

## Summary of 2009 Rules

1. The only restriction on participation is age. See age group categories inside.
2. Participants who take part in an organized track program are eligible to compete.
3. Participants may not use shoes designed for spikes on the track or shoes designed for turf in the field events.
4. Participants may not compete in bare feet, slippers, or stockings.
5. Starting blocks may not be used.
6. Participants may compete in a maximum of 3 events. (2 track events and 1 field event, or 2 field events and 1 track event)
7. Each running competitor is allowed one false start.
8. Competitors must provide age verification.
9. In relays, the acceleration zone will not be used and aids may not be used.
10. Winning athletes in each event/age group are eligible to compete in the District Track Meet.

**Please help keep the HS track, grounds, bathrooms, and parking lot clean. Place all trash in the proper receptacles.**

## MEET INFORMATION

**Meet Directors:** Phil Koser & Jeff Harnish

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**Pre-Registration Deadline: June 3**

**Meet Check-in @ 8:30-9:00 am @ the Green Tent at entrance to the stadium**

**Volunteers Meeting at 9:00 am**

**Meet Starting Time: 9:30**

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### Age Groups:

Ages 9 & 10 (Born in 1999-2000)

Ages 11 & 12 (Born in 1997-98)

Ages 13 & 14 (Born in 1995-96)

**\*\*Note:** You must be born in the year indicated to compete in that age group.

### Reminder!!!

**Entry forms should have a copy of birth certificates attached when registering.**

### Winning Athletes:

Athletes winning in their event and age group are eligible to compete as a "Donegal/ Etown athlete" in Hershey's District Track Meet in Harrisburg.  
Date: TBA: June 20 or 27, 2009.

# Hershey's Local Track & Field Meet



Sponsored by:

Donegal HS Track & Field,  
Elizabethtown HS Track & Field,  
&  
GEARS

Saturday, June 6, 2009

At  
Etown High School

Grades 3-8

Thank you very much to everyone who helped make this meet possible.

A concession stand will be run by parents of the Elizabethtown and Donegal Track & Field Booster Club.



**Official Entry Forms** can be printed online at [www.rundonegal.com](http://www.rundonegal.com) or picked up in offices of GEARS or Elizabethtown's and Donegal's elementary schools and middle school, or through request by emailing the meet directors

### Mail Entry Forms to:

**Donegal Track & Field**  
**Att: Phil Koser**  
**915 Anderson Ferry Road**  
**Mount Joy, PA 17552**  
or  
**GEARS**  
**600 East High Street**  
**Elizabethtown, PA 17022**

### QUESTIONS?

Email Contacts  
pkoser@donegal.k12.pa.us  
jeff\_harnish@etownschoools.org  
GEARS@etownschoools.org

## MEET SCHEDULE

### Field Events

#### Softball Throw

9:30 AM

Girls Ages 11-12  
Boys Ages 11-12  
Girls Ages 13 -14  
Boys Ages 13 -14  
Girls Ages 9- 10  
Boys Ages 9- 10

#### Standing Long Jump

9:30 AM

Girls Ages 9- 10  
Boys Ages 9- 10  
Girls Ages 11-12  
Boys Ages 11-12  
Girls Ages 13 -14  
Boys Ages 13 -14

Reminder: When your event is called report to the jumping or throwing area.

If you have a track event at the same time, go to the official in charge of jumping or throwing and let them know. They will tell you to throw or jump after your race.

### Track Events

Reminder: When there is a 1st call, athletes may go inside the track fence and should go to the blue tent to check in.

All parents and athletes when not competing should stay outside the fence.

#### Event 1: 800 meter Run 9:30 AM

Girls Ages 11-12, Boys Ages 11-12  
Girls Ages 13 -14, Boys Ages 13 -14

#### Event 2: 50 meter Dash 9:45 AM

Girls Ages 9- 10, Boys Ages 9- 10

#### Event 3: 400 meter Run 9:55 AM

Girls Ages 9- 10, Boys Ages 9- 10  
Girls Ages 11-12, Boys Ages 11-12

#### Event 4: 100 meter Dash 10:05 AM

Girls Ages 9- 10, Boys Ages 9- 10  
Girls Ages 11-12, Boys Ages 11-12  
Girls Ages 13 -14, Boys Ages 13 -14

#### Event 5: 200 meter Run 10:25 AM

Girls Ages 9- 10, Boys Ages 9- 10  
Girls Ages 11-12, Boys Ages 11-12  
Girls Ages 13 -14, Boys Ages 13 -14

#### Event 6: 1600 meter Run 10:45 AM

Girls Ages 13 -14, Boys Ages 13 -14

#### Event 7: 400 meter relay 11:00 AM

Girls Ages 9- 10, Boys Ages 9- 10  
Girls Ages 11-12, Boys Ages 11-12  
Girls Ages 13 -14, Boys Ages 13 -14