

2009/2010 WPIAL 7th/8th GRADE TRACK & FIELD SCHEDULE

June 8, 2009

Maximum Scrimmages ~ 2

Maximum Contests ~ 16

First Practice Date ~ March 8, 2010

First Scrimmage Date ~ March 13, 2010

First Play Date ~ March 26, 2010

A copy of this schedule must be given to your coach. Section play will begin on **March 31, 2010** and must be completed according to the schedule. Please check your section carefully and advise the WPIAL office at (412) 921-7181 or (800) 297-9553 if errors are discovered.

Some general rules:

1. All meets must comply with National Federation Rules for Junior High Track & Field
2. Additional meets may be scheduled.
3. Boys should compete with boys and girls with girls. The participants should determine the number of events to run.
4. Double dual meets may be scheduled and scored provided it is agreeable to both the schools.

(Recommended) order of events:

Track Events

3200 Relay
100 M Hurdles
 Girls: 10-30" Hurdles
110 M Hurdles
 Boys: 10-33" Hurdles
100 M Dash
1600 M Run
400 M Dash
400 M Relay
800 M Run
200 M Run
1600 M Relay

Field Events

High jump
Pole Vault
Long Jump
Triple Jump
Shot Put
 Girls shot –6 lbs (2.744kg)
 Boys shot –8 lbs 13 ozs. (4 kg)
Discus
 2 lbs. 3.27 oz. (1kg)

Participation Limitations: 7th and 8th grade students may compete in a maximum of **FOUR (4) events.**

Conference, leagues and/or participating schools, by mutual agreement, may delete track and/or field events but may not add and/or modify track and/or field events or modify the order of track events.

7th/8th GRADE TRACK ALIGNMENT – 28 TEAMS

SECTION 1

Franklin Regional
Greensburg Salem
Hempfield (*Silver*)
Indiana
Latrobe
Norwin
Penn Trafford (*Penn Mid*)

SECTION 2

Derry
Hempfield (*Blue*)
Jeannette
Mt Pleasant
Penn Trafford (*Traff Mid*)
Southmoreland
Yough

SECTION 3

Albert Gallatin
Brownsville
Connellsville
Laurel Highlands
Uniontown (*A.J. McMullen*)
Uniontown (*Ben Frk & Lafayette*)
Waynesburg

SECTION 4

East Allegheny
Gateway
Kiski
McKeesport
Penn Hills (*Linton*)
Plum
Woodland Hills