is entered in the event for which he/she is registered. Place a check mark opposite the name when they check-in. If their name is not on the list, contact the Local Meet Director.
4. Give each participant a "Certificate of Participation" (Master copy available in the Rule Book and on the hersheystrackandfield.com website).
5. Give each participant a program with order of events.
6. Give a hand out with next level of competition to those that qualify.

* The local meet coordinator should retain the local entry forms and forward copies to the next level meet director of those athletes advancing.

Volunteers

recruitment

1. Refer to list of previous year volunteers/officials-phone numbers and previous year's assignment sheets.
2. Set up a grid-like volunteer assignment sheet (sample on next page)
3. Call people personally and fill out volunteer/officials grid. Follow-up until you have recruited enough volunteers/officials.
4. Send confirmation letter out no later than one week before meet.
5. Type staff/volunteer/officials assignment sheets.
6. Send thank you notes.

Directional Signs

Restroom
Information
Softball Area

Registration
Awards Table
Standing Long Jump

Concessions
First Aid
Clerk of Course area

Meet Officials'

Job Duties

head finish official

1. Designate Finish Line officials who will time first, second, and third, (etc.) place finishers.
2. Oversee Finish Line Area.
3. At the beginning of each race, ask timers to be ready with their watches cleared.
4. In the relays, get signal from passing zone judges that the teams are ready at each zone.
5. Notify starter with flag or whistle when ready.
6. After relays, check with passing zone judges to make sure that the hand-offs were in the zones. Notify recorder if there was a violation.
7. Deliver event results to recorder before next race.

recorder

1. Ask for place finishers in order of 1st through last place.
2. As times are recorded, note whether they are in order of places. If there is a time error, the picker's choice takes precedence over the timer's results, PLACES STAND. Give both runners the lowest of the two times.
3. Remind timers not to clear their watches until given the okay.
4. Get event sheets prior to each race.
5. Deliver event sheets to the results table.

timers

1. Your job is to time an assigned place in each race.
2. There should be two watches, if possible, for first place.
3. Practice starting, stopping and resetting your watch a few times before an actual race.
4. Be alert to the Head Official—that person is in contact with the starter. He or she will tell you when to be ready and the distance of the race. Hand signal will be used with whistle to inform the starter.
5. Your timing cue is the smoke from the starter's pistol, not the sound.
6. After a race, go out onto the track with your picker and escort the runner back to the recorder. Only announce your time to the recorder.
7. Announce the time when asked, after the picker has given the runner's name.
8. Don't clear your watch until the recorder has okayed it.
9. All heats are timed-be prepared.
10. Picker selection takes precedence over stop watch results.

finish judges

1. In each race, your primary job is to pick the place finisher that you've been assigned.
2. Immediately after each race, go out onto the track and greet the child you've chosen. Escort the participant to the recorder, and ask them for their name.
3. Announce to the recorder the place and the participant's name.
4. In the event of a preliminary heat, some pickers may have to escort their finishers to the waiting area for the final heat.
5. All finishers get to pick up participation ribbons (if used) at the awards table. Race results may also be available.
6. In the case of the dashes, there may be more than one judge on the first two places required.

clerk of course

1. Responsible for recording the name and number of each competitor and shall assign each runner to the proper heat and starting position. He/she is responsible for giving all necessary instructions concerning the rules governing the race.
2. Final check to make sure shoes and uniform comply with Rule Book.
3. Assign running numbers when applicable

Local/district meet officials/volunteers

This list of officials/volunteers can be overlapped for local meet purposes.

Depending upon the number of participants in the meet, you will need the following Meet Officials:
Arrange an officials organization meeting prior to the start of the meet.

Meet Director/
Meet Referee

Announcer/
Awards Presenter

Recorder

Clerk of Course

Finish Judges/
Timers (1-8)

Head Judge/
Head Timer

Starter

Turn/Lane Inspectors-
can use field event
officials (3)

Softball Throw
Judge/Measurer

Recorder

Ball Chaser
(use volunteers/kids)

Standing Long Jump
Judge/Measurer

Recorder

Note: Some of these volunteers can be used to register participants before the meet.

Procedures for the Day Before Meet

1. Get van/truck and load equipment.
2. Confirm sound system.
3. Confirm concessions.
4. Confirm first aid needs.

Procedures for Day of Meet

1. Set up field, signs, tables, copy of program, and large schedule of events.
2. Set up computer equipment and give the clerk results from last year as reference.
3. Check to make sure the following are ready: sound equipment, awards area, timing devices, announcer, medical and restrooms.
4. Mark 50 meter (54 yards, 24.5 inches) start line.
5. Mark 1600 meter start line which is 30' and 8" less than a mile.
6. Set up softball throw areas: have lines marked on field and have 300 ft. measuring tape (measure in feet and inches to the nearest one quarter inch-except in Canada-See Rule 8).
7. Set up for standing long jump; rake, measuring tape (measure in feet and inches to the nearest one quarter inch-except in Canada-See Rule 8).

Announcer

1. Greet announcer and confirm everything needed (chair, table, set-up of speakers) is available.
2. Review the program and schedule of events.
3. List any key speakers, guest, or special concerns.

This would include announcements such as:

- Please stay off the track
 - Upcoming events, final heats
 - Location of restrooms, concessions
 - Winner of each event
 - Ribbons that haven't been picked up
 - That not all state/provincial/territory winners will be advancing to the regional team for the North American Final meet (remind everyone that the 9-10 and 11-12, 4x100 relays do not advance)
4. Every 20-25 minutes monitor the announcer and ask if there's anything else that they need (refreshments, missing information, etc.).
 5. Announce the regional selection process, i.e., "that 5 must qualify rule" several times during the meet. All regional winners will qualify for the North American Final Meet with the exception of 9-10 and 11-12, 4x100 Relays. (See rule 9, article 1.)

Emergency First Aid

1. Greet Emergency Medical personnel and show them where they will be located during the meet.
2. Check on any additional items needed.
3. Periodically, check with first aid to see if there are any problems.
4. At the end of the meet, go over any medical concerns and thank the first aid staff for their participation.

Guidelines for Participants

1. Unsportsmanlike conduct will disqualify a participant from the meet in progress and from advancing to the next level of competition, i.e., disrespect, profanity, throwing a baton, etc.
2. A runner must stay in the lane assigned for the 50 meter, 100 meter, 200 meter, and 400 meter dashes and the 4 x 100 meter relay.
3. It is the participant's responsibility to report to the bullpen area for an event on time. Participant must listen for the announcement of his/her event.
4. The following shall require disqualification of a participant from the event: competing in the wrong age group; wearing illegal shoes; aiding a participant directly or indirectly by accompanying participant to the starting area, running along side participant, or being stationed at points along the track to aid / coach participant; exceeding the allowed event limit; causing a second false start; receiving a second warning at starting line for actions that confuse/upset other competitors; gaining an advantage by stepping on or over an inside line on a curve; stepping on or over a lane line for three or more consecutive steps with one or both feet on a curve; or causing interference of another runner.

The following shall require disqualification of a participant from meet in progress and advancing to the next level of competition: unsportsmanlike conduct and participating in more than one local and/ or district meet.

5. Lane and position may be drawn randomly or seeded according to guidelines adopted by the Board of Review.
6. In the relay event, the baton must be passed within the exchange zone. No aid may be used on the track. The baton must be handed, not thrown. The runner passing the baton should remain in the lane so as not to interfere with a runner in another lane. Rules relative to fouling, coaching, or impeding a runner apply to relays.
7. A regulation baton must be used. It may not be wrapped with tape.
8. A participant may be excused from a field event to participate in a running event. The individual should return directly to the field event following the running event.
9. No spikes or shoes designated for spikes will be allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed. The participant's shoes cannot be used to gain an advantage. No athlete will be allowed to compete in bare feet.
(See Rule 1, Section 3, Article 4)
10. Jewelry, hair beads and decoration, sunglasses (except prescription) shall not be allowed during competition.
11. A participant may enter only one local and/or district meet.
12. The winners at local meets advance to district meets (where applicable) and/or state/provincial/territory meets.
13. Selection to the Regional Team is *not* automatic by winning first place at the state/provincial/territory meet. Each state/province/territory is represented by no less than five (5) participants. All regional winners will qualify for the North American Final Meet with the exception of 9-10 and 11-12, 4x100 Relays.
14. **Participants selected for the North American Final will be required to participate in the program from August 1 through August 4, 2013. Participants are not permitted to leave the facilities or events with their parent/guardian prior to designated early checkout unless withdrawing completely from the North American Final weekend and any future participation in the Hershey's Track & Field. Games (HTFG). Exceptions may be granted at the sole discretion of the HTFG office for extraordinary circumstances.**

Track Events

Local/District/State/Provincial/Territory Meet

Event _____

Event Number _____

Age Group (Boys/Girls) _____

Time _____

***Note:** Record the times to the nearest hundredth

Lane	Name	Local Agency/Community	District	Time	Place

Official Signature _____

Field Events

Local/District/State/Provincial/Territory Meet

Event _____

Event Number _____

Age Group (Boys/Girls) _____

Time _____

***Note:** Record the distances in feet and inches measured to the nearest one quarter inch-
(except in Canada). Circle the placing distances or jumps.

[illegible]

Official Signature

Official Local Entry Form - 2013



Not every winner of the State/Provincial/Territory meet will automatically advance to the North American Final due to the geographical distribution rule which states that a minimum of five participants from each State/Province/Territory will compete in the North American Final. A participant may enter only one Local and/or District meet. All regional winners will qualify for the North American Final meet with the exception of 9-10 and 11-12, 4x100 Relays.

Please Print (For Canadian Participants, please use name listed on passport.)

Name _____
(Last) (First) (Middle Initial)

Address _____

City _____ State/Province _____ Zip/Postal _____

Phone Number (____) _____ Date of Birth: Month _____ Day _____ Year _____

Parent/Guardian E-mail

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

T-Shirt Size: YL AS AM AL AXL (Circle Choice)

Note: Shirt size needed for North American Final (if qualified).

Participants can enter either two track and one field or two field and one track event up to and including the state/provincial/territory meet. For 9-10 and 11-12 age groups, the relay does not count as a running event. Please circle the events you wish to participate in at this meet.

Participant will compete in age group according to their age on December 31, 2013.

Born in 2003-2004 (Boys 9-10)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
- * 5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2001-2002 (Boys 11-12)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
- * 5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 1999-2000 (Boys 13-14)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2003-2004 (Girls 9-10)

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
- * 5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 2001-2002 (Girls 11-12)

1. 100 Meter Dash
2. 200 Meter Dash
3. 400 Meter Dash
4. 800 Meter Run
- * 5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

Born in 1999-2000 (Girls 13-14)

1. 100 Meter Dash
2. 200 Meter Dash
3. 800 Meter Run
4. 1600 Meter Run
5. 4 x 100 Meter Relay
6. Standing Long Jump
7. Softball Throw

*** Age groups 9-10 and 11-12, 4x100 Relays, will not qualify for the North American Final.**

Relay Team (circle age)

Born in 2003 or 2004
(Boys 9-10)

Born in 2001 or 2002
(Boys 11-12)

Born in 1999 or 2000
(Boys 13-14)

1. _____
(First Name) (Last Name)

3. _____
(First Name) (Last Name)

2. _____
(First Name) (Last Name)

4. _____
(First Name) (Last Name)

Relay Team (circle age)

Born in 2003 or 2004
(Girls 9-10)

Born in 2001 or 2002
(Girls 11-12)

Born in 1999 or 2000
(Girls 13-14)

1. _____
(First Name) (Last Name)

3. _____
(First Name) (Last Name)

2. _____
(First Name) (Last Name)

4. _____
(First Name) (Last Name)

REGULATIONS

Eligibility

Name of School/Community _____

City, State/Province/Territory _____

Age as of December 31, 2013 _____

*All participants must compete in their age group and sex division.

*A legal birth document must be presented to the local organizer.

PARENT/GUARDIAN CONSENT:

Emergency Information: _____
Parent or Guardian's Name Phone Number

Emergency name and number other than listed above: _____

The above named participant and the participant's parent/guardian have requested registration of the participant in the Hershey's Track & Field Games. In consideration of such registration, the right of the participant to compete in the Hershey's Track & Field Games and the use by the participant of the sponsoring agency's facilities and equipment, both the participant and the parent/guardian each acknowledge that the participant will be competing in the Hershey's Track & Field Games, traveling, and using sponsoring agency's facilities at the participant's sole risk and the participant, on his or her own behalf and on the behalf of his or her heirs, executors, administrators and assigns hereby releases, discharges and agrees to hold harmless The Hershey Company, the National Recreation and Park Association, the National Association for Sport & Physical Education, Key Club International and Athletics Canada and each of their officers, directors and any subsidiary companies. **We understand that those participants who advance to the state/provincial/territory level and are winners at that level do not automatically advance to the regional level for the North American Final meet. This is covered under Rule 9, Article 1 in the rule book.** We also agree to allow the Hershey's Track & Field Games to use and reproduce the participant's name and/or likeness and/or information concerning the participant and to circulate the same for any and all purposes in any manner. We certify that the information on this participation form is correct. I understand that the North American Final meet is managed by The Hershey Company and that all qualifying meets for the North American Final meet are managed by a sponsoring agency. I understand and agree that this release will apply to any and all events and activities my child may participate in as a participant in Hershey's Track & Field Games including travel to and from the North American Final and all activities that are a part of the Finals. **I further understand and agree that if my child qualifies for and chooses to participate in the North American Final meet, they will be required to participate in the program from August 1 through August 4, 2013. Participants are not permitted to leave the facilities or events with their parent/guardian prior to designated early checkout unless withdrawing completely from the North American Final weekend and any future participation in the Hershey's Track & Field Games (HTFG). Exceptions may be granted at the sole discretion of the HTFG office for extraordinary circumstances.**

Hershey's Track & Field Games

Fact Sheet for 2013

what

Hershey's Track & Field Games

who

Boys & girls, ages 9 to 14

where

Meets are held and sponsored by local park and recreation departments and other locally based organizations, agencies and schools in all 50 states, the District of Columbia, Puerto Rico and Canada. State/provincial/territory finalists are eligible for selection to Regional Teams. All regional winners will qualify for the North American Final Meet with the exception of 9-10 and 11-12, 4x100 Relays. To ensure fair representation of participants from all 50 states, the District of Columbia, Puerto Rico and Canada, a minimum of five finalists are selected from each state/provincial/territory group to be part of the regional team attending the North American Final at Henry Hershey Field on the campus of Milton Hershey school, in Hershey, PA.

when

April, May, June and July-Local/District/State/Provincial/Territory meets.
Saturday, August 3, 2013-North American Final Meet in Hershey, PA.

why

To promote physical fitness, participation, friendship and sportsmanship.

north american sponsor

The Hershey Company

partners

The National Recreation and Park Association, Athletics Canada, Key Club International and National Association for Sport and Physical Education.

general

The Hershey's Track & Field Games has been a national event and now a North American event for the past thirty-three years. Initiated as a playground track and field program in 1975 in Charleston, WV, by Dr. Donald P. Cohen, Hershey's Track & Field Games has become the largest youth sports program of its kind in North America. The program was offered on a state-wide level in West Virginia in 1976, became a 10-state regional event in 1977, and offered nationally in 1978. Participants from Ontario, Canada, participated at the first North American Final in 1997. In 2011, participants from Puerto Rico participated at the North American Final for the first time.

events

Track

50 meter dash
100 meter dash
200 meter dash
400 meter dash
* 4 x 100 meter relay
800 meter run
1600 meter run

Field

Standing Long Jump
Softball Throw

Hershey's Track & Field Games
The Hershey Company
100 Crystal A Drive
Hershey, PA 17033
717-534-8087 (Bus.)
717-534-7078 (Fax)

* Age groups 9-10 and 11-12, 4x100 Relays, will not qualify for the North American Final.

Sample Press Release Announcing a Local Meet

Local Contact:**(Name)****(Title)****(Address)****(Phone)****State/Provincial/Territory Contact:****(Name)****(Title)****(Address)****(Phone)**

For Immediate Release

(City)-(Date)- Approximately (#_____) 9 to 14 year old boys and girls from (City or Town) will compete (Date) at (Location) in the (City or Town) running of the Hershey's Track & Field Games.

Winners in the (City or Town) meet will advance to the district/state/provincial/territory meet on Saturday, May/June _____. Local/District meet winners will advance to the state/provincial/territory meet in June/July _____. State/provincial/territory meet winners do not automatically advance to the North American Final. They are entered into a regional pool and become eligible for selection to a Regional Team which will travel to Hershey, Pennsylvania, to compete in the North American Final, held Saturday, August 3, 2013. All regional winners will qualify for the North American Final Meet with the exception of 9-10 and 11-12, 4x100 Relays.

Events will include the 50 meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 4 x 100 meter relay, standing long jump, and softball throw.

The Hershey's Track & Field Games has involved millions of youngsters from all 50 states, the District of Columbia, Puerto Rico and Canada. It is solely sponsored by The Hershey Company and partnered with the National Recreation and Park Association, Athletics Canada, Key Club International and National Association for Sport and Physical Education.

The state/provincial/territory sponsor of this program is (agency _____). The local sponsor of this program is (agency _____).

Hershey's Track & Field Games is designed to encourage physical fitness among youth and emphasize participation and sportsmanship.

Press Release

Local Contact

Name _____
 Title _____
 Address _____
 City _____ Zip Code _____
 Phone _____

State/Provincial/Territory Contact

Name _____
 Title _____
 Address _____
 City _____ Zip Code _____
 Phone _____

2013 Hershey's Track & Field Games

Meet Results

Girls or Boys Ages ____ & ____ (born in ____ or ____)

50 Meter Dash (9-10)

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

100 Meter Dash (9-10, 11-12, 13-14)

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

200 Meter Dash (9-10, 11-12, 13-14)

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

400 Meter Dash (9-10 & 11-12)

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

800 Meter Run (11-12 & 13-14)

Place	Name	Community	Distance
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

1600 Meter Run (13-14)

Place	Name	Community	Distance
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

4 x 100 Meter Relay (9-10, 11-12, 13-14) 9-10 and 11-12, 4x100 Relays, will not qualify for the North American Final.

Place	Name	Community	Time
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

Softball Throw (9-10, 11-12, 13-14)

Place	Name	Community	Distance
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

Standing Long Jump (9-10, 11-12, 13-14)

Place	Name	Community	Distance
1st	_____	_____	_____
2nd	_____	_____	_____
3rd	_____	_____	_____
4th	_____	_____	_____
5th	_____	_____	_____
6th	_____	_____	_____
7th	_____	_____	_____
8th	_____	_____	_____

NOTES

NOTES



2013

CERTIFICATE OF PARTICIPATION

In acknowledgement of your participation
in the local meet of the 36th annual
Hershey's Track & Field Games held on:

At

We congratulate you and wish you success on your future endeavors.

Local Meet Coordinator



**National Recreation
and Park Association**



Athletics Canada
Athlétisme Canada



KEY CLUB®

HERSHEY'S



TRACK & FIELD GAMES



The Hershey Company

National Recreation
and Park Association

Hershey's Track & Field Games is solely funded and sponsored by The Hershey Company and partnered with the National Recreation and Park Association (NRPA), Athletics Canada, the National Association for Sport and Physical Education (NASPE) and Key Club International.