



Coaches Handbook

I. Officers: Representatives elected upon vacant seats.

Association Board Members: (Meets twice a year, October & March)

President	Lenny Jordan	Penn Wood
Vice President	Jermaine Lowery	n/a
Executive Director	Jerome Lowery	Cheltenham
Secretary	Drew Eckel	Exeter
Historian/Statistician	Terry Lillicrapp	Garnet Valley
Web Master	Terry Lillicrapp	Garnet Valley

Meet Officials: (Meets twice a year, October & March)

DVG Series Director	Jerome Lowery	Cheltenham
Novice Meet Director	Bill Coren	Strath Haven
DVG "MOC" Director	Jerome Lowery	Cheltenham
Jobs Coordinator	Jermaine Lowery	n/a
Desk-Awards	Bill Coren	Strath Haven
Finish Line Coordinator	Kevin Munelly	CB West
Chief Starter	Ron Lopresti	n/a
FAT System	Peter Bullard	n/a
Head Clerk	Terry Lillicrapp	Garnet Valley
Head Hurdles/Relays	Fred McCray	Central
Head Turn Judge	Regina Johnson	Martin Luther King
Head Long Jump	Bill Smith	Pennridge
Head Triple Jump	Jenia Jolley	Mastery Charter
Head High Jump	Jeanne Bullard	n/a
Head Pole Vault	Ken Worthen	Council Rock South
Head Spike Check	Matt Dwyer	Upper Dublin
Head Shot Put	Scott Menin	Cheltenham

AT-LARGE

FAT System	Michelle Ezzie	Upper Darby
FAT System	Drew Eckel	Exeter
Finish Line	Bill Neely	Abington

II. History of DVGTC

Delaware Valley Girls' Track Coaches' Association was founded in 1979, with the first meet being held at Haverford College on January 6, 1979. The Association has nurtured nationally prominent athletes such as Wendy Vereen, Juliet Cuthbert, Telisa Young, Kim Gallagher, Kate Fonshell, Gina Procaccio, Dawn Sowell, Angel Patterson, Nicole Leach and newest stars Karen Shump, Latavia Thomas and Ryann Kraus. From 1979 through the 2020 season the Association has held 361 meets during 41 seasons. The Association now has a total 115 teams from 5 counties in the Southeastern Pennsylvania area.

III. Mission Statement

Athletic participation helps our students grow, learn, and enjoy themselves while they use and develop their personal, physical, and intellectual skills. The DVGTC values the lessons that have long been taught by athletic participation: the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off, adherence to the spirit of rules as well as to their letter, leadership and strength of character, and sportsmanship, respect for one's opponents, acceptance of victory with humility, and acknowledgement of defeat with grace. In teaching these lessons to its students, the DVGTC instills habits which will lead students to better and healthier lives. While winning is not an end in itself, we believe that the efforts by our high school athletes to be their best will lead them to succeed throughout their lives.

IV. 2019-2020 Meet Series Schedule

Preseason Meet Officials Meeting:
Tuesday, October 8, 2019 @ 6:30pm

General School Body Meeting:
Monday, November 4, 2019 @ 5:30pm

Post Season Meet Officials Meeting:
Tuesday, March 10, 2020 @ 6:30pm

Entry for all meets will be available on pa.milesplit.us. All meets are password protected to prevent non-member school from registering. Entry for each regular Friday meet must be complete by 11:59am on the Friday of the competition. Scratches are allowed but may not substitute for athlete.

DVGTCA

2019-2020 Schedule of Events

Lehigh Fri-Dec 13-6:30PM	Lehigh Fri-Dec 20-6:30PM	Haverford Fri-Jan 10-5:00PM	Lehigh Fri-Jan 17-6:30PM	Lehigh Fri-Jan 24-6:30PM	
DMR 1200-400-800-1600 60m H (2) 60m *300m/200m *400m/600m *800m/1000m Mile 4x400m 4x200m Long Jump Triple Jump High Jump (2) Shot Put (2) Pole Vault (3)	4x800m 60m H (2) 60m *300m/200m *400m/600m *800m/1000m 3000m 4x400m 4x200m Long Jump Triple Jump High Jump (2) Shot Put (2) Pole Vault (3)	*DMR/4x800m 60m H (2) 60m 200m 400m 800m *Mile/3000m 4x400m	DMR 1200-400-800-1600 60m H (2) 60m *300m/200m *400m/600m *800m/1000m Mile 4x400m 4x200m Long Jump Triple Jump High Jump (2) Shot Put (2) Pole Vault (3)	4x800m 60m H (2) 60m *300m/200m *400m/600m *800m/1000m 3000m 4x400m 4x200m Long Jump Triple Jump High Jump (2) Shot Put (2) Pole Vault (3)	
Lehigh Fri-Jan 31-6:30PM	Lehigh Fri-Feb 7-6:30PM		Consolat-Swarth Wed-Feb 12-5:30PM	Champs-Lehigh Fri-Feb 21-6:30PM	Online Entries Mon-Feb 17 @ 8:59 PM
DMR 1200-400-800-1600 60m H (2) 60m *300m/200m *400m/600m *800m/1000m Mile 4x400m 4x200m Long Jump Triple Jump High Jump (2) Shot Put (2) Pole Vault (3)	4x800m 60m H (2) 60m *300m/200m *400m/600m *800m/1000m 3000m 4x400m 4x200m Long Jump Triple Jump High Jump (2) Shot Put (2) Pole Vault (3)	FOR ALL MEETS: *Choose an event, cannot enter both!* All athletes can compete in 2 events at all regular season meets	DVGMR 3-2-5-7 laps 4x 4 laps 200m 400m 800m Mile 3000m 4x216m (1 lap) 4x 2 laps Shot Put (1) NO 55m & 55mH!!!	Running events @ 6:45 PM 6:45 PM - 4x800m 7:05 PM - 60m H trials 7:15 PM - 60m trials 7:25 PM - DMR 12-4-8-16 7:50 PM - 60m H finals 8:00 PM - 60 m finals 8:05 PM - 200m 8:15 PM - 400m 8:35 PM - 800m 8:50 PM - Mile 9:05 PM - 4x200m 9:25 PM - 3000m 9:45 PM - 4x400m	Field events @ 6:30 PM Long Jump Triple Jump High Jump Pole Vault Shot Put *NO SCRATCH M Athlete can com in 3 events only

*** Numbers in () indicate the amount of athletes a coach may enter in that event***
 In the following events a coach must select either/or event to enter: 300/200, 400/600, 800/1000

V. General Information, Rules and Regulations

Note: All PIAA and National Federation rules also apply. Good sportsmanship is expected and appreciated. If you have a problem or issue, speak with an individual on the executive committee in a civil manner.

A. Governing Entries and Meets

1) SCHOOLS: For your team to participate you must have the following items completed, prior to the first meet:

- (a) The Head Coach, Indoor Track and Field must be a member of the Association. (becomes a member by submitting the SCHOOL MEMBERSHIP FORM)
- (b) A COMPLETE school membership form (please list the assistant coach if one will be present.
- (c) The School Membership form and money (\$400.00 check, no cash) must be in prior to the first meet.
- (d) In order to join the association, said school must be geographically located within one of the following PIAA Districts: I (Bucks, Chester, Delaware, or Montgomery) or XII (Philadelphia). Note: in rare cases, some schools are not within the geographical confines, but have been “grandfathered” into the association. This clause applies to Padua Academy, located in Wilmington, Delaware, Trenton Central High School, located in Trenton, New Jersey, and Exeter Township High School, located in Berks County (PIAA District III). This bylaw was established so that the association would not exceed Lehigh University’s “maximum occupancy” number.
- (e) This is an all-girls association. No male teams will be permitted to join.
- (f) All coaches, parents, and volunteers must have approved state clearances. Clearances should be registered with the school intended to supervise.

2) We have 115 Membership schools participating in our program. As a result, it will take a concerted effort on the part of all coaches to **help** run the meets, control the participants and in general do anything that will make the meets enjoyable and smoothly operated. The Meet Directors greatly appreciate cooperation from all coaches and/or approved school representatives.

3) In competition, time/mark will be the first consideration to fill all events; except for in the case of the Distance Medley Relay and the 4x800m Relay. These two events operate on a rotating bi weekly basis and run fastest to slowest. All other events will be run slowest to fastest in the running/relay events, and shortest to furthest mark in all field events.

4) This is a reminder for all coaches to have their athletes dressed and ready to run at all meets. If any person is found to be dressing at the site of competition, they will not be permitted to compete that venue/facility.

5) All members of a team **must** wear a standard school uniform and in particular relay teams must have all 4 runners wearing the same uniforms (as per PIAA/NFHS rules).

6) Make sure that you read the schedule and order of events carefully, paying particular attention as to what events are held at what sites.

7) Each school is allowed to enter one athlete per event. Each athlete is only allowed to compete in two events. For entry purposes, the 200m/300m, 400m/600m, and 800m/1000m pairings are considered to be one event. Exceptions to the one athlete per event rule are noted on meet schedule.

8) **NO FOOD OR DRINK** shall be permitted in and around areas of competition (In accordance with facility rules and regulations).

9) **RADIO'S, TV'S, RECORDING DEVICES OR IPODS ETC.** (per PIAA/NFHS rules) AT ANYTIME IN THE TRACK VENUES WHERE WE COMPETE. If a coach, a manager, or member of a team is found with any of these items in a facility, or breaking any other rule in our rules and regulations, the following will occur;

(a) 1st offense – Suspension of the person or persons from competition that day. (if they have already competed, suspension from the next meet that the team attends).

(b) 2nd offense – suspension of the team from the next association meet (which would include the novice or Meet of Champs if that were next)

(c) 3rd offense – Suspension of the team from further competition for the remainder of the season which includes the Meet of Champs and the Novice Meet. Money will not be refunded as the \$400.00 is a league association fee.

10) Greater effort must be made to keep the parking lots clean. Check your area around your bus or car before leaving. Coaches are responsible for the actions of your athletes while they are at your buses or vehicles.

11) **ALL COACHES WILL HELP RUN THE MEETS.** The coaches WILL report to the Meet Director at the beginning of each meet for their assignments, ALL assignments are for the duration of the meet unless otherwise stated. Failure to do the assigned job or failure to report for a job will result in a team's loss of the privilege of participating in that meet from that point on. In extreme cases, failure to work/complete a job assignment could result in the privilege of participating in the next meet.

(a) 1st offense – Head Coach and/or school representative shall receive a warning and will be asked to report to assigned task.

(b) 2nd offense – Head Coach and/or school representative shall be notified of their team's disqualification from that moment of the meet onward. An official phone call and notice shall be mailed to the athletic director of the disqualified team. This shall be made from a representative of the association board.

(c) 3rd offense – Head Coach and/or school representative shall be notified of their team's removal from the league for the remainder of the season which shall include the Meet of Champs and the Novice Meet. League payment will not be refunded as the \$400.00 is a league association fee. An official phone call and notice shall be mailed to the athletic director of the disqualified team. This shall be made from a representative of the association board.

12) Arrival: The doors to the facility open ½ hour before the start of the meet. It is best to plan to arrive somewhat before that. Never drop your athletes off at the door to the facility. Park the bus and walk to the facility door no earlier than 30 minutes before meet start time. Remember most of our meets coincide with Friday evening rush hour. Take that in to consideration when planning a departure time.

13) **Missed Call:** If a competitor has missed the final call for an event, that competitor will be scratched from the event. The same shall be for a competitor whom has missed their required heat.

14) **Late To Meet:** If a team is late for a meet and an event is already clerked every effort will be made to permit the competitor to compete in the event if it has not completed and there is room to “unscratch” said competitor. No new participants will be permitted in that particular event or “swaps”. The team will be allowed in all other events they have entered. Field events will be at the discretion of the Meet Director and meet official. Again, every effort will be made to accommodate the competitor that is possible without a meet delay. It is best for the coach to call/text/email an association board member ahead of time to increase the amount of accommodation that can possibly be made.

15) There is no time schedule per say, however, the order of events does not vary. DVGTC meets always begin with the long relay (either the 4x800m or DMR) within minutes of the meet start time. The individual running events proceed from short to long; starting with the hurdles or dash and ending with either the mile or the 3000m. The two short relays end the meet, with the 4x400m followed by the 4x200m. After the first meet you and your athletes should know approximately when they will be competing so they can listen for the clerk’s call.

16) No spikes of any kind will be permitted in any of our meets held at Swarthmore College or Haverford University (this includes any shoe designed to accept spikes).

17) Spikes (1/4 or less pyramids) are permitted at all Lehigh University meets. During these meets, **ALL** shoes are subject to spike inspection at the “Spikes Check” table located in the center of the athlete holding area.

18) No starting blocks in any of our regular season meets will be permitted (starting blocks includes the use of feet for support). Starting blocks will be permitted at the “Meet of Champs” and provided by the host school.

19) No tape is to be placed on any track for any event without prior permission from the meet facility or meet director. ONLY CHALK IS TO BE USED ON THE FLOOR AT LEHIGH MEETS TO MARK STEPS IN A FIELD EVENT. Chalk will be provided by the association and made available at the clerk of each event.

20) Clerking In

a) Running Events:

- Athletes should report to the clerk in the center of the field when their event is called.
- There they should wait for the clerk to give them their heat and lane assignment.
- If they are warming up when their event is called, their designee can get their lane and/or position assignment for them.
- The athlete is responsible for getting their assignment and being present by the time their heat is lined up and brought onto the track. If an athlete misses their assigned heat they will not be placed into a later section of the same or similar event.

b) Field Events

- High Jump, Pole Vault, Shot Put and Long Jump participants should report to the clerk of the event (he/she will be at the event site) at the start of the meet.
- The Triple Jump starts after the Long Jump is finished.
- Pole Vault participants need a valid verification form.
- If they are warming up when their event is called, their designee can get their position and flight assignment for them.

21) Timing/Results: After the results are recorded and the results will be posted on the wall near the restroom for viewing. Keep the finish-line area clear. Athletes and team managers should not be in this area trying to get splits and times. Results from each meet are posted in a timely manner on the DVGTCAs web site (dvgtc.com).

22) Meet of Champs: To qualify for the Meet of Champs an athlete, relay team or field event must hit the standard on the DVGTCAs website during the course of the DVGTCAs indoor regular season meets ONLY. An athlete may only compete in 3 events and if entered in an individual event they must compete. This is a NO SCRATCH MEET. Athletes need to be entered with DVGTCAs marks using PennTrackXC MileSplit by Monday, February 17, 2020 at 8:59 pm to participate in the Meet of Champs.

23) The coach or duly authorized school personnel WILL accompany and be responsible for all participants of his/her team. A parent, a friend, or a non-school personnel will not suffice (unless authorized by the school).

24) Shot Put competitors WILL use the Association's indoor shot which is supplied for the competition. "High Bounce" indoor shots are illegal – there use in competition or warm up will result in disqualification.

25) The "no-false-start" rule will apply in all association meets. This means that a competitor who false starts will automatically be disqualified from competition in that event – that counts as the athlete's one event.

26) All protests, in order to be considered, must be submitted in writing to the meet director within 30 minutes of the conclusion of the event. 3x5 index cards will be supplied to the head coach and/or approved school representative at the awards desk. The following must be written: Name of School, Name of Coach, Event, reason for protest. The Jury of Appeals will be the Executive Committee of the Association. In all running events, the referee shall be the Head

Starter; in all field events, the referee shall be the Meet Director. In the Meet Director's absence, the president of the association shall be the referee. This shall be the case if there is a conflict of interest from anyone on the association board.

27) Medals will be awarded to 1st, 2nd, 3rd, 4th, 5th and 6th places in all regular meets. In case of ties, all athletes shall receive a medal of the specified place. All places and ties are recorded.

28) The Association will maintain meet records and individual meet results will be posted on our web page (www.dvgt.com) and pa.milesplit.com.

29) In case of questionable weather, questions or problems, log on our website www.dvgt.com. In the event a meet has to be called off due to the weather, the decision will be made no later than 2 hours before meet time. NOTE: Most meets are not cancelled due to no other available dates at Lehigh University.

30) **The association will not tolerate the use of Alcohol or Drugs.** The offenders will be removed from the premises and the Association will take further action.

31) **The association will not tolerate Acts of Disorderly Conduct and Unsportsmanlike Conduct.**

Art.1. Unsporting conduct is behavior that is unethical or dishonorable. It includes, but not limited to: disrespectfully addressing an official, any flagrant behavior, intentional conduct, taunting, criticizing or using profanity directed towards someone. This shall apply to all coaches, contestants and other team/school personnel.

Art. 2. Unacceptable conduct by a competitor includes, but not limited to: willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual of his/her school.

Art. 3. If a nonparticipating team member interferes with a competitor during competition, the nonparticipating team member may be disqualified from the next meet. The nonparticipant's teammate(s) also may be disqualified from that event.

Art. 4. A competitor shall not compete using an illegal implement.

Art. 5. It is an unfair act when a competitor receives an assistance from the following list: interference, pacing, communicating with competitor through the use of any device, receiving assistance from another competitor to complete the event (both competitors shall be disqualified), or coaching from a restricted area.

Penalty: Disqualification from the event. (NFHS)

32) A Relay consists of four athletes. If a team runs less than four athletes in a Relay event the team (school) will be disqualified from the next regular season meet.

33) The use of an illegal competitor in any DVGTC A Meets will be dealt with severely. Punitive action will be taken that may have a bearing on the schools participation in the following season.

34). Any coach, competitor, school or person associated with a member school found to be in violation of the Code of Conduct will be brought before the Ethics Committee for possible disciplinary action. The Ethics Committee consists of All meet directors and board officers.

- 35). The individual running events will be the 60m – 60mHH – 200m – 300m – 400m – 600m – 800m – 1000m – Mile/3000m. Field events will be Long Jump, Triple, Jump, High Jump, Pole Vault, and Shot Put (except at Haverford University and Swarthmore College). Relays distances will be determined by the track at the facility used. The events run in the Meet of Champs will reflect those competed at the PTFCA “State Meet”.
- 36) **DVGTCA Board Vacancies:** Each member school must be given the opportunity to apply for any new board position that becomes vacant. The current association board must vote and have a majority to approve filling whichever position is said to be vacant.

VI. Meet of Champions Standards

2020 **STANDARDS** for DVGTCA Meet of Champions

Lehigh University- February 21, 2019, start time 6:30pm

The times and distances listed are **QUALIFICATIONS** for the DVGTCA Meet of Champions. If an athlete hits a qualifying standard or a coach chooses to use an athlete in a relay at MOC then they may **NOT** compete at the Consolation Meet.

Provisional Events: The Mile, 3000m, 4x400m, 4x800m and DMR have provisional standards meaning that if an athlete/ relay team hits a Provisional standard (P) and are in the top 12 (top 15 in 4x400m) among DVG meets that athlete/relay team may compete at the MOC. A weekly leader list will be compiled from association meets and available on the website; it is still the coaches’ duty to check the list and enter the meet!

This is a **NO SCRATCH MEET** therefore if you enter an event then the athlete must compete.

ALL athletes must be entered online at PennTrackXC

Monday, February 17, 2020 @ 8:59 PM - DEADLINE to enter

Event	DVGTCA
60 meters	8.30
60m hurdles	10.10
200 meters	27.50
400 meters	63.00
800 meters	2:29.24
Mile (12)	5:40.24 (P- 5:59.24)
3000 meters (12)	11:20.24 (P- 11:30.24)
Shot Put	32'0
Pole Vault	8' 06"
High Jump	4' 11"
Long Jump	16' 02"
Triple Jump	33' 6"
4 X 200	1:53.24
4 X 400 (15)	4:17.24 (P-4:25.24)
4 X 800 (12)	10:12.24 (P-10:24.24)
DMR (12)	13:20.24 (P-13:50.24)

Courtesy of DVGTCA Inc.

VII. Writers

Jerome Lowery	Executive Director	Cheltenham
Jermaine Lowery	Vice-President	n/a
Terry Lillicrapp	Historian/Statistician	Garnet Valley

VIII. Editors

Lenny Jordan	President	Penn Wood
Kevin Munelly	Finish Line Coordinator	CB West
Ron Lopresti	Chief Starter	n/a
Peter Bullard	FAT System	n/a
Fred McCray	Head Hurdles/Relays	Central
Regina Johnson	Head Turn Judge	Martin Luther King
Jeanne Bullard	Head High Jump	n/a
Matt Dwyer	Head Spike Check	Upper Dublin
Drew Eckel	FAT System (At-Large)	Exeter