

**TO:** PAISAA Athletic Directors

**FROM:** Mike Koenig (Meet Director), Jim Stewart, Jr. (Host AD)

**RE:** 13<sup>th</sup> PAISAA Track Championship – **Saturday, May 18, 2024**

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, 2024.

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 Thursday, May 16, 2024, 9:00PM EDT. The link to the entries is <https://pa.milesplit.com/meets/598236/registration> and the password is “**paisaa2024**”. Your entry will be considered your registration for the meet.

- **You may only enter marks that have been achieved during the 2024 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 races 400m and longer, 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](mailto:lexismercado@gmail.com)) with instructions about those athletes. For example, an athlete qualified provisionally 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 Thursday, May 16, 2024, 9:00 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.

PAISAA will send a bill for meet entry to cover officials, trainers and awards after the meet.

We look forward to seeing you on *Saturday, May 18, 2024.*

## **13th PAISAA TRACK & FIELD CHAMPIONSHIP AT MALVERN PREP *Saturday, May 18, 2024***

### **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.
- PAISAA will send a bill for meet entry to cover officials, trainers and awards after the meet.
- 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 9:45 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

**13<sup>th</sup> Annual PAISAA TRACK & FIELD  
CHAMPIONSHIP AT MALVERN PREP  
*Saturday, May 18, 2024***

**Order of Events:**

**9:45 AM** Coaches' Meeting at Finish Line

**10:00 AM**

**Javelin (Boys and Girls  
simultaneous)- Upper Fields**

**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)

**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: Individual:** 10 - 8 - 6 - 4 - 3 - 2 - 1

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

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

## PAISAA 2024 Outdoor Track and Field Standards

**All times below are fully automatic times. If a time is hand-timed: 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 races 400m and longer, add 0.14.**

Event	Automatic	Provisional
Boys 100 M	11.74	12.74
Boys 200 M	23.74	25.24
Boys 400 M	53.74	57.74
Boys 800 M	2:06.00	2:14.00
Boys 1600 M	4:45.00	5:00.00
Boys 3200 M	10:20.00	11:00.00
Boys 110 M HH	16.24	19.74
Boys 300 M IH	45.24	50.24
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	

Event	Automatic	Provisional
Girls 100 M	13.50	14.24
Girls 200 M	28.14	30.24
Girls 400 M	66.74	70.24
Girls 800 M	2:35.00	2:50.00
Girls 1600 M	5:35.00	6:10.00
Girls 3200 M	12:40.00	14:00.00
Girls 100 M HH	17.24	19.74
Girls 300 M IH	52.24	58.24
Girls Shot Put	28' 0"	24' 0"
Girls Discus	70' 0"	50' 0"
Girls Javelin	75' 0"	55' 0"
Girls Long Jump	15' 0"	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	