

**TO:** PAISAA Athletic Directors  
PAISAA Track Coaches (Boys and Girls)

**FROM:** Mike Koenig (PAISAA Track and Field Committee)  
Kurt Ruch (Host AD)

**RE:** 10<sup>th</sup> Annual PAISAA Track Championship – **Saturday, May 18, 2019**

Schools in the Pennsylvania Independent School Athletic Association are invited to enter their track teams in the PAISAA Track Championship at Malvern Prep on Saturday, May 18.

Given AP tests, the variety of graduation and prom dates at our schools, and our differing league schedules, it is never possible to find a perfect date for a spring championship. The date for this year's meet should allow the most schools in PAISAA to participate without interfering with these other events.

#### Entry Instructions

The PAISAA Track and Field coaches committee have set these entry rules. **Please read them carefully.** You are responsible for understanding and following them.

Entries close May 14, 2019, 11:59PM EDT. The link to the entries is

<https://pa.milesplit.com/meets/343280/registration> and the password is "paisaa2019". Your entry will be considered your registration for the meet.

- **You may only enter marks that have been achieved during the 2019 Spring Track season.** If your mark is not already in PennTrackXC/MileSplitPA, **you must note the location and date where the mark was performed.**
- **For the races shorter than 400 meters, you must add 0.24 to times that are not Fully Automatic Times accurate to two decimal places. For the 400, add 0.14.**
- For relay teams, you may enter up to **eight (8) names**. **The team that runs must be from among those eight (8) names. No other substitutes are allowed.**
- Coaches may submit up to 3 athletes per event, as long as they have met the **provisional qualifying standard**.
- If you have multiple provisional entries for one athlete, but would prefer that that athlete not compete in all those events, please email Lex Mercado (lexismercado@gmail.com) with instructions about those athletes. For example, an athlete provisionally qualified in both the 1600 and 800, but you only want them to run the 800 if they get into both.
- In each event, the best 24 qualifying times, throws, and jumps that have at least met the provisional standard will be entered in the meet.
- Any athletes who achieve the **automatic qualifying standard** will be automatically entered in the meet, even if that results in a field larger than the limit.
- Thus, coaches should enter any athlete who meets the **provisional standard**, but know that confirmation of the entry of any athlete who does not meet the **automatic standard** will come after the close of entries on May 14, 2019, 11:59 PM EDT, once the meet has been seeded. The final seeding will be emailed to coaches and posted to PennTrackXC/MileSplitPA.

- Both the provisional and automatic qualifying standards are included on the last page of this document.

The entry fee will be determined after we know the number of schools entering, as we will set the fee at the amount necessary to cover officials, trainers, and awards. Last year we charged \$96 per team (boys or girls) and would expect it to be in the same neighborhood in 2019. Once we know how many schools are in the championship, we will send you all an invoice.

We look forward to seeing you on ***Saturday, May 18, 2019.***

PAISAA Track and Field Coaches' Committee:

Mike Koenig, Malvern Prep  
Bryan Skelly, William Penn Charter  
Nikki Walker, Mercersburg Academy  
Joe Tyler, Westtown  
Pat Lake, The Hill School

## **Pennsylvania Independent School Athletic Association**

### **10th Annual PAISAA TRACK & FIELD CHAMPIONSHIP**

#### **AT MALVERN PREP**

***Saturday, May 18, 2019***

#### **GENERAL INSTRUCTIONS**

- National Federation Rules will govern the meet. Each contestant may compete in a maximum of four (4) events.
- **Scratch rule: An athlete who scratches from one event must scratch from all subsequent events at the meet. If a relay team is scratched, one individual on that team must scratch from all subsequent events at the meet.**
- Each school is allowed three (3) participants (maximum) per event.
- Scoring will be:  
10 – 8 – 6 – 4 – 3 – 2 – 1 (Individual events)  
10 – 8 – 6 – 4 – 3 – 2 – 1 (Relays)
- Dressing facilities **ARE NOT** provided. Please come dressed.
- An entry fee (to be calculated once # of entries is established) will be assessed to defray cost of the event.
- Each school is encouraged to bring and use its own shot, disc, and javelin. All implements will be certified behind the finish line tent prior to competition.
- PAISAA plaque to first, second, and third place teams. Medals to first, second, and third place finishers in each event.
- **Coaches' Meeting at 10:00 am.**
- In the horizontal field events, a minimum performance must be achieved in order for measurement to occur. Those minimum distances are as follows.
  - Boys Long Jump: 17 feet 6 inches
  - Girls Long Jump: 12 feet 6 inches
  - Boys Triple Jump: 35 feet
  - Girls Triple Jump: 27 feet
  - Boys Shot Put: 35 feet
  - Girls Shot Put: 24 feet
  - Boys Discus: 90 feet
  - Girls Discus: 50 feet
  - Boys Javelin: 105 feet
  - Girls Javelin: 55 feet



**Pennsylvania Independent School Athletic Association**  
**9<sup>th</sup> Annual PAISAA TRACK & FIELD CHAMPIONSHIP**  
**AT MALVERN PREP**  
***Saturday, May 18, 2019***

**Order of Events:**

**9:45 AM**

Coaches' Meeting at Finish Line

**10:00 AM**

Javelin (Boys and Girls simultaneous)  
Boys Inside Track, Girls Outside.

**10:30 AM**

Long Jump (Boys and Girls, simultaneous)  
Pole Vault (Girls then Boys)  
High Jump (Girls then Boys)  
Triple Jump (Boys and Girls),  
simultaneously after Long Jump  
Shot Put (Boys then Girls) after Jav.  
Discus (Girls then Boys) after Jav.

**11:00 AM**

3200m (slow heats only, if necessary)

**11:30 AM**

110m/100m Hurdles (trials)  
100m (trials)  
4 x 800m (finals)  
110m/100m Hurdles (finals)  
100m (finals)  
1600m (final heats on time)  
4 x 100m (final heats on time)  
400m (final heats on time)  
300m Hurdles (final heats on time)  
800m (final heats on time)  
200m (final heats on time)  
3200m (fast heats, final heats on time)  
4 x 400m (final heats on time)

**Information:**

Rules: National Federation

**Scratch rule: An athlete who scratches from one event will be scratched from all subsequent events at the meet. If a relay team is scratched, one individual on that team must scratch from all subsequent events at the meet.**

Scoring:

Individuals: 10 – 8 – 6 – 4 – 3 – 2 – 1

Relays: 10 – 8 – 6 – 4 – 3 – 2 – 1

Participation: An athlete may compete in at most four events.

**Field Events:**

Pole Vault:

Boys' opening height – 9' 0"

Girls' opening height – 6' 6"

6" increment increase

High Jump:

Boys' opening height – 5' 6"

Girls' opening height – 4' 4"

2" increment increase

Long Jump, Triple Jump:

3 preliminary jumps per person

Top 8 advance to the finals for 3 more jumps

Javelin, Shot Put, Discus:

3 preliminary throws per person

Top 8 advance to the finals for 3 more throws

**Running Events**

Boys will precede girls in all running events.

Fastest heats will compete last, except in the trials.

In the 110m/100m hurdles and 100m, the fastest 8 times will advance to finals.

### PAISSA 2019 Outdoor Track and Field Standards

Event	Automatic	Provisional
Boys 100 M	11.74 FAT	12.74 FAT
Boys 200 M	23.74 FAT	25.24 FAT
Boys 400 M	53.74 FAT	57.74 FAT
Boys 800 M	2:06.00 FAT	2:14.00 FAT
Boys 1600 M	4:45.00 FAT	5:00.00 FAT
Boys 3200 M	10:20.00 FAT	11:10.00 FAT
Boys 110 HH	16.24 FAT	19.74 FAT
Boys 300 IM	45.24 FAT	50.24 FAT
Boys Shot Put	42'0"	35'0"
Boys Discus	115'0"	85'0"
Boys Javelin	130'0"	105'0"
Boys Long Jump	20'0"	17'6"
Boys Triple Jump	40'0"	35'0"
Boys High Jump	5'10"	5'4"
Boys Pole Vault	10'6"	8'0"
Boys 4x100	All	
Boys 4x400	All	
Boys 4x800		9:20
Girls 100 M	13.50 FAT	14.24 FAT
Girls 200 M	28.14 FAT	30.24 FAT
Girls 400 M	66.74 FAT	70.24 FAT
Girls 800 M	2:35.00 FAT	2:50.00 FAT
Girls 1600 M	5:35.00 FAT	6:10.00 FAT
Girls 3200 M	12:40.00 FAT	14:00.00 FAT
Girls 100 HH	17.24 FAT	19.74 FAT
Girls 300 IM	52.24 FAT	58.24 FAT
Girls Shot Put	28'0"	24'0"
Girls Discus	70'0"	50'0"
Girls Javelin	75'0"	55'0"
Girls Long Jump	15'00"	12'6"

Girls Triple Jump	31'0"	27'0"
Girls High Jump	4'10"	4'4"
Girls Pole Vault	8'0"	6'6"
Girls 4x100	All	
Girls 4x400	All	
Girls 4x800		12:00