April 2, 2019

TO: **ATHLETIC DIRECTORS**
FROM: **Timothy O'Malley, Exec. Dir.**
SUBJECT: **2019 WPIAL TRACK AND FIELD IMPORTANT INFORMATION**

TEAM TRACK

The 2019 WPIAL boys and girls team track tournament will begin with a semi-final round for Class AAA and AA entries on **Tuesday**, **April 30, 2019 with sites to be determined**. **The Team Championships will be held on Monday, May 6, 2019 at Peters Township High School beginning at 4:00 P.M.** The Coaches meeting will be @ 3:15 PM.

INDIVIDUAL CHAMPIONSHIPS

The 2018-2019 WPIAL Individual Track and Field Championship will be held at Slippery Rock University on THURSDAY MAY 16, 2019. The top 24 AAA and top 16 AA athletes in each event will be entered into the championship meet based on times / distances achieved throughout the 2018-2019 regular season. The entry deadline for entering results is 7:59 PM on Wednesday, May 8, 2019. A MAXIMUM of 24 AAA and 16 AA athletes will be entered, and ALL TIES will be eliminated. THIS IS A NO SCRATCH MEET!

2019 UNIFORM INFORMATION

THE PIAA HAS ADOPTED THE NFHS UNIFORM RULE 4-3 without modifications.

GENERAL INFORMATION

A competitor shall not compete or be entered in more than four (4) events, including relays. Three contestants are permitted to enter each individual event. The order of track events in ALL meets will be as follows:

RUNNING EVENTS		FIELD EVENTS
3200	Meter Relay	Pole Vault
100	Meter Hurdles	High Jump
110	Meter Hurdles	Long Jump
100	Meter Dash	Triple Jump
1600	Meter Run	Shot Put
400	Meter Relay	Discus
400	Meter Dash	Javelin
300	Meter Hurdles	
800	Meter Run	
200	Meter Dash	
3200	Meter Run	
1600	Meter Relay	

POLE VAULT VERIFICATION FORMS MUST BE PRESENTED AT THE MEET.
These forms can be found in the PIAA Handbook on Page 8 in Rules & Regulations

WPIAL MEDIA POLICY REGARDING POST-GAME INTERVIEWS

The WPIAL Board of Directors, in an attempt to ensure proper supervision after a contest and provide all coaches and student-athletes the opportunity to reflect on their team's performance and game outcome , is requesting the cooperation of ALL MEDIA to delay ALL INTERACTION with coaches and student-athletes immediately following the conclusion of all playoff contests. In venues where it is possible, a designated media area, as established by the WPIAL appointed Game Manager, will be provided for the purpose of post-game interviews in a more controlled environment. Where designated areas are not available the WPIAL Board is requesting that ALL INTERVIEWS ARE DELAYED for a minimum of fifteen (15) minutes following the conclusion of the event. For this procedure to be effective, all coaches and media are asked to respect (observe) this request. The intent of this request is to allow for a "cooling off" and reflection period for coaches and student-athletes prior to addressing the media and to provide the media with more meaningful (objective) comments by coaches and student-athletes related to the contest. The WPIAL Board of Directors appreciates everyone's cooperation with this request (procedure).

WPIAL AA & AAA BOYS & GIRLS INDIVIDUAL CHAMPIONSHIP
5/16/19   SLIPPERY ROCK UNIVERSITY

Field Events   11:00 AM
Running Events   11:00 AM

Order of Events & Time Schedule 2019 AA & AAA Championships @ Slippery Rock University
Running Events 11:00 AM

100 Meter Dash Prelims (G AA, G AAA, B AA, B AAA)
100 Meter Hurdle Prelims (G AA, G AAA)
110 Meter Hurdle Prelims (B AA, B AAA)
3200 Meter Relay Finals (G AA, G AAA, B AA, G AAA)
200 Meter Dash Prelims (G AA, G AAA, B AA, B AAA)
NOTE: In the AA Prelims, the first 3 in each heat + the next two best times qualify for the finals.
In the AAA Prelims, the first 2 in each heat + the next two best times qualify for the finals.

100 & 110 Meter Hurdle Finals
100 Meter Dash Finals
1600 Meter Run Finals
400 Meter Relay Finals
400 Meter Dash Finals
300 Meter Hurdle Finals
800 Meter Run Finals
200 Meter Dash Finals
3200 Meter Run Finals
1600 Meter Relay Finals
In the above finals, the order will be G AA, G AAA, B AA, B AAA

Field Events 11:00 AM
B AA Long Jump followed by B AAA long Jump **(East Pit)**
G AAA Triple Jump >>> G AA Triple Jump **(West Pit)**
G AAA Pole Vault >>> G AA Pole Vault
B AA Pole Vault >>> B AAA Pole Vault
B AAA Shot Put >>> B AA Shot Put
G AA Shot Put >>> G AAA Shot Put
B AA Discus >>> B AAA Discus
G AAA Discus >>> G AA Discus
G AA High Jump >>> G AAA High Jump**(Left Pit)**
B AAA High Jump >>> B AA High Jump**(Right Pit)**
B AAA Javelin >>> B AA Javelin**(Lower Area)**
G AA Long Jump >>> G AAA Long Jump(North Pit)

Field Events 2:30 PM
B AA Triple Jump >>> B AAA Triple Jump
G AA Javelin >>> G AAA Javelin(Upper Area)

All Field events will be run to completion. In all events except the high jump and pole vault, each contestant will receive 3 trials in the prelims; the top 9 in each event will receive 3 additional attempts in the finals.

Three individuals may be entered per event, and one team per relay may be entered from each school. Schools with individual qualifiers may only enter one athlete per event and no relay team.

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2019 WPIAL TRACK ENTRY INFORMATION

♦ Entry information to the 2019 WPIAL Individual Track Championship will be conducted on line through the **MileSplit** web site, which is… http://**pa.milesplit.us** (Directions at the end.)   All athletes must be entered into the 2019 WPIAL championships by use of this web site.   Complete the required information form and establish a password for your school. **IT IS REQUIRED AND IMPERATIVE THAT THE ENTRIES BE PRINTED, REVIEWED FOR ACCURACY.   *ONLY ONE PERSON FROM EACH SCHOOL MAY ENTER ATHLETES FOR BOTH THE BOYS AND THE GIRLS TEAMS.***

BEGINNING DATE FOR ENTRY SUBMISSION: MONDAY, APRIL 1, 2019
All entries must include the following to be considered: Hand held or FAT, date of competition, where and against whom.

DEADLINE FOR ENTRIES: 7:59 PM ~ WEDNESDAY, MAY 8, 2019

PERFORMANCE LISTS WILL BE AVAILABLE ON THE WPIAL WEB SITE BEGINNING ON THURSDAY, APRIL 18TH. Following the first posting, they will be available each week on Tuesday.

THE WPIAL CHAMPIONSHIPS IS A NO SCRATCH MEET. ALL ENTRIES AT THE DEADLINE MUST COMPETE. NO CHANGES MAY BE MADE AFTER THE DEADLINE!

CHALLENGES TO AN ENTRY MAY BE MADE BY EMAIL ONLY BY THE HEAD COACH AND MUST LIST THE NAME, SCHOOL, EVENT, AND TIME BEING CALLENGED NO LATER THAN THE FINAL ENTRY DEADLINE OF 7:59 PM ON WEDNESDAY, MAY 8, 2019:

ROBERT BLEGGI – bledge@zoominternet.net

Each school that enters an athlete in a field event will be expected to officiate that event.   Assignments will be forwarded to your AD prior to the championships.

PRINT YOUR ENTRIES AFTER YOU'VE COMPLETED THEM, REVIEW EVERYTHING FOR ACCURACY.   THERE WILL BE NO CHANGES PERMITTED AFTER THE FINAL DEADLINE DATE.

♦ Relay teams must have runners names entered for each relay, up to a maximum of six names. Relay team members may be changed if your school qualifies a team to the PIAA Championship. However, the team that runs in the WPIAL championships **MUST** consist of four of the runners listed on the original entry.

♦ Registration and housing for the 2019 PIAA championship will be done on line through a specific web address for Shippensburg University, which is   www.ship.edu. All schools must indicate their housing preference for Shippensburg by using this method.   The cost for housing and meals (2 nights lodging and six meals) will be **at least** $190.00 per person, including coaches. The PIAA instruction memo will **NOT** be distributed at the WPIAL championships. This information must be downloaded from the PIAA web site. On their home page, go to the right-hand side and click on "track & field", under the "PIAA Sports" heading. Then scroll down to "memorandum" and print it.   This memorandum will give specific instructions for housing registration. General instructions are as follows:

° After entering the above web site, click on the link to the PIAA housing reservation page. Select your school from the drop down box. The ID number/password requested should be 07 (our PIAA district number) followed by your four-digit PIAA school ID number. Enter all the information requested, and then print the form. **All housing payments are to be made payable to Shippensburg University Foundation and bring directly to registration …. Office of Conferences, Shippensburg University, 1871 Old Main Drive, Shippensburg PA 17257-2299.** Include with your check a copy of your reservation form that you printed from the web site.   Make sure "District 7" is noted somewhere with your payment.

AAA/AA PIAA CHAMPIONSHIP
5/24-25/2019 SHIPPENSBURG STATE UNIVERSITY

PLEASE NOTE: 3/16" pyramid or needle spikes only are permitted on all artificial surface tracks for all running events, long and triple jumps, high jump and pole vault. Soft soled shoes in the shot put and discus, and any legal shoe in the javelin.   Baseball spikes are not permitted.

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

CLAIMING YOUR TEAM

Step 1: Go to your home MileSplit state (http://pa.milesplit.us) by using the drop-down box in the header of any page.

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 red 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.

EDITING YOUR TEAM ROSTER

Step 1: Make sure you are logged in. Go to your team page by using the "Teams" drop-down box in the tool bar. Once on your team page, you will see a black box in the upper right corner that now says "Team Administration." Click it.

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, gender and HS grad year are most important.

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

Instructions to enter a meet using MileSplit's Online Meet Registration System- con't.

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."

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 MileSplit Online Registration support, Gayle Rich at gayle.rich@flosports.tv.