

## 2025 Diocese of Pittsburgh Track and Field Championship Primer

A couple updates for this year first:

- We have a new rule this year that athletes must compete in at least one meet to be eligible for the Championship meets. If there is a legitimate reason that an athlete cannot run in a meet (illness, injury, etc.) until the final coaches can petition for an exemption.

**Team Scoring/Event Updates: All DEV-JV-V events will score 10-8-6-5-4-3-2-1 system.**

- If K-2 meet runners times/scores place in the top 8 of the 3-4 race, their scores **WILL** count toward the Developmental team Awards.
- **K-2 Runners** will be limited to 3 events, **3-4 runners** will be limited to 4 events this year
- **Split Divisions again this year:** For DEV, JV and VARSITY, we have decided that we will still be running one meet together, with individual awards, but splitting the team awards into two divisions (see below)
- **Event Changes:** We will be adding the 4x800 for the Developmental Grade 3-4 meet this year
- **Running up:** As of last year, we are **NO LONGER** allowing athletes to run up between divisions (DEV to JV or JV to VARSITY). Athletes must compete at their own level regardless of circumstances.

The Championship Meets are generally run like regular season meets with some exceptions. Everything here is true for both boys and girls. Here are the major rules and differences:

### **ALL CHAMPIONSHIP UPDATE:**

- **\*T-Shirt Sale:** We are again going to sell T-Shirts in advance of the Championship meets again and we are going to try to get an early jump this year. While we have been able to run our regular season meets at no cost to teams, there are costs to the Diocesan Championship meets (medals, trophies, track rental, port a potties, etc.). We decided a few years ago to sell t-shirts and use all the proceeds to offset some of the cost of the meets for ALL teams, so please encourage parents to consider buying when you receive the email. Plus, while there are hundreds of cross country meet t-shirts out there, as of now there is only ONE official Diocesan Track and Field Championship T-shirt, so don't miss out! We will have information out shortly.
- **Volunteers:** ALL TEAMS will be responsible to provide volunteers (based on their team size) at each of the events. We will assign these ahead of time and expect volunteers to be available during check-in time and ready to go.
- **Timing and Seeding:** Will all be set up automatically by Wolf Creek Timing. Teams will be required to register and enter their teams through PA Milesplit. Ryan Silvis of Ave Maria Academy will be taking the lead on guiding teams through this process. He will

be sending an instructional email in the coming days. These events will be scored live and use automatic timing provided by Wolf Creek.

**Developmental Championship Information:** For the Developmental Championships, we will be separating the meet into a **Junior Developmental Race (K-2)** and a **Developmental Race (3-4 race)**. We will send exact information the week of the race, but here is a general guideline. And just a reminder, this race is back in the South this year at Peters Township Track.

**Approximate Times (Saturday, May 10<sup>th</sup>. ):**

- 8:00AM-11:00 AM. Jr Developmental Race
- 11:00 AM-11:30 AM: Junior Developmental (K-2) Medals
- 11:30AM-2:45 PM: Developmental Race (3-4)
- 2:45 PM: Developmental Medals and Team Awards
- **Individual Event Information:**
  - **Event Limits:** *Developmental Runners K-2* can participate in **up to 3 events total** at the Championship (relays and individual) between the two races.
  - *Developmental Runners 3-4* may participate in **up to 4 total events**.
  - **Awards:** Top 8 in each event will receive a medal.
  - **Current Developmental Championship Events:**
  - K-2 Race
    - 100 meters (ALL)
    - 200 meters (ALL)
    - 400 meters (ALL)
    - 800 meters (2<sup>nd</sup> Grade ONLY)
    - Long Jump (ALL)
    - Javelin (2<sup>nd</sup> Grade ONLY)
    - 4x100 Meter Relay (ALL)
  - 3-4 race
    - 100 meters
    - 200 meters
    - 400 meters
    - 800 meters
    - 1600 meters (3-4 only)
    - Long Jump
    - Javelin
    - 4x100 Meter Relay
    - 4x400 Meter Relay (3-4 Only)
    - 4x800 Meter relay (3-4 Only)
- **Team Event Information:**

- **Team Event Limits:**
  - There are no limits on the amount of runners in the 100 and 200 meters in either race.
  - Teams are limited to 5 total spots in the 400, 800, 1600
  - Field events: Teams are limited to 6 spots total for Javelin and 6 spots for the Long Jump.
  - Relays: Teams are limited to one relay team per race.
  - Boys and Girls limits are separate
  - K-2 and 3-4 limits are separate.
  - GIRLS MAY RUN COMPLETE A BOYS RELAY TEAM PROVIDED THEY ARE NOT IN THE SAME RACE, IT DOES COUNT v THEIR EVENTS.
- **Awards:** This year we will have two divisions for the Championships. A “A” (smaller school) division and “AA” (larger school) division.
- **Divisions:** In the next week or so we will send out who will be included in the separate divisions. The divisions will be determined by a combination of K-8 enrollment and team size (as some teams have combined). The cut off-line will be set up to split up the number of athletes evenly among the two divisions
- **Scoring:** *We* will score everyone together, but the winners will be determined by overall place in the combined event. ***The Top 3 teams in the “A” division will receive trophies, and the top 3 teams in the “AA” division will receive trophies based on overall meet score.***

**JV Championship Update:** The JV Championship Meet will take place at RMU, Neville Island on Saturday, May 17, 2025

- **Approximate Times:**
  - Check-in/Set Up (12:00-12:30)
  - 12:30 PM Field Events Open For Practice
  - 1:00 PM Field Events Open for Scoring
  - 1:00 PM JV Meet Begins
  - ~5:00 PM JV Individual and Team Awards
- **Individual Event Information:**
  - **Event Limits:** *All JV Runners* can participate in **up to 5 events total** at the Championship (relays and individual).
  - **Awards:** **Top 8 in each event will receive a medal.**
  - **Current Junior Varsity Championship Events:**
    - 100 meters
    - 200 meters
    - 200 meter hurdles
    - 400 meters
    - 800 meters
    - 1600 meters
    - 3200 meters
    - Long Jump

- Javelin (300g)
  - Discus (1KG)
  - Shot Put (4lb-girls, 6lb-boys)
  - 4x100 Meter Relay
  - 4x400 Meter Relay
  - 4x800 Meter Relay
- **Team Event Information:**
  - **Team Event Limits:**
    - **Running Events 1:** There are no limits on the amount of runners in the 100 and 200 meters.
    - **Running Events 2:** Teams are limited to 5 total spots in the remaining running events (400, 800, 1600, 3200, 200 hurdles)
    - **Field events:** Teams are limited to 5 spots each for field events (Javelin, Discus, Shot Put, Long Jump)
    - **Relays:** Teams are limited to one relay team per race.
    - **Boys and Girls limits are separate**
    - **GIRLS MAY RUN ON BOYS RELAY TEAMS, BUT ONLY IF THEY ARE NOT RUNNING IN THAT EVENT AND IT WILL COUNT VERSUS THEIR EVENT**
  - **Individual Awards:** Top 8 in each event will receive a medal
  - **Divisions:** Later this week we will send out who will be included in the separate divisions. The divisions will be determined by K-8 enrollment provided by the Diocese. The cut off line will be set up to split up the number of athletes evenly among the two divisions
  - **Team Scoring and Awards:** We will score everyone together, but the winners will be determined by overall place in the combined event. ***The Top 3 teams in the "A" division will receive trophies, and the top 3 teams in the "AA" division will receive trophies based on overall meet score.***

**Varsity Championship Update:** The Varsity Championship Meet will take place this year on Saturday, May 17<sup>th</sup> at RMU Neville Island

- **Approximate Times:**
  - 6:45-7:45 AM Set Up
  - 7:00 AM Field Events Open For Practice
  - 7:30 AM Field Events Open for Scoring
  - 8:00 AM Running Events start
  - 12:15-12:30 PM JV-V Individual and Team Awards
- **Event Limits:** All Varsity Runners can participate in up to 5 events total at the Championship (relays and individual).
  - **Awards:** Top 8 in each event will receive a medal.
  - **Current Developmental Championship Events:**
    - 100 meters
    - 200 meters
    - 100/110 meter Hurdles

- 200 meter hurdles
  - 400 meters
  - 800 meters
  - 1600 meters
  - 3200 meters
  - Long Jump
  - Triple Jump
  - Javelin (600g)
  - Discus (1KG)
  - Shot Put (6lb-girls, 8lb-boys)
  - 4x100 Meter Relay
  - 4x400 Meter Relay
  - 4x800 Meter Relay
- **Team Event Information:**
  - Team Event Limits:
    - **Running Events 1:** There are no limits on the amount of runners in the 100 and 200 meters.
    - **Running Events 2:** Teams are limited to 5 total spots in the remaining running events (400, 800, 1600, 3200, 110 hurdles, 110 hurdles, 200 hurdles)
    - **Field events:** Teams are limited to 5 spots each for field events (Javelin, Discus, Shot Put, Long Jump, Triple Jump)
    - **Relays:** Teams are limited to one relay team per race.
    - **GIRLS MAY RUN ON BOYS RELAY TEAMS, BUT ONLY IF THEY ARE NOT RUNNING IN THAT EVENT AND IT WILL COUNT VERSUS THEIR EVENT**
  - Individual Awards: Top 8 in each event receive medals
  - Divisions: Later this week we will send out who will be included in the separate divisions. The divisions will be determined by K-8 enrollment provided by the Diocese. The cut off line will be set up to split up the number of athletes evenly among the two divisions
  - Team Scoring/Trophies: *We* will score everyone together, but the winners will be determined by overall place in the combined event. ***The Top 3 teams in the “A” division will receive trophies, and the top 3 teams in the “AA” division will receive trophies based on overall meet score.***