

ACAA TRACK AND FIELD CHAMPIONSHIPS
MONDAY, MAY 7, 2018
BLOOMSBURG UNIVERSITY

GENERAL INFORMATION:

- This year's meet will take place on Monday, May 7, 2018 at Bloomsburg University.
- The meet is open to all ACAA member schools.
- A mandatory coaches meeting will take place promptly at 9:15 am.

EVENTS AND CATEGORIES:

- Competition for the meet is grouped into Junior High and Senior High divisions. Junior High consists of 6-8 grades, while the Senior High consists of 10-12 grades. (9th graders may compete in either division providing they don't compete in more than 4 events and they don't compete in the same event for both divisions.)
- Each school may enter only 2 athletes per division.
- **Each school may enter only 1 relay team per division.**
- Athletes may not compete in more than 4 events.
- Three wild cards can be entered per division. You cannot use more than one wild card in an event. Also note that you can use one of your wild cards as a relay however that must count as one of your wild card slots.
- A total of 5 homeschoolers may be used per school. (You may decide how they are distributed between the divisions.)

INJURIES:

- Mike Mertz, a trained injury specialist will be on hand to attend to any medical needs should they arise.

SCORING/AWARDS:

- Ribbons are awarded to the top six place winners in each event. Trophies are awarded to the top three schools in high school and junior high.
- An "outstanding athlete" is awarded to the athlete from each division who amasses the most points during the meet.
- An ACAA championship banner goes to the school accumulating the most points between the junior high and senior high divisions.
- Scoring: 1st place -6th place (10-8-6-4-2-1).

FEES:

- A \$25.00 team fee is required from each school, plus a \$5.00 fee per athlete. Fees can be turned in upon arrival to the meet. Please make checks payable to ACAA.

School Registration

STEP #1:

- Fill out the school registration form indicating that your school will be participating in the ACAA Track and Field Meet. Email this form to Melissa Baughman (Melissa.baughman@mcsliions.org). **This form is due by Friday, April 13, 2018.**

STEP #2:

- Email a copy of your team roster to Melissa Baughman (Melissa.baughman@mcsliions.org) and Bernie Empie (bempie@bloomu.edu).
- Your roster should include the names, genders, and grades of each athlete. **This form is due by Tuesday, May 1, 2018.**

STEP #3

- Complete a separate entry form for each division you are entering. This form must be emailed to Bernie Empie (bempie@bloomu.edu) by Tuesday, May 1, 2018. All of the entries are entered into the system ahead of time. **You MAY NOT bring your entry forms the day of the meet.**

QUESTIONS:

- Please contact Melissa Baughman with any questions.
 - Email: Melissa.baughman@mcsliions.org
 - Cell: (570)428-3123
 - Fax: (570)742-4710

ACAA Track & Field Meet
May 7, 2018
School Registration Form (STEP #1)

School _____

Athletic Director _____

AD email _____

AD Contact Number _____

Please check the divisions that will be competing:

JH Girls _____ **JH Boys** _____ **HS Girls** _____ **HS Boys** _____

Approximate number of athletes competing _____

(A complete list of athletes will need to be submitted by May 1, 2018)

Homeschoolers:

*If your team is planning on using homeschoolers, please list their names and grades below. A maximum of 5 homeschoolers are allowed per school. Homeschoolers will not be allowed to compete if this form is not returned.

Name	Grade
1.	
2.	
3.	
4.	
5.	

Please complete this form and return it to Melissa Baughman by Friday, April 13, 2018.

***Please note that each school will be assigned field events to help run. Please bring a tape measure. Timers will not be needed since the meet is electronically timed. Assignments will be emailed out prior to the meet.**

ACAA Track and Field Entry Form (STEP #3)

Division _____

School _____

100 meters / Time	200 meters/ Time	400 meters/ Time
1.	1.	1.
2.	2.	2.
800 meters/ Time	1600 meters/ Time	3200 meters (HS only)
1.	1.	1.
2.	2.	2.
4 x100 Relay/ Time	4 x 200 Relay/ Time	High Jump/ Distance
1.	1.	1.
2.	2.	2.
3.	3.	
4.	4.	
Alt.	Alt.	
Alt.	Alt.	
Long Jump/ Distance	Triple Jump/ Distance	Shot Put/ Distance
1.	1.	1.
2.	2.	2.
Discus/ Distance	Javelin/ (HS Only)/ Distance	100/110 Hurdles/Time
1.	1.	1.
2.	2.	2.
Wild Cards	Event	Seed time/ Distance
1.		
2.		
3.		

***Please include the athlete's names and their seed time or distance. Also a maximum of three wild cards per division may be used. A relay team counts as one wild card. Please do not add more than one wild card to an event. Form due Tuesday, May 1, 2018.**

ACAA Field Event Schedule

Jr. High Girls	Jr. High Boys	HS Girls	HS Boys
Shot Put 10:00	Discus 10:00	Long Jump 10:00	High Jump 10:00
High Jump 11:00	Shot Put 11:00	Discus 11:00	Long Jump 10:00
Long Jump 11:15	Long Jump 11:15	Shot Put 12:00	Discus 12:00
Discus 1:00	High Jump 12:00	Triple Jump 12:30	Triple Jump 12:30
Triple Jump 1:30	Triple Jump 1:30	High Jump 1:00	Shot Put 1:00
		Javelin 1:00	Javelin 2:00

10:30 am Running Events Start (times are approximate.)

***We will use the following rotation for the running events** (except hurdles- JH Girls, HS Girls, JH Boys, HS Boys)

Junior High Girls
Junior High Boys
Senior High Girls
Senior High Boys

100/ 110m hurdles
100m Trials
1600m
4x100m Relay
400m
100m Finals
800m
200m
3200m (Senior High Only)
4x200m Relay

ACAA Records 2017

Junior High Girls

100m Hurdles	Kenzie Baughman	MCS	2016	18.11
100m	Jodi Ziegler	WCA	1999	13.18
200m	Jodi Ziegler	WCA	2000	28.09
400m	Andria Savidge	SCA	2012	1:05.92
800m	Stephanie Harp	BCCS	2001	2:41.20
1600m	Katie Benfer	MCS	2013	5:56.26
4x100 relay	R. Tamblin, O. Raymond D. Wagner, J. Brouse	MCS	2012	56.18
4x200 relay	A. Hart, A. Bomberger P. Hart, K. Johnson	MCS	2001	2:00.15
High Jump	Kim Long	CBCA	1991	4'8.25"
Long Jump	Madison Burrows	MCS	2010	15'2"
Triple Jump	Jessie Breed	NCS	1994	30'9.5"
Shot Put	Christie Miller	WCA	1994	29'1.25"
Discus	Christine Miller	WCA	1994	85'4"

Junior High Boys

110m Hurdles	Trey Baughman	MCS	2014	17.79
100m	TJ Carney	MCS	2001	11.90
200m	Jose Rivas	MCS	2014	24.70
400m	David Hutchison	CCCS	2013	56.82
800m	Peter Dray	BCS	1995	2:19.38
1600m	JJ Brooks	MBCS	2002	5:09.53
4x100 relay	D. Mantz, K. Shaffer J. Lahr, J. Boudier	NCS	1999	49.78
4x200 relay	J. Freeze, M. Shenkle P. Thrush, B. Delarme	FBCA	1999	1:47.71
High Jump	Ron Romine	NCS	2003	5'8.75"
Long Jump	Michael Trombly	CCCS	2007	18'8"
Triple Jump	David Hutchison	CCCS	2013	36'4.50"
Shot Put	David Jeremiah	CCCS	2009	42'9.50"
Discus	Jared Kohl	SCA	1994	132'5"

ACAA Records 2017

Senior High Girls

100m Hurdles Kenzie Baughman		MCS	2016	18.62
100m	D. Dippery	CCCA	1986	12.34
200m	Amanda Dawson	SCA	2002	27.25
400m	Amanda Dawson	SCA	2001	1:03.38
800m	Adrienne Yordy	MCS	2013	2:40.82
1600m	Stef Rowe	MCS	2004	5:33.97
3200m	Stef Rowe	MCS	2004	12:46.00
4x100 relay	M. Burrows, K. Barner, L. Yordy, P. Friesema	MCS	2012	53.76
4x200 relay	K. Huber, C. Reddinger J. Halama, K. Johnson	MCS	2004	1:54.83
High Jump	Hannah Runtas	MCS	2014	5'0"
Long Jump	Amanda Dawson	SCA	2002	16'9.25"
Triple Jump	Madison Burrows	MCS	2012	33'7.75"
Shot Put	Sara Williams	NCA	2011	34'10.75"
Discus	Leah Gingrich	SCA	2006	95'4"
Javelin	Cortlyn Raynes	CCCS	2015	113'3"

Senior High Boys

110m Hurdles	Andrew Lefevre	CCCS	2016	15.92
100m	Phil Kuruvilla	FBCA	1998	11.43
200m	Nick Gale	WCA	1992	23.75
400m	Andy Willits	MCS	2009	52.50
800m	JJ Brooks	MCS	2004	2:09.74
1600m	Seth Kendall	MCS	2016	4:51.91
3200m	Seth Kendall	MCS	2016	10:51.02
4x100 relay	M. Betzer, M. Sweigard A. Moscariello, T. Baughman	MCS	2016	47.15
4x200 relay	C. Errickson, J. Miller R. Torrey, A. Willits	MCS	2009	1:38.38
High Jump	Lamar Johnson	CBCA	1991	6'4"
Long Jump	Nick Gale	WCA	1992	21'6.75"
Triple Jump	Lamar Johnson	CBCA	1990	43'0"
Shot Put	Dan Gallagher	MCS	2014	44'2.75"
Discus	Justin Depinto	NCS	1993	130'0"
Javelin	Colton Boucher	CCCS	2012	143'4"

Note: CCA(Calvary Christian Academy), BCS(Bloomsburg Christian School), MBCS(Memorial Baptist Christian School), CBCA(Calvary Baptist Christian Academy), and WCA (Watsontown Christian Academy) are no longer members of the ACAA. Also, FBCA(First Baptist Church Academy) is now DCS(DuBois Christian School).