



PAISAA Indoor Track & Field Championships 2024

Saturday, February 17, 2024

Host School: [Mercersburg Academy](#)

12:30pm Field Events

1:00pm Running Events

TRACK RULES OF PLAY:

1/4" pyramid spikes for all events. NO NEEDLE SPIKES!

1. Entries will be submitted via [athletic.net](#).
2. Three entries will be permitted in each event. Each school will be limited to one team in each relay. Schools are permitted to provisionally submit 8 names for each relay team, giving them the flexibility to select the four competitors at the race.
3. **Coaches must submit entries electronically by 12pm on Thursday, February 15th. For races, all times recorded without FAT must have .24 added, to make them equivalent to FAT times.**
4. At the coach's meeting, only scratches will be accepted. No additions or replacements.
5. Heats will go from slow to fast in the seeded races. Girls followed by boys.
6. Medals will be given to athletes who place first, second and third in their respective events.

***Coaches meeting at 12:15PM – Saturday, February 17, 2024**

Facility will be available for practice on Friday night until 7:00pm. Please contact Lauren Jacobs, Director of Athletics, to reserve space at jacobsl@mercersburg.edu.

In the event that your certified athletic trainer is unable to tape or wrap your athletes prior to their departure, we would be more than happy to tape or wrap your athletes. We just ask that you send an email to Andrew Myers, myersa@mercersburg.edu, in advance. Supplies for taping and wrapping are required.

Contact Information:

Lauren Jacobs, Director of Athletics, jacobsl@mercersburg.edu

Betsy Cunningham, Head Indoor Track & Field Coach, cunninghamb@mercersburg.edu



Order of Events

12:30 pm - Field Events

3 jumps/3 throws trials; 3 jumps/3 throws finals

Shot Put (boys followed by girls)

High Jump (girls followed by boys)

Pole Vault (girls followed by boys)

Long Jump (boys runway 1)

Long Jump (girls runway 2)

Followed by Triple Jump

1:00 pm - Running Events

(Girls followed by Boys)

55m Hurdles (Trials)

55m Dash (Trials)

1600m Run

55m Hurdles (Finals - **note: Boys then Girls*)

55m Dash (Finals)

400m Dash

800m Run

200m Dash

3200m Run

4x400m Relay