District I

Track & Field

Information for

Coaches

Championship Track & Field Meet
Friday, May 18 and Saturday, May 19, 2018
Coatesville High School

2/13/18

DISTRICT POLICY REGARDING BANNERS, SIGNS, NOISEMAKER AND LISTENING DEVICES

The presence and use of banners, signs, whistles, noisemakers, pom poms, shakers, towels and portable listening devices (without earphones) are **prohibited** at the District One Track and Field meet. Only portable listening devices (with earphones) are permitted outside the competition area, provided they do not interfere with the other spectators. Portable listening devices (with or without) earphones, and cell/or visual phones are **prohibited** in the infield area and in all field events.

RESTRICT USE OF TOBACCO PRODUCTS

The Coatesville Area School District Board of Education in conjunction with the District One Committee **prohibits** the use of tobacco products by participating and non-participating team personnel, including coaches, during any interscholastic athletic contest at any level of interscholastic athletic competition. The use of tobacco products by Team personnel, including coaches in the Coatesville Stadium and the areas of field events, is prohibited.

NATIONAL FEDERATION RULES

All rules listed in the National Federation of State High School Associations Rule Book along with PIAA modifications will be followed.

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A. General Information

1. **The District I Track and Field Championship Meet**
   is conducted by the District Committee under the auspices of the Board of Directors of the PIAA. All contestants must meet PIAA eligibility rules. Events, conditions, etc. are governed by the National Federation of State High School Athletic Association rules, with such variations as have been established by the PIAA Board of Directors, and the official PIAA Rules and Regulations Governing Interscholastic Sports Competition.

2. **Qualification**
   Athletes qualify for the District Meet by:
   a) Meet the district standard in two separate Dual Meet competitions. Seed becomes a NT/ND/NH at seeding meeting.
      1) Indicate on MileSplit – dual meets & dates. Give your league rep. the information as to which two dual meets – dates & places.
   b) Meet the FAT district standard in one Dual Meet using approved FAT system.
   c) Meet the district standard once in an approved Invitational. <u>An approved Invitational has a minimum of 5 teams per gender.</u>

3. **Appeals**
   A. Any appeals for entry in the District I Meet – see instructions below

   B. Any appeal during the District I Meet must be made in writing by the Head Coach within 30 minutes of infraction in the following order of appeal:
   a) Meet Referee
   b) Jury of Appeals

PIAA DISTRICT ONE – TRACK & FIELD REGISTRATION LATE REGISTRATION PROCEDURES

Hearing Process / Penalty for failing to properly register your student-athletes into the D1 Track and Field Championship.

- ***D1 Track Championship Registration Deadline***: 11:59PM - The Monday before the D1 Track Championships. 2018 deadline is 11:59pm, Monday, May 14.
- ***D1 Track Championship Seed Meeting***: The Tuesday before the D1 Track Championships. 2018 meeting is 7:00pm, Tuesday, May 15 at Plymouth Whitemarsh High School.

In the event an appeal must be made to the District One Track and Field Steering Committee, the following steps must be followed:

- The standardized Track and Field Request for a hearing (on page 6) must be sent to the District One Track Chairperson and/or the District One Assistant Executive Secretary by 12:00 noon on the Tuesday (5/15/18 for 2018) before the District One Track Championships.
  - The form must be filled out with an explanation of the specific request for appeal.
  - The Appeal Form must be signed by the School Principal, Athletic Director and Head Coach.
  - The Head Coach and a School Administrator must attend the Track Seed Meeting and appear before the Track Steering Committee to officially request for a decision to be made.

- If necessary, an appeal hearing will be heard by a District One Hearing Panel. The hearing will be scheduled before the Track Seed Meeting, on the Tuesday before the Championships. School Administration will be notified in writing of the exact time and place by the District One Office.
- After the Appeal Process is concluded, a follow up letter from the District One office will be sent directly to the building Principal.
- A computer / technology fee of ($25/hour) may be assessed to the school if additional entries must be registered and submitted into the Hy-Tek Computer system.
- Second or Multiple Offenses: if a second or multiple appeal is requested by the same head coach or school, the identical procedure will be followed.
    - Multiple appeals made by a specific head coach or school may result in a request to have the head coach and school administration appear in front of the full District One Committee for a hearing.

Every effort will be made by the District One Track Chair and the Track Steering Committee to ensure all coaches are reminded of District Track registration deadlines and procedures.

D1 Committee Approved: 2.8.17

PIAA DISTRICT ONE – TRACK & FIELD
MEMBER SCHOOL REQUEST FOR CHAMPIONSHIP REGISTRATION APPEAL

DATE: _____

MEMBER SCHOOL INFORMATION:

Member School: _____

Principal: _____

Athletic Director: _____

Head Track Coach: _____

OFFICIAL REQUEST AND REASON FOR APPEAL:

_____

_____

_____

_____

SUPPORTING DATA/DOCUMENTS: Please list and attach to this form copies of all supporting data/documents.

1. _____
2. _____
3. _____
4. _____

I certify that the above and attached information is an accurate and complete presentation of the facts and ask the PIAA District One Track Steering Committee and the PIAA District One Committee that has jurisdiction over the aforementioned school to render a decision in this manner.

_____ _____
(Signature of PIAA D1 Member School Principal) (Date)

_____ _____
(Signature of PIAA D1 School Athletic Director) (Date)

_____ _____
(Signature of PIAA D1 School Head Track Coach) (Date)

D1 Committee Approved: 2.8.17

Email form to: ronlop@msn.com and sean@piaad1.org

4. **Scoring**
   Eight (8) places will be scored in each event on a 10-8-6-5-4-3-2-1 basis. Medals will be awarded to the first eight (8) finishers in each event. In cases of unresolved ties, duplicate medals will be awarded. A trophy will be awarded in each class of both boys and girls to the school scoring the highest total of points.

5. **Seeding**
   Seeding for track events and field events will be completed before the District I Meet by the Track Steering Committee. Preferred lanes for races run entirely in lanes are as follows: 4,5,3,6,2,7,1,8.

6. **Spikes**
   Only spikes of one quarter (1/4) inch, pyramid head, will be permitted unless an otherwise decision is made by the Host School.

7. **Admission**
   CHARGE ADMISSION FOR MIDDLE SCHOOL STUDENTS THRU ADULTS.
   ONE PRICE FOR ALL - $5.00.

8. **Food & Beverage**
   Athletes may bring their own lunch or purchase it at the concession stand at the site of the meet.

9. **Coaches**
   Coaches **must** remain outside the enclosed track. During field events being conducted in areas outside the main field, coaches will be permitted in the spectator areas for such events. A coaches' box will be provided in the pole vault and high jump.

10. **Advancement through trials**
    A Competitor who advances in any running event through the trials must continue competition throughout the event. Failure to do so will result in the competitor being disqualified from further participation in the District I meet. This also includes those who report for a running event trial or semi-final that is not run because of limited numbers of contestants. They are considered to have advanced in that event and must continue.

11. **Clerking**
    It is the responsibility of the contestant or his/her coach, prior to the start of an event, to see that the athlete himself or herself has reported in, at which time he or she becomes a competitor. The act of clerking constitutes participating.

12. **Attire**

    The National Federation and PIAA modifications for attire will be followed.

B. Entry Information

1. Entries

A. Participant entry in the District I Track & Field Meet will be via MileSplit at:
AA entries – http://pa.milesplit.com/meets/302741
AAA entries- http://pa.milesplit.com/meets/302778

B. All entries are due on MileSplit by Monday, May 14, 2018 at 11:59 pm.
This is the only way to enter athletes for the District I meet.
No seed cards, participant form or eligibility forms required.
Coaches need to print out their entries from MileSplit.

C. Only three (3) athletes from each school who meet or better the minimum District 1 qualifying standards are permitted to compete in each event except the relay events in which only one relay team per school in each relay event is permitted. An unlimited number of qualified individual athletes may be entered in an event however only three (3) athletes may clerk in and compete.

D. NOTE: Rule 4 – Section 2 – Article 2 – "A contestant shall not be entered in more than four individual events, excluding Relays etc." and Article 1 – "A competitor shall not compete in more than four events including relays." (National Federation Rules)

Contestant may officially enter:	
Four individual events	No relays allowed
Three individual events	May be listed on any number of relays but compete in only one relay
Two individual events	May be listed on any number of relays but compete in only two relays
One individual events	May be listed on any number of relays but compete in only three relays
Zero individual events	May be listed on four relays and may compete in four relays

2. Relay Names

A. The District and State regulations require that in all relay events, four runners, and up to two alternates must be turned in on MileSplit before each relay may run. Any six (6) eligible runners may compete if the relay team qualifies for the State meet.

B. In relay events, no more than six (6) individuals may be listed on MileSplit, but only those who actually participate will be considered official competitors. Any substitution must come from the names submitted on MileSplit.

C. Track Events

1. All track events (except 3200 run) will be scheduled for trials on Friday, with semi-finals eliminated on Saturday if they are not needed.

2. **Advancement**
   When trials are conducted for advancement to semi-finals in the District I Meet, the advancement will be fundamentally on the basis of place and then on time. The number of heats and semi-finals will be determined by the Track Steering Committee.

3. **Gender/Class**
   At the District I Meet, there will be one final race for each class, AA girls, AAA girls, AA boys, AAA boys, for all track events.

4. **Lanes**
   A. In the 4X400m relay, the first three turns for each team will be run in assigned lanes.
   B. The 200 meter dash will be run around one curve.
   C. The 4X800m relay, 1600m run, 800m run and the 3200m run may be run in alleys with all runners starting from the curve starting lines.
   D. All other events will run in lanes.

5. **District/National Records**
   Claims for national and district records in sprints and hurdles, (up to and including 200 meters) will be accepted only when information about wind velocities can be furnished. A wind gauge will be used in the running events in the District I Meet.

6. **Ties**
   Ties for the last qualifying position in hurdle and/or sprint events, listen for announcements of such ties and do not allow athletes who may be involved to leave the facilities until the ties and run-off times have been announced.

7. **Batons**
   Each school will supply all batons for its relay teams.

8. **Starting Blocks**
   The only starting blocks permitted will be supplied by District I through the host high school. Any other type of starting block must meet the approval of District I.

9. **Scratches**
   Scratches for a running event **MUST** be declared by the athlete or athlete's coach at the clerking area.

D. Field Events

1. **Becoming a competitor**
   An entrant becomes a competitor upon reporting to the Field Judge. The act of reporting constitutes participating. No one may become a competitor after competition starts.

2. **Time Limit**
   A competitor shall initiate a trial that is carried to completion within one minute in all field events, after being called for a trial.

3. **Discus, Shot Put, Javelin, Long Jump, Triple Jump**
   A. In the discus, javelin, shot put, long jump, and triple jump, each competitor will be permitted three (3) trials beginning with the lowest seed and progressing down the list to the top seed. The nine (9) best performers will qualify for the finals, which will be conducted immediately after the trials. Each qualifier will have three (3) additional trials to be taken in worst to best order unless the Committee appointed by the Chair rules otherwise.

   B. If weather conditions may make it necessary to abandon the normal procedure of flights with three (3) throws or jumps by each competitor, another arrangement that would be more fair to all competitors will be determined by a Committee appointed by the Chairperson.

   C. The shot put and discus to be used by all competitors will be supplied by District I.

   D. The javelin will not be supplied by District I. Competitor's javelin's must have been inspected and weighed by the Inspector of Implements prior to the event in which they are to be used. This inspection will be conducted according to the published schedule.

   E. Hard surface areas are used for the discus and shot put. Flat-soled shoes will be used in these two events. The javelin runway is composed of the same material as the track and horizontal and vertical jump surfaces. Only spikes one-quarter (¼") inch, pyramid head may be used on these surfaces.

4. **High Jump & Pole Vault**
   A. In the high jump and pole vault, the starting height and the distance of the interval raises will be determined by the Track Steering Committee prior to the District I Meet. A total of three (3) consecutive misses will disqualify a competitor. The competitors will be seeded from the lowest seed to the top seed.

   B. If weather conditions on the day of the meet require it, the Track Committee, appointed by the Chairperson, will, at the beginning of the event, rule on any changes to be made in the starting height and interval raises in the high jump and pole vault.

   C. Participants in the pole vault must provide their own vaulting poles, which must be in conformity with the National Federation Rules. Pole Vaulters must weigh-in at the designated time.

   D. A Pole Vault Coaching Box and High Jump Coaching Box will be provided. One coach per team permitted access to box and must leave and turn in field pass when the athlete has been eliminated.
   .

5. **Leave for another event**
   If a competitor is scheduled to compete in another event during the time he/she is competing in a field event, he/she must request and receive approval from the Field Judge in order to compete in another event. He/she must report back for his/her remaining trials before the completion of the trials and the start of the finals in that field event.

6. **Ties**
   In case of ties, Rule 2 – Section 2 – National Federation Track and Field Rules, shall be used to resolve ties. Ties unresolved by this method shall result in splitting the points and duplicate medals awarded.

E. State Meet

1. The State Meet will be held at Shippensburg University on **May 25 and May 26, 2018**. Classification of school and rules of competition are the same as those governing the District Meets. AAA District I is allowed a minimum of five (5) entries in each event for both boys and girls. Any sixth (6th) thru eighth (8th) place finisher in the District Meet whose time, distance or height equals or betters the State designated qualifying standards shall qualify as a participant in the State Meet. AA girls and boys of District I are permitted one (1) entry in each event, but the second (2nd) thru eighth (8th) place finisher may also qualify by meeting the State standard.

2. Coaches will, prior to the District I Meet, have received the decisions of their principals, and give to Jeanne Bullard in the clerking garage, AT THE CONCLUSION OF EACH EVENT, information on whether or not their qualifying athletes will go to the State Meet. PLEASE DO NOT DELAY REPORTING THIS INFORMATION IMMEDIATELY AFTER EACH FINAL EVENT.

3. Should any competitor who qualifies in one or more events to the State Meet, NOT intend to compete in one of the events for which he/she qualifies, notice to that effect MUST be given to Jeanne Bullard in the clerking garage BEFORE the end of the District I Meet on the State Scratch Sheet Form which will be placed in the District packets along with directions for use. A competitor qualifying in a single event may opt not to compete at STATES. Unless such notice is given, all qualifiers for State Meet MUST compete in ALL of the events for which they qualified. Failure to do so will result in the multi-event qualifier being banned from ALL events for which he/she qualified.

4. Finances
   A. The cost of the State Track & Field meet for each participating athlete (boy or girl) is a minimum $100.00. Participation is determined by athletes meeting the State Qualifying Standards in the finals of the District I Meet. The fee or cost includes Thursday dinner, Thursday night lodging, Friday breakfast, Friday lunch, Friday dinner, Friday night lodging, Saturday breakfast and Saturday lunch. Two nights lodging and six meals are included in this cost.

   B. Payment for all qualifiers, one to eight in each event, will be the responsibility (re: payment) of his/her school. Payment for coaches and athletes must be made directly to Shippensburg University at the State Meet if residing in a Shippensburg dormitory.

5. It is mandated that coaches having athletes in a Shippensburg dormitory will reside in a Shippensburg dormitory.

ADDENDUM TO DISTRICT I TRACK & FIELD CHAMPIONSHIP MEET

NOTE 1: A. General Information, Rule 11, page 5 states "it is the responsibility of the CONTESTANT OR HIS/HER COACH" to report ON TIME! Once an event is clerked, NO ONE will be permitted to clerk. An athlete who does not clerk in on time will be SCRATCHED from that event.

NOTE 2: Coaches who qualify athletes for the STATE MEET are expected to read and honor Rule 5, page 11 "the last sentence". This means that coaches MUST reside at the dormitory.

District One Track & Field Championship
Schedule of Events
Friday, May 18, 2018

This time schedule listed for the District 1Meet is TENTATIVE. Each session (Friday Session I, Friday, Session II) will start at the time listed. However within a session, each event will run ONE EVENT AFTER THE OTHER but not more than 15 minutes ahead of the time listed. Coaches and athletes must be aware that the meet may run ahead of schedule.

Event	Class	Time
Session I		
4X800m Relay Trial - Girls, Boys	AA, AAA	9:00 am
100m Hurdles Trial – Girls	AA, AAA	9:45 am
110m Hurdles Trial – Boys	AA, AAA	10:25 am
100m Dash Trial– Girls, Boys	AA, AAA	10:50 am
BREAK		
Session II		
1600m Run Trial – Girls, Boys	AA, AAA	11:45 am
4X100m Relay Trial – Girls, Boys	AA, AAA	12:15 pm
400m Dash Trial – Girls, Boys	AA, AAA	12:40 pm
300m Hurdles Trial – Girls, Boys	AA, AAA	1:15 pm
800m Run Trial – Girls, Boys	AA, AAA	1:45 pm
200m Dash Trial – Girls, Boys	AA, AAA	2:15 pm
BREAK – 30 minute minimum		
4X400m Relay Trial – Girls, Boys	AA, AAA	3:00 pm
FIELD EVENTS – PRELIMINARIES/FINAL		
Long Jump – Girls	AA	9:00 am
Long Jump – Girls	AAA	9:00 am
High Jump – Boys	AAA	9:00 am
Pole Vault – Girls	AA	9:00 am
Shot Put – Girls	AAA	9:00 am
Javelin – Boys	AA	9:00 am
Discus – Boys	AAA	9:00 am
Pole Vault – Girls	AAA	10:00 am
Triple Jump – Boys	AA	12:30 pm
Triple Jump – Boys	AAA	12:30 pm
High Jump – Girls	AAA	12:30 pm
Discus – Girls	AA	12:30 pm
Javelin – Girls	AAA	12:30 pm
Shot Put – Boys	AA	12:30 pm

District One Track & Field Championship
Schedule of Events
Saturday, May 19, 2018

This time schedule listed for the District 1 Meet is TENTATIVE. Each session (Saturday AM, Saturday PM) will start at the time listed. However within a session, each event will run ONE EVENT AFTER THE OTHER but not more than 15 minutes ahead of the time listed. Coaches and athletes must be aware that the meet may run ahead of schedule.

Event	Class	Time
3200m Run Final – Girls, Boys	AA, AAA	9:00 am
100m Hurdles Semi-Final – Girls	AA, AAA	9:45 am
110m Hurdles Semi-Final – Boys	AA, AAA	10:00 am
100m Dash Semi-Final – Girls, Boys	AA, AAA	10:15 am
4X800m Relay Final - Girls, Boys	AA, AAA	10:30 am
200m Dash – Semi-Final – Girls, Boys	AA, AAA	11:30 am
LUNCH		
100m Hurdles Final – Girls	AA, AAA	12:30 pm
110m Hurdles Final – Boys	AA, AAA	12:40 pm
100m Dash Final – Girls, Boys	AA, AAA	12:45 pm
1600m Run Final – Girls, Boys	AA, AAA	12:55 pm
4X100m Relay Final – Girls, Boys	AA, AAA	1:20 pm
400m Dash Final – Girls, Boys	AA, AAA	1:35 pm
300m Hurdles Final – Girls, Boys	AA, AAA	1:50 pm
800m Run Final – Girls, Boys	AA, AAA	2:05 pm
200m Dash Final – Girls, Boys	AA, AAA	2:20 pm
BREAK – 30 minute minimum		
4X400m Relay Final – Girls, Boys	AA, AAA	2:50 pm
FIELD EVENTS – PRELIMINARIES/FINAL		
Triple Jump – Girls	AA	9:00 am
Triple Jump – Girls	AAA	9:00 am
High Jump – Boys	AA	9:00 am
Pole Vault – Boys	AA	9:00 am
Shot Put – Boys	AAA	9:00 am
Javelin – Girls	AA	9:00 am
Discus – Boys	AA	9:00 am
Pole Vault – Boys	AAA	10:00 am
Long Jump – Boys	AA	12:30 pm
Long Jump – Boys	AAA	12:30 pm
High Jump –Girls	AA	12:30 pm
Discus – Girls	AAA	12:30 pm
Javelin – Boys	AAA	12:30 pm
Shot Put – Girls	AA	12:30 pm

IMPLEMENT INSPECTION SCHEDULE

District I Track Meet

Friday, May 18, 2018

AA Boys Javelin	8:00am – 8:30pm
AAA Girls Javelin	11:00am – 12:00 noon
Pole Vault Weigh-In	
AA Girls	8:00am – 8:30am
AAA Girls	8:30am – 9:30am

Saturday, May 19, 2018

AA Girls Javelin	8:00am – 8:30am
AAA Boys Javelin	11:00am – 12:00 noon
Pole Vault Weigh-In	
AA Boys	8:00am – 8:30am
AAA Boys	8:30am - 9:30am

All impounded implements will be available for pick-up from 2:30pm until 3:30pm on Saturday, May 19, 2018.

FIELD EVENT COMPETITION/SEEDING

1. LJ, TJ, SP, DIS, & JAV will be seeded worst to best
2. LJ, TJ, SP, DIS, & JAV may be separated into flights
3. Each member of each flight has three (3) trial attempts. Competitors advancing to the finals will have another three (3) attempts. Weather may cause a need for change or another arrangement.
4. The nine (9) best competitors make the final with the best jump or best throw last.
5. HJ & PV will be seeded poorest to best

DISTRICT I STARTING HEIGHTS

	AAA Girls	AA Girls	AAA Boys	AA Boys
High Jump	4’ 9”	TBD	5’ 11”	TBD
Pole Vault	9’ 0”	TBD	12’ 6”	TBD

District One Track & Field Championships
Procedure for Advancement

100m Hurdles, 110m Hurdles, 100m Dash, 200m Dash

8 or fewer competitors: no trial or semi-finals – final only
9-16: 2 trial heats – top 3 each heat plus next 2 fastest times
17-24: 3 trial heats – top 4 each heat plus next 4 fastest times to semi-finals,
top 3 from each semi-final plus next 2 fastest times to final
25-32: 4 trial heats - top 3 each heat plus next 4 fastest times to semi-finals,
top 3 from each semi-final plus next 2 fastest times to final
33-40: 5 trial heats - top 2 each heat plus next 6 fastest times to semi-finals,
top 3 from each semi-final plus next 2 fastest times to final
41-48: 6 trial heats - top 2 each heat plus next 4 fastest times to semi-finals,
top 3 from each semi-final plus next 2 fastest times to final
49-56: 7 trial heats - top 2 each heat plus next 2 fastest times to semi-finals,
top 3 from each semi-final plus next 2 fastest times to final

400m Dash, 4X100 Relay, 300m Hurdles, 4X400 Relay

8 or fewer competitors or teams: no trials – final only
9-16: 2 trial heats - top 3 each heat plus next 2 fastest times to final
17-24: 3 trial heats - top 2 each heat plus next 2 fastest times to final
25-32: 4 trial heats - winner each heat plus next 4 fastest times to final
33-40: 5 trial heats - winner each heat plus next 3 fastest times to final
41-48: 6 trial heats - winner each heat plus next 2 fastest times to final
49-56: 7 trial heats - winner each heat plus next fastest time to final

4X800 Relay, 1600m Run, 800m Run

13 or fewer competitors or teams: no trials – finals only
14-30 competitors or teams: 2 trial heats - top 4 each heat plus next 4 fastest times to final
31-44 competitors or teams: 3 trial heats – top 3 each heat plus next 3 fastest times to final
45 or more competitors or teams: 4 trial heats – top 2 each heat plus next 4 fastest times to final

3200 m Run – one final only

District One Track & Field Championship

Boys AAA Qualifying Standards

EVENT	CLASS AAA HAND	FAT
4X800 M Relay	8:11.8	8:12.04
110 M Hurdles	:15.3	:15.54
100 M Dash	:11.0	:11.24
1600 M Run	4:28.0	4:28.24
400 M Dash	:50.7	:50.94
4X100 M Relay	:43.9	:44.14
300 M Hurdles	:40.5	:40.74
800 M Run	1:59.4	1:59.64
200 M Dash	:22.6	:22.84
3200 M Run	9:43.0	9:43.24
4X400 M Relay	3:26.0	3:26.24

High Jump	6’2” (bar starts at 5’11”)
Pole Vault	13’0” (bar starts at 12’6”)
Long Jump	21’ 0”
Triple Jump	42’ 8”
Shot Put	48’0”
Discus	135’0”
Javelin	160’0”

NOTE: Minimum qualifying standards may change from year to year

District One Track & Field Championship

Girls AAA Qualifying Standards

EVENT	CLASS AAA	
	HAND	FAT
4X800 M Relay	9:50.00	9:50.24
100 M Hurdles	:16.1	:16.34
100 M Dash	:12.5	:12.74
1600 M Run	5:16.0	5:16.24
400 M Dash	1:00.0	1:00.24
4X100 M Relay	:50.9	:51.14
300 M Hurdles	:47.5	:47.74
800 M Run	2:21.5	2:21.74
200 M Dash	:26.2	:26.44
3200 M Run	11:30.0	11:30.24
4X400 M Relay	4:06.0	4:06.24

High Jump		5’1” (bar starts at 4’9”)
Pole Vault		9’6” (bar starts at 9’0”)
Long Jump		16’10”
Triple Jump		34’ 8”
Shot Put		33’ 6”
Discus		101’0”
Javelin	~~102’0”~~	103’0”

NOTE: Minimum qualifying standards may change from year to year

District One Track & Field Championship

Boys AA Qualifying Standards

EVENT	AUTOMATIC		PROVISIONAL			
	HAND	FAT		HAND		FAT
4X800 M Relay	8:50.0	8:50.24		8:58.0		8:58.24
110 M Hurdles	:18.4	:18.64		:18.5		:18.74
100 M Dash	:11.6	:11.84		:11.8		:12.04
1600 M Run	4:45.0	4:45.24	~~4:52.0~~	4:55.0	~~4:52.24~~	4:55.24
4X100 M Relay	:46.0	:46.24		:47.0		:47.24
400 M Dash	:54.0	:54.24		:54.5		:54.74
300 M Hurdles	:45.0	:45.24	~~:45.7~~	:46.3	~~:45.94~~	:46.54
800 M Run	2:07.5	2:07.74		2:09.0		2:09.24
200 M Dash	:23.8	:24.04		:24.0		:24.24
3200 M Run	10:40.0	10:40.24	~~10:55.0~~	11:00.0	~~10:55.24~~	11:00.24
4X400 M Relay	3:40.0	3:40.24		3:44.0		3:44.24

High Jump		5’10” (bar starts at TBD)		5’8”
Pole Vault	~~11’0”~~	10’0” (bar starts at TBD)	~~10’0”~~	9’6”
Long Jump		19’0”		18’6”
Triple Jump		39’0”		38’0”
Shot Put		41’0”	~~40’0”~~	39’6”
Discus		110’0”		108’0”
Javelin		135’0”		125’0”

- Automatic qualifying marks are guaranteed acceptance.
- Provisional entries are NOT guaranteed acceptance.
- The District Committee will decide at the seeding meeting who will fill the top 8 with ***verifiable*** provisional entries with a FAT running mark or invitational field mark.
- Provisional entries will only be used to fill out the maximum of 8 medal spots.
- Even with provisional entries it is possible that all 8 spots will not be filled in all events.
- You can enter a total of 3 athletes total in an event, automatic and provisional combined..
- Do not enter an athlete into an event if you have no intention of having them compete in the event.

District One Track & Field Championship

Girls AA Qualifying Standards

EVENT	AUTOMATIC		PROVISIONAL			
	HAND	FAT	HAND		FAT	
4X800 M Relay	11:00.00	11:00.24	11:15.0		11:15.24	
100 M Hurdles	:19.0	:19.24	:20.0		:20.24	
100 M Dash	:13.4	:13.64	:13.7		:13.94	
1600 M Run	5:50.0	5:50.24	5:58.0		5:58.24	
4X100 M Relay	:53.2	:53.44	:55.0		:55.24	
400 M Dash	1:05.5	1:05.74	1:06.6		1:06.84	
300 M Hurdles	:53.0	:53.24	:~~54.7~~	:56.0	:~~54.94~~	:56.24
800 M Run	2:35.0	2:35.24	2:39.0		2:39.24	
200 M Dash	:28.0	:28.24	:28.4		:28.64	
3200 M Run	12:40.0	12:40.24	~~12:59.0~~	13:00.0	~~12:59.24~~	13:00.24
4X400 M Relay	4:28.0	4:28.24	~~4:36.0~~	4:40.0	~~4:36.24~~	4:40.24

High Jump	4’8” (bar starts at TBD)		4’6”
Pole Vault	7’6” (bar starts at TBD)		7’0”
Long Jump	14’10”	~~14’4”~~	14’0”
Triple Jump	31’ 0”	~~30’0”~~	29’0”
Shot Put	29’ 0”		28’0”
Discus	80’0”	~~76’0”~~	75’0”
Javelin	90’0”		75’0”

- Automatic qualifying marks are guaranteed acceptance.
- Provisional entries are NOT guaranteed acceptance.
- The District Committee will decide at the seeding meeting who will fill the top 8 with ***verifiable*** provisional entries with a FAT running mark or invitational field mark.
- Provisional entries will only be used to fill out the maximum of 8 medal spots.
- Even with provisional entries it is possible that all 8 spots will not be filled in all events.
- You can enter up to 3 athletes total in an event, automatic and provisional combined.
- Do not enter an athlete into an event if you have no intention of having them compete in the event.

2018 PIAA TRACK & FIELD CHAMPIONSHIPS

Each PIAA District that sponsors a qualifying meet shall be entitled to a minimum number of entries, per track and field event, per enrollment classification, to the PIAA Track and Field Championships. In addition, individuals or relay teams that place eighth (8th) or better in a district qualifying meet shall also qualify to the track and field championships provided their district qualifying meet time, height or distance is equal to or better than the qualifying time, height or distance stated below:

EVENT	GIRLS AA	GIRLS AAA	BOYS AA	BOYS AAA
4 x 800 (3200m) relay	9:50.40	9:35.48	8:15.55	8:02.04
100/110 Hurdles	16.01	15.50	15.50	15.10
100 m Dash	12.70	12.50	11.30	11.10
1600 m Run	5:18.30	5:10.00	4:31.13	4:24.22
4 x 100 (400m) relay	50.80	49.75	44.30	43.25
400 m Dash	59.85	58.80	50.70	50.09
300 m Hurdles	47.64	46.25	40.80	39.80
800 m Run	2:20.60	2:18.47	1:59.70	1:57.32
200 m Dash	26.25	25.91	22.88	22.50
3200 m Run	11:35.00	11:10.00	9:48.01	9:31.71
4 x 400 (1600m) Relay	4:08.75	4:01.50	3:29.60	3:24.03
High Jump	5-2	5-3	6-4	6-5
Pole Vault*	10-6	11-0	13-6	14-3
Long Jump	16-11	17-9	21-6	22-0
Triple Jump	35-6	36-6	44-0	45-0
Shot Put	36-6	37-6	50-3	52-0
Discus Throw	113-0	118-0	148-0	153-0
Javelin	121-0	122-0	176-0	178-0

*In addition to the above standards, for a Pole Vault participant to advance to the PIAA Track & Field Championships, they shall clear a height equal to or greater than the following minimum standards in a PIAA District qualifying meet:

Pole Vault*	9-0	9-6	11-6	12-3

DISTRICT I TRACK & FIELD MEET RECORDS

100 m Dash

AA G	Thelma Davies, Girard College	11.63	2017
AAA G	Krista Simkins, Wissahickon	11.66	2005
AA B	Dave Brown, Harriton	10.4	1997
AAA B	Ronnie Gillespie, Upper Perkiomen	10.61	2012

200 m Dash

AA G	Thelma Davies, Girard College	23.98	2016
AAA G	Krista Simpkins, Wissahickon	23.71	2003
AA B	Roger Johnson, Darby Twp.	21.3	1981
AAA B	Eric Futch, Penn Wood	21.23	2012

400 m Dash

AA G	Angie Brown, Villa Maria	56.64	1993
AAA G	Tiffany Abney, Merion Mercy	53.66	2001
AA B	Sean Jackson, Springfield Twp.	48.0	1990
AAA B	Malik Jones, Ridley	47.06	2014

800 m Run

AA G	Joanna Kehs, Perkiomen Valley	2:13.7	1982
AAA G	Emma Keenan, Gwynedd Mercy	2:08.08	2012
AA B	Paul Vandegrift, Arch. Kennedy	1:53.0	1987
AAA B	John Lewis, Cheltenham	1:49.15	2015

1600 m Run

AA G	Marisa Schmitt, Gwynedd Mercy	4:59.9	1979
AAA G	Sara Sargent, Pennsbury	4:51.64	2010
AA B	Paul Vandegrift, Arch. Kennedy	4:07.6	1987
AAA B	Drew Magaha, Upper Moreland	4:08.94	2012

3200 m Run

AA G	Marya Small, Notre Dame	10:48.5	1979
AAA G	Tori Gerlach, Pennridge	10:24.19	2012
AA B	Duffy Swantek, Lansdale Catholic	9:31.61	1996
AAA B	Paul Springer Unionville	9:01.75	2007

100 /110 Hurdles

AA G	Gina Lupica, Villa Joseph Marie	14.78	2013
AAA G	Chanel Brissett, Cheltenham	13.35	2017
AA B	Brian Harkins, Perkiomen Valley	14.0	1980
AAA B	Charles James, HS Truman	13.63	1986

300 m Hurdles

AA G	Lisa Thompson, Perkiomen Valley	44.2	1983
AAA G	Ryann Krais, Methacton	41.60	2008
AA B	Brian Harkins, Perkiomen Valley	38.2	1983
AAA B	Eric Futch, Penn Wood	37.08	2012
	Wellington Zaza, Garnet Valley	37.08	2013

4X100 m Relay

AA G	Villa Joseph Marie	48.94	2013
AAA G	Cheltenham	46.70	2016
AAB	Harriton	42.7	1995
AAA B	Glen Mills	41.67	1996

4X400 m Relay

AA G	St. Basil Academy	4:00.67	2013
AAA G	Central Bucks West	3:47.62	2013
AA B	Garnet Valley	3:23.9	1982
AAA B	Glen Mills	3:13.75	1996

4X800 m Relay

AA G	Perkiomen Valley	9:28.7	1982
AAA G	Central Bucks South	8:58.18	2014
AA B	Christopher Dock	8:00.51	2012
AAA B	Central Bucks South	7:37.43	2009

High Jump

AA G	Candy Cashell, Unionville	5’8”	1980
AAA G	Karen DiDonato, Great Valley	5’9”	1985
	Bernadette Speer, East	5’9”	1997
AA B	Gene White, Bristol	6’10”	1970
AAA B	Tyrone Smith, Plymouth-White.	6’11.5”	1985

Long Jump

AA G	Angie Brown, Villa Maria	19’.25”	1994
AAA G	Alysia Hubbard, Upper Merion	19’7”	1987
AA B	Derek Carter, Darby Twp.	23’.75”	1976
AAA B	Carlton Lavong, Methacton	24’4.75”	2010

Triple Jump

AA G	Janelle Mayes, Pottstown	37’7.75”	1996
AAA G	Gina Bundy, Wissahickon	39’9.75”	1997
AA B	Russell Dickinson, Octorara	49’2.5”	1976
AAA B	Ron Hunt, Chester	50’2.75”	1975

Pole Vault

AA G	Niki Clements, Christopher Dock	10’6”	2016
AAA G	Tory Worthen, Council Rock South	12’06”	2009
	Dominique Franco, CR South	12’06”	2016
AA B	Chris Stone, Springfield (Montco)	15’9”	2015
AAA B	Joseph Berry, Hatboro-Horsham	16’3”	2007

Shot Put

AA G	Alanna Owens, WC Rustin	43’ 2.5”	2007
AAA G	Karen Shump, Penncrest	48’3.75”	2007
AA B	Richard Hart, Morrisville	62’0”	1961
AAA B	Wesley Lavong, Methacton	62’4”	2009

Discus

AA G	Sevits, Morrisville	135’4”	1984
AAA G	Karen Shump Penncrest	154’0”	2007
AA B	Ty Higgins, L. Moreland	182’6”	1970
AAA B	Ryan Hart, Downingtown East	183’7”	2012

Javelin

AA G	Meghan Morton, St. Pius X	138’08”	2010
AAA G	Erin Zimmerman, Villa Maria	154’11”	2017
AA B	Thomas Lang, St. Pius X	207’10”	2010
AAA B	Brett Millar, Central Bucks East	219’0”	2009

TRACK AND FIELD AAA CLASSIFICATION

BOYS AAA

1. Abington
2. Academy Park
3. Avon Grove
4. Bensalem
5. Bishop Shanahan
6. Boyertown
7. Central Bucks East
8. Central Bucks West
9. Central Bucks South
10. Cheltenham
11. Chester
12. Chichester
13. Coatesville
14. Conestoga
15. Council Rock North
16. Council Rock South
17. Downingtown East
18. Downingtown West
19. East (West Chester)
20. Garnet Valley
21. Glen Mills
22. Great Valley
23. Harriton
24. Harry S. Truman
25. Hatboro Horsham
26. Haverford
27. Holy Ghost Prep
28. Interboro
29. Kennett
30. Lower Merion
31. Lower Moreland
32. Marple Newtown
33. Methacton
34. Neshaminy
35. Norristown
36. North Penn
37. Octorara
38. Owen J. Roberts
39. Oxford
40. Penncrest
41. Pennridge
42. Pennsbury
43. Penn Wood
44. Perkiomen Valley
45. Phoenixville
46. Plymouth Whitemarsh
47. Pope John Paul II
48. Pottsgrove
49. Pottstown
50. Quakertown
51. Radnor
52. Ridley
53. Souderton
54. Spring-Ford
55. Springfield (Delco)
56. Strath Haven
57. Sun Valley
58. Unionville
59. Upper Darby
60. Upper Dublin
61. Upper Merion
62. Upper Moreland
63. Upper Perkiomen
64. West Chester Bayard Rustin
65. West Chester Henderson
66. William Tennent
67. Wissahickon

GIRLS AAA

1. Abington
2. Academy Park
3. Avon Grove
4. Bensalem
5. Bishop Shanahan
6. Boyertown
7. Central Bucks East
8. Central Bucks West
9. Central Bucks South
10. Cheltenham
11. Chester
12. Chichester
13. Coatesville
14. Conestoga
15. Council Rock North
16. Council Rock South
17. Downingtown East
18. Downingtown West
19. East (West Chester)
20. Garnet Valley
21. Great Valley
22. Gwynedd Mercy
23. Harriton
24. Harry S. Truman
25. Hatboro Horsham
26. Haverford
27. Interboro
28. Kennett
29. Lower Merion
30. Lower Moreland
31. Marple Newtown
32. Merion Mercy
33. Methacton
34. Mt. St. Joseph
35. Nazareth
36. Neshaminy
37. Norristown
38. North Penn
39. Octorara
40. Owen J. Roberts
41. Oxford
42. Penncrest
43. Pennridge
44. Pennsbury
45. Penn Wood
46. Perkiomen Valley
47. Phoenixville
48. Plymouth Whitemarsh
49. Pope John Paul II
50. Pottsgrove
51. Pottstown
52. Quakertown
53. Radnor
54. Ridley
55. Souderton
56. Springfield (Delco)
57. Spring-Ford
58. Strath Haven
59. Sun Valley
60. Unionville
61. Upper Darby
62. Upper Dublin
63. Upper Merion
64. Upper Moreland
65. Upper Perkiomen
66. Villa Joseph Marie
67. Villa Maria
68. West Chester Bayard Rustin
69. West Chester Henderson
70. William Tennent
71. Wissahickon

TRACK AND FIELD AA CLASSIFICATION

AA BOYS

1. Bristol
2. Calvary Christian
3. Church Farm School
4. Delaware County Christian School
5. Dock Mennonite Academy
6. Girard College
7. Jenkintown
8. New Hope Solebury
9. Phil-Mont Christian
10. Springfield (Montco)
11. Valley Forge Military Academy

AA GIRLS

1. Bristol
2. Calvary Christian
3. Country Day School of Sacred Heart
4. Delaware County Christian School
5. Dock Mennonite Academy
6. Girard College H.S.
7. Jenkintown
8. New Hope Solebury
9. Phil-Mont Christian
10. St. Basil
11. Springfield (Montco)

12. Instructions to enter a meet using MileSplit's Online Meet Registration System

CLAIMING YOUR TEAM

Step 1: Go to your home MileSplit state by using the drop-down box (click on Logo and "The Nation's Premier High School T&F/XC Network") in the header of any state page On the National portal page www.milesplit.com - click on same header area and scroll down to the bottom of the page it sends you to - About Us.

If you already have a userID and password from your MileSplit state, skip to Step 3. If you do not, then you must first do Step 2.

Step 2: In the header on the right, it will say "you are not logged in." Beside that, click the "Register" button, and fill out the information. You can select your own ID, but you will be emailed a password (which you can change later).

Step 3: Click on “Teams” in the toolbar and locate your team.

Step 4: Click on your team name and once on that page, look in the upper right hand corner and then click the black box that says "Claim this Team."

Step 5: Click either Coach or Team Administrator, but not both. Each has the same access to your team roster and online meet registration.

Step 6: Click on the "Yes, I am a coach on this team" at the bottom of that page. You may add your team position in the text box, and any other information you believe we will need to quickly verify you are a coach. A school email address is also a very good indicator we use.

Step 7: Wait for a confirmation email from MileSplit saying that you are approved to be a Team Coach or Team Admin. Most requests are approved within several hours. If you have not received the email within 12 hours, please check your junk or spam folders for the email.

If you have questions, please feel free to contact, MileSplit Online Registration support, Gayle Rich at grich@milesplit.us.

IF YOU HAVE ALREADY REGISTERED BUT FORGOTTEN YOUR PASSWORD

Click on Login. On that page is a link if you have forgotten your password. Click and fill out your username, or email address. If you do not quickly receive it, you may have a typo in the email address you originally entered, or it may be going to your spam mail folder. It is a server generated email and many mailservers read that as spam. If you do not get it, email Gayle Rich at grich@milesplit.us.

When you receive it, click on the link and it will allow you to reset your password. Then login.

EDITING YOUR TEAM ROSTER

Step 1: Make sure you are logged in. Go to your team page by clicking the "Teams" link in the tool bar. (If you do not see the teams link, you are not on a state site. Go back to Claim your team step 1 at top of page and read and follow those directions.) Scroll down and click on your school name. Once on your team page, you will see a black box in the upper right corner that now says "Team Administration." Click it.
Club teams - you will not have a team admin button, just click roster.

Step 2: On the left side of the page, click "Roster."

Step 3: Now you will see a screen with both boy and girl athletes associated with your team. Look through the list --- you may find many athletes that should only be on the (Indoor/Outdoor) Track Roster or only on the Cross Country Roster. If the athlete has already graduated and there is a graduation year, they will not appear on the live roster or in online registration. If a grad does not have the year, add it from the drop-down box.

If you see misspellings, click the name and make the correction.

If you see duplicate athletes, please copy the names and email to your state webmaster (email at bottom of each page) or drich@milesplit.us. We merge them, and by doing this, it ensures that all performances on either profile will not be lost.

If a current athlete does not have a grad year, please add it. (please note, we do not add college grad years)

The XC and TF designate the rosters that the athlete will appear on during online registration. Please take a few moments to either "Remove from XC", or "Remove from TF", so that you will have fewer names when doing online registration. If an athlete is on both XC and TF rosters, you don't need to change a thing. You can always add an athlete back on a roster.

And if you need to add new athletes, simple click "Add Athlete" and fill out as much info as you know, but the first name, last name and HS grad year are most important.

Step 4: You are now ready to enter a meet using the MileSplit Online Registration system.

ENTERING A MEET ONLINE

Step 1: Make sure you are logged in. You should have already claimed your team and edited your roster. If not, go back to the beginning before doing this step.

Step 2: Go to your state's page and click in the tool bar on "Calendar." Select the current season, and look for the meet you wish to enter. If the meet is open, you will see a green "Online Entry" box. Click it. Then on the meet page, click the green "Online Entry" box again. (If the box is red, the meet is not yet open.)

Step 3: You will see a screen that says Online Registration, with details on the meet. Click "Enter Team."

Note: If it is a password-protected meet, you will have to get that information from the meet director. MileSplit personnel are not authorized to release that information to coaches.

Step 4: Fill out the information on the next page, which is the team entry form. Your team name should be selected at the top, but if it is not, click the appropriate radio button. Your name and your email address should already be in the boxes. Enter your daytime number and an evening number. These can be the same, but both are mandatory.

If you have another coach you'd like to have access, select Additional Contact, and fill out their information as well.

Then select the Divisions you are entering, and click "Enter Team."

** When one coach has already entered, and it seems as if you cannot enter the opposite gender.
1. Log into the system as you.
2. Go to the meet page and click the green Enter Online button.

3. The page you get says you're already entered, but click on the blue View/Edit entry link. That will take you to the meet entries page.
4. All of the entries you see on the page are girls (or vice versa) entries, so you need to click on the blue Edit Divisions Entered link on the right. Then click on the blue Enter link for the male division (or vice versa). That will open up the male entries. Then you can proceed to enter athletes into the events

Step 5: You will now see the list of events for all your divisions on the left hand side. Click the first event in which you have athletes to enter. Your Athlete Pool will be displayed on the left hand side. Click all the athletes you are entering in that specific event. When each one is selected, they move to the "Currently Entered" column.

If you forgot to add an athlete to the roster, you can take a moment before leaving any of the event entry pages to click "Go to Team Page to Edit Roster." This is at the bottom of the page. It will open a new window to your team roster page where you can add an athlete. Then return to the online registration window and continue entering athletes.

When all athletes are entered in an event, click "Done Editing." You will be returned to the Event Entries page, where you can continue to enter athletes by event.

Step 6: If you are entering a Middle School team as well as a High School team, you will need to start from the Team Entry Form page and select that team. JV teams will be displayed with all HS divisions.

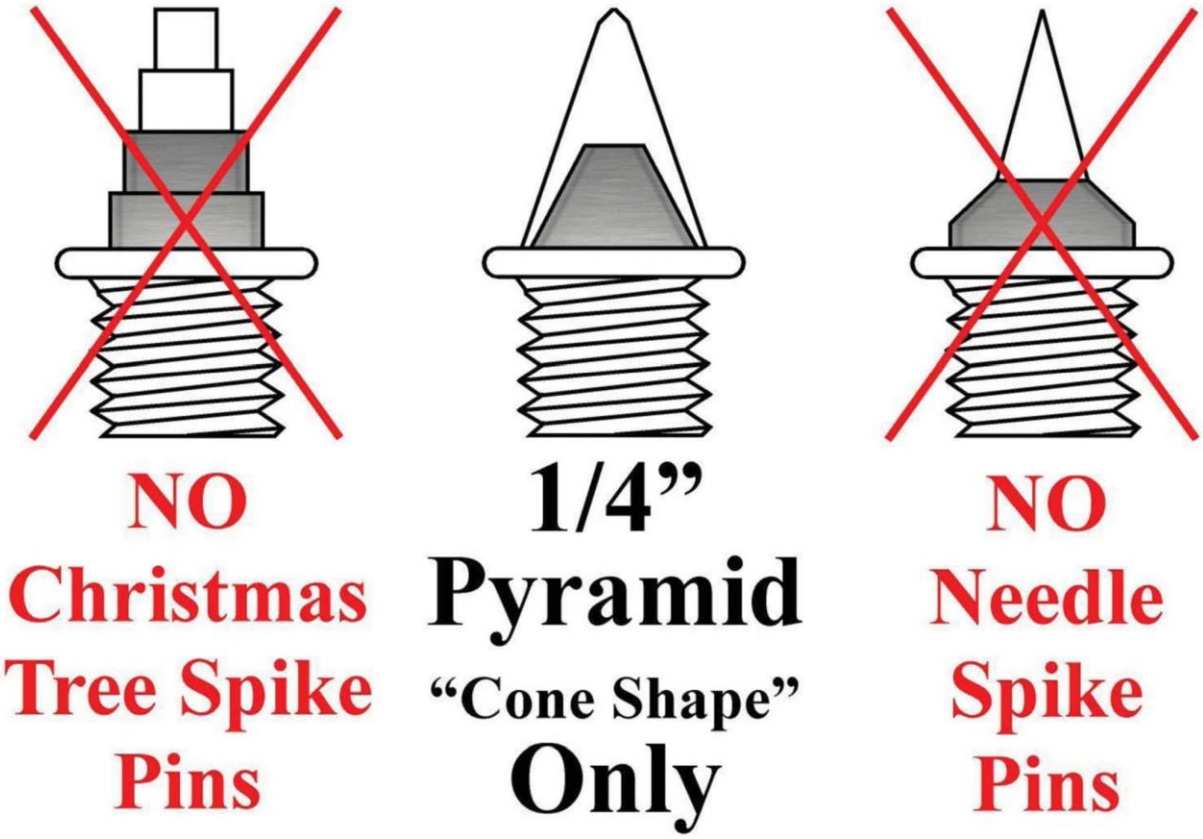
Step 7: If you need to edit your entries again before the meet closes, you will go back to the meet page and again click the green "Online Entry" box. It will say "Already Entered." Simply click "View/Edit Entry" and you will be in the event section.

If you have questions, please feel free to contact your state webmaster or MileSplit Online Registration support, Gayle Rich at grich@milesplit.us.

District I Track & Field Team Champions

	AAA Boys	AA Boys	AAA Girls	AA Girls
1925	Norristown	No AA boys	No AAA girls	No AA girls
1926	Lower Merion	until 1932	until 1974	until 1977
1927	Lower Merion			
1928	Lower Merion			
1929	Lower Merion			
1930	Lower Merion			
1931	Lower Merion			
1932	Upper Darby	Ambler		
1933	Norristown	Ambler		
1934	Norristown	Ambler		
1935	Upper Darby	Prospect Park		
1936	Lower Merion	Prospect Park		
1937	Norristown	Ridley Park		
1938	Norristown	Ambler		
1939	Norristown	Ridley Park		
1940	Norristown	Ridley Park		
1941	Norristown	Swarthmore		
1942	Cheltenham	Springfield Delco		
1943	Upper Darby	Swarthmore		
1944	Upper Darby	Springfield Montco		
1945	Lower Merion	Ridley Park		
1946	Upper Darby	Springfield Montco		
1947	Norristown	Springfield Delco		
1948	Chester	Swarthmore		
1949	Norristown	Darby Boro		
1950	Norristown	Springfield Delco		
1951	Norristown	Swarthmore		
1952	Coatesville	Swarthmore		
1953	Coatesville	Ridley Park		
1954	Chester	Avon Grove		
1955	Lower Merion	Swarthmore		
1956	Upper Darby	Swarthmore		
1957	Lower Merion	Ridley Park		
1958	Lower Merion	Sharon Hill		
1959	Lower Merion	Morrisville		
1960	Norristown	Morrisville		
1961	Norristown	Morrisville		
1962	Norristown	Media		
1963	Harriton	Downingtown		
1964	Abington	Media		
1965	Abington	Swarthmore		
1966	Lower Merion	Pottsgrove		
1967	Neshaminy	Wissahickon		

	AAA Boys	AA Boys	AAA Girls	AA Girls
1968	Coatesville	Wissahickon		
1969	North Penn	Bristol		
1970	Abington	Bristol		
1971	Pennsbury	Owen J Roberts		
1972	Wissahickon	Lower Moreland		
1973	Norristown	Upper Perk		
1974	Coatesville	Holy Ghost Prep	Council Rock	
1975	Norristown	Upper Perk	Bensalem	
1976	Wm. Tennent	Perkiomen Valley	Pennsbury	
1977	Coatesville	Darby Twp.	North Penn	Perkiomen Valley
1978	Haverford	Darby Twp.	Wissahickon	Avon Grove
1979	Lower Merion	Sharon Hill	Wissahickon	Perkiomen Valley
1980	North Penn	Swarthmore	Sun Valley	Perkiomen Valley
1981	North Penn	Darby Twp.	Wissahickon	Perkiomen Valley
1982	Wissahickon	Garnet Valley	Chester	Perkiomen Valley
1983	Wissahickon	Perkiomen Valley	Pennridge	Perkiomen Valley
1984	North Penn	Pottstown	HS Truman	St Pius X/Perkiomen Valley
1985	Penn Wood	St. Pius X	Upper Dublin	Perkiomen Valley
1986	Cheltenham	HGP	Henderson	Perkiomen Valley
1987	Penn Wood	Oxford	Henderson	Avon Grove
1988	Penn Wood	Springfield Montco	Henderson	Avon Grove
1989	Glen Mills	Springfield Montco	Henderson	Avon Grove
1990	Henderson	Springfield Montco	Penn Wood	Avon Grove
1991	Henderson	Pottstown	Penn Wood	Pottstown
1992	North Penn	Pottstown	HS Truman	Pottstown
1993	Glen Mills	Pottstown	Chester	Pottstown/Villa Joseph Marie
1994	Strath Haven	Pottstown	Chester	Villa Joseph Marie
1995	Glen Mills	Harriton	North Penn	Villa Joseph Marie
1996	Glen Mills	Lansdale Cath.	Penncrest	Villa Joseph Marie
1997	Glen Mills	St. Pius X	North Penn	Oxford
1998	Glen Mills	Pottstown	Penncrest	Oxford
1999	Glen Mills	Girard College	HS Truman	Pottstown
2000	Glen Mills	St. Pius X	Chester	Pottstown
2001	Glen Mills	Girard College	Merion Mercy	St. Pius X
2002	North Penn	Lower Moreland	Merion Mercy	Gwynedd Mercy
2003	North Penn	Harriton	Merion Mercy	Gwynedd Mercy
2004	Glen Mills	St. Pius X	Strath Haven	St. Basil
2005	North Penn	Octorara	Coatesville	Gwynedd Mercy
2006	North Penn	Girard College	Coatesville	St. Basil
2007	North Penn	Girard College	North Penn	St. Basil
2008	North Penn	Lower Moreland	Methacton	St. Basil
2009	North Penn	Church Farm	North Penn	Villa Joseph Marie
2010	CB South	Girard College	Abington	Villa Joseph Marie
2011	CB West	Girard College	Abington	Villa Joseph Marie
2012	Strath Haven	Christopher Dock	Pennridge	Villa Joseph Marie
2013	Bensalem	Church Farm	Cheltenham	Villa Joseph Marie

	AAA Boys	AA Boys	AAA Girls	AA Girls
2014	Cheltenham	Delaware County Christian School	Cheltenham	Christopher Dock
2015	Cheltenham	Springfield Twp (Montco)	Cheltenham	Christopher Dock
2016	Downingtown West	Christopher Dock	Cheltenham	Christopher Dock
2017	Pennridge	Church Farm School	Cheltenham	St. Basil Academy

EXAMPLE OF ACCEPTABLE SPIKES AT COATESVILLE