

Girls' DELCO Championship

At Upper Darby H.S.

May 5th & 6th, 2022

Thursday, May 5th, 2022

Track Events at 4:00 pm (Rolling Schedule)

- 300 meter hurdles (Top 16 to Final)
- 100 meter dash (Top 16 to Final)
- 1600 meter run
- 400 meter dash
- 100 meter hurdles
- 800 meter run
- 200 meter dash

*All of the above are Trials advancing to a Saturday Final

- *16 runners advance to a 2-heat final, except for the 800m & 1600m which will advance to a final section of 12 runners; advancement will be by place first, then time.*

Field Events Starting at 3:45 (Trials & Finals)

- Javelin followed by Shot Put at 4:15
- Triple Jump
- High Jump
- Pole Vault

Saturday, May 6th, 2022

Track Events

- 5:00 300 meter hurdles (2 heat FINAL)
- 5:20 4x 800 meter relay
- 5:45 100 meter dash (2 heat FINAL)
- 6:00 1600 meter run
- 6:20 4x100 meter relay
- 6:35 400 meter dash (2 heat FINAL)
- 6:50 100 meter hurdles (2 heat FINAL)
- 7:05 800 meter run
- 7:20 200 meter dash (2 heat FINAL)
- 7:30 3200 meter run
- 7:50 1600 meter relay

Field Events

- 3:30 Long Jump
- 5:00 Discus

Meet Notes:

- Medals will be awarded to the Top 6 places in each event.
 - *We will try to award the medals in a ceremony immediately after the event is finished.*
 - *Parents are invited to participate.*
- Team scoring will be: 10-8-6-5-4-3-2-1
- Team trophies will be awarded to the 1st and 2nd place teams.

Boys' DELCO Championship

At Sun Valley H.S.
May 4th & 7th, 2022

Wednesday, May 4th, 2022

Track Events at 4:00 pm (Rolling Schedule)

- 300 meter hurdles (Top 16 to Final)
- 100 meter dash (Top 16 to Final)
- 3200m run FINAL
- 400 meter dash (Top 16 to Final)
- 100 meter hurdles (Top 16 to Final)
- Short Break
- 200 meter dash (Top 16 to Final)

Field Events Starting at 4:00 pm

- High Jump
- Shot Put
- Javelin
- Triple Jump

Saturday, May 7th, 2022

Track Events Start at 2:00 pm (rolling schedule)

- 4x800 meter relay (Varsity Final)
- JV 4x800 meter relay (2 entries)
- Unified 100m dash

Field Events at 2:00 pm

- Long Jump
- Discus
- Pole Vault

FINALS Begin at 3:00 PM

- 300 meter FINAL
- JV 4x400m relay (2 entries)
- 100m dash FINAL
- 1600m run FINAL
- 4x100m relay
- JV 4x100m relay (2 entries)
- 400m dash FINAL
- 110m hurdle FINAL
- 800m run FINAL
- 200m dash FINAL
- JV 1600m run (2 entries)
- 4x400m relay

*Each team is granted 2 entries in all events.

**Standard must be met if entering 3rd, 4th or 5th person in an event.

Central Athletic League Championship

At Lower Merion High School
Wednesday May 11, 2022

Track Events:

**Time schedule is only a guide.*

| | |
|--------|-----------------------|
| 3:00pm | 300 meter hurdles |
| 3:20pm | 4 x 800 meter relay |
| 3:40pm | 100 meter dash |
| 3:55pm | 1600 meter run |
| 4:15pm | 4 x 100 meter relay |
| 4:25pm | 400 meter dash |
| 4:45pm | 100/110 meter hurdles |
| 5:05pm | 800 meter run |
| 5:20pm | 200 meter dash |
| 5:35pm | 3200 meter run |
| 5:55pm | 4 x 400 meter relay |

Field Events:

Jumps: Starting at 2:30 PM *3 Jumps with no finals*

1st Events:

- **Boys' Long Jump:** (warm-ups: 1:30 - 2:30) **Open Pit:** 2:30 - 3:30
- **Boys' High Jump:** starting height determined day of the meet
- **Girls' Pole Vault:** starting height 7-0

2nd Events:

- **Girls' Long Jump:** (warm-ups: 3:30 - 3:50) **Open Pit:** 3:50 - 4:50
- **Girls' High Jump:** starting height: 4-4 (up 2" until 5-0)
- **Boys' Pole Vault:** Immediately following girls PV (starting height determined at meet)

3rd Events:

- **Boys' Triple Jump:** (warm-ups: 4:50 - 5:10) **Open Pit:** 5:10 - 6:10
- **Girls' Triple Jump:** (warm-ups: 6:10 - 6:30) **Open Pit:** 6:30 - 7:30

Throws: Starting at 2:30 PM *4 Throws with no finals*

- **Girls:**
 - Disc, Shot, Javelin
- **Boys:**
 - Javelin, Discus, Shot

PIAA District One Track & Field Championship DAY I

At Coatesville High School

Friday, May 20, 2022

- This time schedule listed for the District Meet 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.
- **All track events run:** Girls AA, Girls AAA, Boys AA, Boys AAA

Track Event

Time

Session I

| | |
|----------------------------|----------|
| 4X800m Relay Final on Time | 10:00 am |
| 100m Hurdles Trial | 11:15 am |
| 110m Hurdles Trial | 11:30 am |
| 100m Dash Trial | 11:45 am |

***** Session Break *****

Session II

| | |
|-------------------------|----------|
| 1600m Run Final on Time | 12:45 pm |
| 4X100m Relay Trial | 1:30 pm |
| 400m Dash Trial | 2:00 pm |
| 300m Hurdles Trial | 2:45 pm |

***** Session Break *****

| | |
|-----------------|---------|
| 200m Dash Trial | 3:30 pm |
|-----------------|---------|

Field Events: Preliminaries/Finals

Event

Time

| | |
|------------------|---------------------|
| Girls Long Jump | 10:00 am |
| Boys High Jump | 10:00 am |
| Girls Pole Vault | follows AA Girls PV |
| Boys Shot Put | follows AA Girls SP |
| Girls Discus | 10:00 am |
| Girls Javelin | 1:00 pm |
| Boys Long Jump | 1:00 pm |
| Girls High Jump | 1:00 pm |

PIAA District One Track & Field Championship DAY II

At Coatesville High School

Saturday, May 20, 2022

- This time schedule listed for the District Meet 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.
- **All track events run:** Girls AA, Girls AAA, Boys AA, Boys AAA

| <u>Track Event</u> | <u>Time</u> |
|--------------------|-------------|
| 3200 Meter Run | 9:00 am |
| 100m Hurdles Final | 10:00 am |
| 110m Hurdles Final | 11:30 am |
| 100m Dash Final | 10:30 am |

***** Lunch Break *****

| | |
|--------------------|----------|
| 4X100m Relay Final | 12:00 pm |
| 400m Dash Final | 12:15 pm |
| 300m Hurdles Final | 12:40 pm |
| 800m Run Final | 12:55 pm |
| 200m Dash Final | 1:30 pm |

***** Session Break *****

| | |
|--------------------|---------|
| 4x400m Relay Final | 2:30 pm |
|--------------------|---------|

Field Events: Preliminaries/Finals

| <u>Event</u> | <u>Time</u> |
|-------------------|-------------------------|
| Girls Triple Jump | 9:00 am |
| Boys Pole Vault | follows AA Boys PV |
| Girls Shot Put | 9:00 am |
| Boys Discus | follows AA Girls Discus |
| Boys Javelin | follows AA Girls Jav |
| Boys Triple Jump | 12:30 pm |

PIAA STATE TRACK AND FIELD CHAMPIONSHIP DAY I

At Shippensburg University
FRIDAY, MAY 27, 2022

TRACK EVENTS - PRELIMINARIES AND FINAL (where noted)

- All track events run: Girls AA, Girls AAA, Boys AA, Boys AAA

| EVENT | TIME |
|-----------------------------------|------------|
| 1600 Meter Run (Final) | 9:00 a.m. |
| 100 Meter Dash (Preliminaries) | 10:00 a.m. |
| 100 Meter Hurdles | 10:45 a.m. |
| 110 Meter Hurdles (Preliminaries) | 11:00 a.m. |

BREAK

| | |
|-----------------------------------|------------|
| 4x100 Meter Relay (Preliminaries) | 12:00 p.m. |
| 400 Meter Dash (Preliminaries) | 1:00 p.m. |
| 300 Meter Hurdles (Preliminaries) | 2:00 p.m. |
| 200 Meter Dash (Preliminaries) | 2:30 p.m. |
| 4x400 Meter Relay (Preliminaries) | 3:00 p.m. |

FIELD EVENTS - PRELIMINARIES AND FINALS

| EVENT | TIME |
|------------------------|------------|
| High Jump 2A Girls | 9:00 a.m. |
| Discus Throw 2A Girls | 9:00 a.m. |
| Pole Vault 3A Girls | 9:00 a.m. |
| Shot Put 3A Girls | 9:00 a.m. |
| Long Jump 2A Boys | 9:00 a.m. |
| Javelin Throw 2A Boys | 9:00 a.m. |
| Triple Jump 3A Boys | 9:00 a.m. |
| Long Jump 2A Girls | 12:30 p.m. |
| Javelin Throw 2A Girls | 12:30 p.m. |
| Triple Jump 3A Girls | 12:30 p.m. |
| High Jump 2A Boys | 12:30 p.m. |
| Discus Throw 2A Boys | 12:30 p.m. |
| Pole Vault 3A Boys | 12:30 p.m. |
| Shot Put 3A Boys | 12:30 p.m. |

Long Jump Unified Division* - 30 minutes after conclusion of regularly scheduled event.

Shot Put Unified Division* - 30 minutes after conclusion of regularly scheduled event.

Javelin Throw Unified Division* - 30 minutes after conclusion of regularly scheduled event.

PIAA STATE TRACK AND FIELD CHAMPIONSHIP DAY II

At Shippensburg University
SATURDAY, MAY 28, 2022

TRACK EVENTS - FINALS

- **All track events run:** Girls AA, Girls AAA, Boys AA, Boys AAA

| EVENT | TIME |
|--|-------------|
| 3200 Meter Run | 9:00 a.m. |
| 100 Meter Hurdles | 10:00 a.m. |
| 110 Meter Hurdles | 10:15 a.m. |
| 100 Meter Dash Unified Division* (Final) | 10:20 a.m. |
| 100 Meter Dash | 10:35 a.m. |
| 4x800 Meter Relay | 10:45 a.m. |

BREAK

| | |
|---|------------|
| 4x100 Meter Relay Unified Division* (Final) | 12:30 p.m. |
| 4x100 Meter Relay | 12:35 p.m. |
| 400 Meter Dash Unified Division* (Final) | 12:50 p.m. |
| 400 Meter Dash | 1:10 p.m. |
| 300 Meter Hurdles | 1:25 p.m. |
| 800 Meter Run Unified Division* (Final) | 1:40 p.m. |
| 800 Meter Run | 1:55 p.m. |
| 200 Meter Dash | 2:30 p.m. |

Unified Award Presentation Upon completion of 200M Dash Finals

4x400 Meter Relay No earlier than 20 minutes following completion of the 2A Girls' 200M Dash

FIELD EVENTS - PRELIMINARIES AND FINALS

| EVENT | CLASS TIME |
|------------------------|-------------------|
| Pole Vault 2A Girls | 9:00 a.m. |
| Shot Put 2A Girls | 9:00 a.m. |
| High Jump 3A Girls | 9:00 a.m. |
| Discus Throw 3A Girls | 9:00 a.m. |
| Triple Jump 2A Boys | 9:00 a.m. |
| Long Jump 3A Boys | 9:00 a.m. |
| Javelin Throw 3A Boys | 9:00 a.m. |
| Triple Jump 2A Girls | 12:30 p.m. |
| Long Jump 3A Girls | 12:30 p.m. |
| Javelin Throw 3A Girls | 12:30 p.m. |
| Pole Vault 2A Boys | 12:30 p.m. |
| Shot Put 2A Boys | 12:30 p.m. |
| High Jump 3A Boys | 12:30 p.m. |
| Discus Throw 3A Boys | 12:30 p.m. |