

# 2009-2010 WPIAL TRACK & FIELD SCHEDULE

May 27, 2009

Maximum Scrimmages ~ 2

Maximum Competitions ~ 16 Teams

First Practice Date: March 8, 2010

First Scrimmage Date: March 13, 2010

First Play Date: March 26, 2010

WPIAL Track & Field competition begins **April 1, 2010**. Please check your schedule carefully and notify the League Office of any errors at (412) 921-7181 or 800-297-9553. **A copy of this document must be given to your coach. All WPIAL and PIAA championship dates are listed on the Track and Field calendar.**

**Coaches are advised that the PIAA By-Laws Article XIV, Section 3 requires that the head coach attend a minimum of one PIAA mandatory rules interpretation prior to each season. Mandatory rules meeting dates and times are available on the PIAA website. [www.piaa.org](http://www.piaa.org)**

The WPIAL team track program for the 2009-2010 season will follow the PIAA classification levels with few exceptions. Wherein the classifications of the boys and girls teams are different, those teams will still be sectioned together to permit the boys and girls teams to run together. **Individual competitors will continue to qualify for the state championship on a basis of AAA or AA classification. The top two teams from each AAA section will enter WPIAL team championship play. In Class AA the top two AA teams in each section will qualify for the AA Team Championships. The AAA teams assigned to a AA section MUST WIN THE SECTION TO QUALIFY FOR THE AAA TEAM CHAMPIONSHIPS. In the event of a tie for a place in the team tournament head to head competition will be the determining factor regarding tournament entry.** Multiple way ties will be broken in the following manner:

- a. Section records of the tied teams will be compiled.
- b. The team with the best numerical record among the tied teams will be the qualifier.
- c. If the tie cannot clearly be broken, all will enter post-season play.

**NOTE: ALL WPIAL SCHEDULED SECTION DUAL MEETS MUST BE COMPLETED BY FRIDAY APRIL 30, 2010.** The first round of the team track tournament play will be conducted by the designated host teams without benefit of track steering committee management or financing by the League.

**UNIFORM RULE** – Shoes are required. No jewelry, including watches, may be worn. Medical alert and religious medals are not considered jewelry and must be taped to the body religious under the uniform, alert may be visible. Each competitor shall wear a track top or one-piece uniform issued by the school. The top or one-piece uniform may have the school identification and the top may have the competitors' name. The top shall not be knotted or have a knot-like protrusion. A single manufacture's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top or one-piece uniform. The American flag, not exceeding 2 x 3 inches, and either a commemorative patch, not to exceed 4 square inches, may be worn on the uniform top. Bare midriff tops are not allowed. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

**NOTE:** Only one American flag and/or commemorative patch, or manufacture's logo may be displayed on the uniform. Each competitor shall wear a track bottom or one-piece uniform issued by the school. The bottom or one-piece uniform may have school identification. Loose-fitting, boxer-type bottoms, compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of uniform bottom. The waistband of a competitor's bottom shall be worn above the hips. A single manufacture's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the bottom or one-piece uniform. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.

Any visible garment(s) worn underneath the uniform top or bottom shall be a single, solid color and unadorned except for a single school name or insignia no more than 2 ¼ square inches with no dimension more than 2 ¼ inches; and a single, visible manufacture's logo as per NFHS rules. **NOTE:** If more than one garment is worn under the uniform top or bottom, all must be of the same color under the uniform piece.

In relay races, each Team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary. Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay Team. Visible garments under the uniform top or bottom may vary in length.

**The adornment of body piercing of any type is considered jewelry; and therefore, not permitted during competition. Penalty for an illegal uniform or wearing jewelry, the competitor is disqualified from the event.**

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1. The schedule combines boys and girls competition on the same day and is a dual meet schedule. The schedule may be altered by mutual consent of the participating teams. If schools feel the need to combine section meets, the only requirement is that each team establishes a score against each other section rival and that all section meets be completed by the date specified. Adjustments may also be made to accommodate conflicts. Please be flexible on this point. It is recommended that all afternoon contests do not start **before 3:30 PM** unless the competing school principals agree.
2. All multiple team meets scheduled in regular or post-season play will be scored as individual dual meets. (e.g. each team competes against all the others)
3. **A tie breaker system for dual meet regular season and dual meet post season meets has been established. Ties are broken by the following:**
  - A. Greater number of first place winners.
  - B. Greater number of second place winners.
  - C. Greater number of third place winners.

**NOTE: Both coaches must agree to the final score prior to leaving the field. The PIAA meet official must sign off on and certify the final score.**

When 3 teams are scheduled in regular or post-season play, each will be scored as an individual dual meet. If each team earns one win and one loss in the double scoring method, **the first step of the tie breaker will be total score for the day**. If a tie persists, the regular steps of first, second and third place finishers will be applied.

4. When four or more teams compete, the first tie-breaker among tied teams is head-to-head competition.
5. If the out come cannot be resolved by head-to-head, it will be broken by the following:
  - 1) Total score for the day
  - 2) Greater number of first place winners
  - 3) Greater number of second place winners
  - 4) Greater number of third place winners
6. The following qualifying standards have been established for boys and girls in class AAA and AA for entry into the individual qualifying rounds:

EVENT	AAA BOYS	AA BOYS	EVENT	AAA GIRLS	AA GIRLS
3200 Relay	1 Team	1 Team	3200	1 Team	1 Team
110 Hurdles	16.2	16.7	100 Hurdles	17.2	17.3
100 Meter	11.5	11.6	100 Meter	13.3	13.5
1600 Meter	4:52.0	4:55.0	1600 Meter	5:46.0	5:54.0
400 Meter	53.8	54.1	400 Meter	63.5	64.4
400 Relay	1 Team	1 Team	400 Relay	1 Team	1 Team
300 Int. Hurdle	42.7	44.6	300 L Hurdle	: 50.3	: 51.2
800 Meter	2:04.8	2:09.5	800 Meter	2:29.8	2:38.8
200 Meter	23.6	24.0	200 Meter	27.6	28.2
3200 Meter	10:20.4	11:23.3	3200 Meter	12:24.7	13:37.0
1600 Relay	1 Team	1 Team	1600 Relay	1 Team	1 Team
Shot Put	43'9"	42'9"	Shot Put	30'6"	30'9"
Discus	123'10"	119'9"	Discus	90'11"	89'10"
Pole Vault	11' 3"	10' 9"	Pole Vault	8'6"	7'6"
Javelin	143'4"	142'11"	Javelin	98'6"	93'6"
High Jump	5' 9"	5' 8"	High Jump	4' 8"	4' 7"
Long Jump	19' 5"	18' 10"	Long Jump	15' 5"	14' 9"
Triple Jump	40'6"	39' 3"	Triple Jump	32'10"	31'3"

Please note that color coded entry forms have been eliminate, entry information to the WPIAL Individual Track Championship is conducted through the PIAA web site at: [www.piaa.org](http://www.piaa.org).