

DISTRICT XI TRACK AND FIELD CHAMPIONSHIPS

Presented by St. Luke's University Health Network

2026

DATES, LOCATION, AND TIME OF DISTRICT CHAMPIONSHIP

May 12, 2026 3:00 p.m. Whitehall High School "AA" & "AAA" Boys/Girls

100 M DASH	AA GIRLS, AAA GIRLS PRELIMS	3:00 PM
100 M DASH	AA BOYS, AAA BOYS PRELIMS	3:15 PM
3200 M RELAY	AA GIRLS, AAA GIRLS FINALS	3:30 PM
3200 M RELAY	AA BOYS, AAA BOYS FINALS	3:55 PM
100 M HURDLES	AA GIRLS, AAA GIRLS PRELIMS	4:20 PM
<u>110 M HURDLES</u>	<u>AA BOYS, AAA BOYS PRELIMS</u>	<u>4:35 PM</u>
200 M DASH	AA GIRLS, AAA GIRLS PRELIMS	5:45 PM
200 M DASH	AA BOYS, AAA BOYS PRELIMS	6:00 PM
300 M HURDLES	AA GIRLS, AAA GIRLS FINALS	6:20 PM
300 M HURDLES	AA BOYS, AAA BOYS FINALS	6:35 PM
3200 M RUN	AA GIRLS, AAA GIRLS FINALS	6:50 PM
3200 M RUN	AA BOYS, AAA BOYS FINALS	7:20 PM

FIELD EVENTS All Finals

LONG JUMP	AA BOYS PRELIMS&FINALS(SE pit)	3:00 PM
TRIPLE JUMP	AAA BOYS PRELIMS&FINALS(NW pit)	3:00 PM
DISCUS	AA GIRLS PRELIMS&FINALS	3:00 PM
JAVELIN	AA BOYS PRELIMS&FINALS	3:00 PM
HIGH JUMP	AA GIRLS PRELIMS&FINALS	3:00 PM
POLE VAULT	AAA GIRLS PRELIMS&FINALS	3:00 PM
<u>SHOT PUT</u>	<u>AAA GIRLS PRELIMS&FINALS</u>	<u>3:00 PM</u>
JAVELIN	AA GIRLS PRELIMS&FINALS	5:00 PM
DISCUS	AA BOYS PRELIMS&FINALS	5:00 PM
HIGH JUMP	AA BOYS PRELIMS&FINALS	5:00 PM
POLE VAULT	AAA BOYS PRELIMS&FINALS	5:00 PM
LONG JUMP	AA GIRLS PRELIMS&FINALS(SE pit)	5:00 PM
TRIPLE JUMP	AAA GIRLS PRELIMS&FINALS(NW pit)	5:00 PM
SHOT PUT	AAA BOYS PRELIMS&FINALS	5:00 PM

May 13, 2026 3:00 p.m. Whitehall High School "AA" & "AAA" Boys/Girls

100 M HURDLES	AA GIRLS, AAA GIRLS FINALS	3:00 PM
110 M HURDLES	AA BOYS, AAA BOYS FINALS	3:05 PM
100 M DASH	AA GIRLS, AAA GIRLS FINALS	3:10 PM
100 M DASH	AA BOYS, AAA BOYS FINALS	3:15 PM
1600 M RUN	AA GIRLS, AAA GIRLS FINALS	3:20 PM
1600 M RUN	AA BOYS, AAA BOYS FINALS	3:40 PM
400 M RELAY	AA GIRLS, AAA GIRLS FINALS	3:50 PM
<u>400 M RELAY</u>	<u>AA BOYS, AAA BOYS FINALS</u>	<u>4:20 PM</u>
400 M RUN	AA GIRLS, AAA GIRLS FINALS	5:30 PM
400 M RUN	AA BOYS, AAA BOYS FINALS	5:50 PM
800 M RUN	AA GIRLS, AAA GIRLS FINALS	6:10 PM
800 M RUN	AA BOYS, AAA BOYS FINALS	6:30 PM
200 M DASH	AA GIRLS, AAA GIRLS FINALS	6:45 PM
200 M DASH	AA BOYS, AAA BOYS FINALS	6:50 PM
1600 M RELAY	AA GIRLS, AAA GIRLS FINALS	7:05 PM
1600 M RELAY	AA BOYS, AAA BOYS FINALS	7:30 PM

FIELD EVENTS- FINALS

LONG JUMP	AAA BOYS PRELIMS&FINALS(SE pit)	3:00 PM
TRIPLE JUMP	AA BOYS PRELIMS&FINALS(NW pit)	3:00 PM
DISCUS	AAA GIRLS PRELIMS&FINALS	3:00 PM
JAVELIN	AAA BOYS PRELIMS&FINALS	3:00 PM
POLE VAULT	AA GIRLS PRELIMS&FINALS	3:00 PM
HIGH JUMP	AAA GIRLS PRELIMS&FINALS	3:00 PM
SHOT PUT	AA GIRLS PRELIMS&FINALS	3:00 PM
DISCUS	AAA BOYS PRELIMS&FINALS	5:00 PM
JAVELIN	AAA GIRLS PRELIMS&FINALS	5:00 PM
POLE VAULT	AA BOYS PRELIMS&FINALS	5:00 PM
HIGH JUMP	AAA BOYS PRELIMS&FINALS	5:00 PM
LONG JUMP	AAA GIRLS PRELIMS&FINALS(SE pit)	5:00 PM
TRIPLE JUMP	AA GIRLS PRELIMS&FINALS(NW pit)	5:00 PM
SHOT PUT	AA BOYS PRELIMS&FINALS	5:00 PM

NOTE: THE TIMES FOR THE EVENTS ARE APPROXIMATE AND CAN BE CHANGED BY THE MEET MANAGEMENT.

DISTRICT COMMITTEE PERSON IN CHARGE OF CHAMPIONSHIP

Mr. Stephan Panczer, District Committee

panczers@bangorsd.org

Mr. Glenn R. Rissmiller, Meet Manager

grissmiller@ptd.net

ELIGIBILITY TO COMPETE IN TRACK AND FIELD CHAMPIONSHIPS: As in the past, fastest **24** competitors (up to and including the 800m) will be eligible to compete. In all other running events, relay events, and all field events, the best **16** will be eligible to compete. This pertains to each of the four divisions: “AA” boys, “AA” girls, “AAA” boys, and “AAA” girls. **3** qualifiers will be added to the 100m and 100/110m High Hurdles on nine lane tracks.

METHOD OF SEEDING:

Please note that this is a non-scratch meet.

Times and/or distance.

- A. The seeding meeting will be held at Whitehall High School on May 9, 2026 beginning at 10:00am. A general meeting will be held in the Auditorium before the seeding process.
- B. Seeding will be done by the games committee with the assistance of the coaches in their own group meeting using the metric system for running events and English standard for field events. F.A.T times will be the standard. All hand-held times will be rounded to the nearest 1/10 of a second (0.01) and .24 seconds will be added. Distances in the shot put and all jumps shall be entered results to the nearest shorter quarter in (1/4”). All distances in the discus and javelin should have results to the nearest inch (1”).
- C. Schools must submit ALL of their athletes, including all relay names and alternates, electronically using the designated web-based software provided by District XI. Failure to use the seeding software could prohibit athletes from competing.
- D. A fine of \$25 per entry/name will be assessed to schools for any manually added entries at the seeding meeting.
- E. The specific number of qualifiers for each event in the meet can be obtained from the Competition Guide.
- F. *Only times and distances achieved in a meet after **March 13, 2026** and officiated by a PIAA Official (Starter or referee) will qualify for the District XI Meet.*
- G. There will be no entries after the meeting is closed unless approved by the games committee.
- H. Beginning in 2026, the following timing process will be used for qualifying.
 1. Meeting the district mark in two separate competitions. Seed is based on second-best handheld performance or FAT time whichever is faster (Indicate on MileSplit – dual meets & dates.).
 2. No split times will be permitted.

FINANCES: Reimbursement and expenses will be paid in accordance with District XI Policy.

ASSIGNMENT OF OFFICIALS: Meet Manager will assign in conjunction with PIAA Track and Field Chapters in District XI

SPORTSMANSHIP STATEMENT: PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let all contests reflect mutual respect. Coaches will certify prior to the contest that teams are legally equipped according to the rules of that contest.

TICKET PRICES: All Tickets-- \$7.00 65 or older are free with valid ID

CUT-OFF DATE FOR ENTRIES: Friday, May 8, 2026 at 8:00 a.m. Adjustments may be made based on inclement weather for league championship meets.

Entries Window on MileSplit

Entries Open: Thursday, April 30, 2026 1:00am

Entries close: Friday, May 8, 2026 8:00am

Password for 3A Teams: AAA

Password for 2A Teams: AA

AWARDS: *No team champions.* Top four in each of the four divisions (“AAA” boys, “AAA” girls, “AA” boys, “AA” girls) will receive medals. There will be only two calls for awards. The recipient shall report on the first call.

RULES AND REGULATIONS

- A. Contestants must stay in designated areas during the running of the meet.
- B. No coach or competitor, not involved in the event being run, will be allowed on the track, in the field, or at the finish line
- C. All competitors must report to the bullpen no later than the second call. The event will start with third call.
- D. Protest forms will be available at the tent. Protests must be completed on this form.
- E. ***Important: ONLY STRAIGHT 1/4” spikes will be allowed on the track and runaway surfaces.***
- F. The weigh-in for all shots, discuses, and javelins will be from 1:30 to 2:30. It is the responsibility of each school district to have their implements ready to weigh-in at the appropriate time.
- G. All Pole Vaulters will be weighed in between 1:30 to 2:30.
- H. **NATIONAL FEDERATION RULES** will be used to run the meet.
- I. In District XI qualifying meets to the PIAA Track and Field Championships, not more than three (3) contestants from a given school shall be allowed to enter an individual event. In a relay race, only one Team per school may be entered.
- J. Relay team members must be recorded prior to the end of the meet.

FACILITY INFORMATION:

- A. Will be provided at the seeding meeting

PIAA CHAMPIONSHIP INFORMATION:

- A. Athletes who qualify for the state meet are expected to attend and compete in the state finals. *If an athlete who qualifies will not compete in one or more events at the state meet, we must be informed by the end of the district meet in writing by notifying tournament chairman manager.*
- B. Each school for the state meet is responsible for submitting payment to the PIAA for all lodging and meals package by registration. Alternate financing plans will not be available through the District.
- C. District XI state meet qualifiers can be found in the PIAA Handbook Rules and Regulations under Track & Field
- D. In addition to the PIAA standards, for a Pole Vault participant to advance to the PIAA Track and Field Championships, they shall clear a height equal to or greater than the following minimum standards, in a PIAA District qualifying meet. The minimum qualifying height can be found in the PIAA Handbook Rules and Regulations under Track & Field