

2026

LAUREL HIGHLANDS

ATHLETIC

CONFERENCE

TRACK & FIELD

CHAMPIONSHIPS

Tuesday, May 5, 2026

11:00 am (Coaches meeting @ 10:30am)

LHAC

Track & Field Championships

Dear Athletic Director/HS Track & Field Coach:

Your team is cordially invited to compete at the LHAC Track & Field Championships on Tuesday, May 5th at Saint Francis University Stadium.

Date: May 5, 2026

Time: 11:00 am (Coaches Meeting at 10:30am)

Place: Saint Francis University

Entry Deadline: May 4th at 5pm, Online registration through Penntack
(Password: LHAC HS 2026)

Awards: Medals for 1st through 8th

Facilities: Restrooms will be available

Questions: **Contact Randy Wilson (814) 659-8513**

LHAC Track & Field Championships

Rules

1. The National Federation of State High Schools Rules shall govern the meet, except where PIAA exceptions take precedence.
2. Only spikes of 1/4" (6mm) or less will be permitted on all surfaces, including the field event runways. Please remind athletes that spikes are not permitted to be worn in the bleachers/stands.
3. All timing will be FAT with times recorded to the hundredths of a second.
4. The 100m and 100/110m hurdles will be run in trial heats with the 16 fastest times advancing to the finals. All other races will be run as finals with a seeded section running last. Places will be based on time.
5. Competitors in the long jump, triple jump, shot put, javelin and discus will be given three (3) attempts in prelims, entrees will be divided into flights. The top 9 will advance to the finals (3 attempts in finals). **There will be a minimum standard for throws to be measured: Shot (G-20'/B-30') Disc (G-60'/B-90') and Jav (G-60'/B-90').**
6. A mandatory coaches meeting will begin at 10:30 and cover preliminary remarks and instructions. Any scratches will be taken in all running events. (NO SUBSTITUTIONS ONLY SCRATCHES) All field event scratches will be taken at the field event.
7. **High Jump & Pole Vault will be run in a "Five Alive" Format. Starting heights for the high jump & pole vault will be: HJ (G-4'6"/B-5'2") PV (G-7'/B-8')**
8. Relay teams must be entered with relay members. However, individual participants need not be declared until event check-in. Any athlete entered on the team roster is eligible to run provided he/she does not compete in more than four (4) events.
9. Starting blocks will be provided.
10. Competitors must report to all events when they are called.
11. The 10 minute rule will be enforced when leaving for another event.
12. **2 Entrees per event / 1 relay team (3rd entry allowed if all 3 athletes meet the Qualifying Std.)**
13. Each participant is allowed to compete in 4 events.
14. Profanity will result in disqualification from the meet.
15. All members of a relay team should wear similar uniforms.

Order of Events - (Rolling Schedule: running and field events start at 11am)

11:00 Boys - 110m Hurdles Trials - 38" (Top 8 times advance to finals)

Girls - 100m Hurdles Trials - 33" (Top 8 times advance to finals)

Boys - 100m Dash Trials (Top 8 times advance to finals)

Girls - 100m Dash Trials (Top 8 times advance to finals)

Girls - 4x800m Relay

Boys - 4x800m Relay

Girls - 100m Hurdles Finals

Boys - 110m Hurdles Finals

Girls - 100m Dash Finals

Boys - 100m Dash Finals

Girls - 1600m Run

Boys - 1600m Run

Girls - 4x100m Relay

Boys - 4x100m Relay

Girls - 400m Dash

Boys - 400m Dash

Girls - 300m Hurdles - 30"

Boys - 300m Hurdles - 36"

Girls - 800m Run

Boys - 800m Run

Girls - 200m Dash

Boys - 200m Dash

Girls - 3200m Run

Boys - 3200m Run

Girls - 4x400m Relay

Boys - 4x400m Relay

Field Events (all field events will have flights)

Trials immediately followed by finals

11:00: Boys Discus

Girls and Boys Jav Open Pit

Boys Triple Jump

Girls Long Jump

Girls Pole Vault

Boys High Jump

Girls Shot Put

1:30 Girls Discus

Girls Triple Jump

Boys Long Jump

Girls High Jump

Boys Pole Vault

Boys Shot

ADDITIONAL INFORMATION

- **Admission: Adults - \$5, Students - Free // Parking is free**
- T-shirts will be on sale.
- A concession stand will be available for your athletes to purchase light refreshment; Pizza, hot dogs, snacks, water & Gatorade, etc.
- There will be 2 trainers on-site.
- **Sunflower seeds are forbidden, any athlete caught using will result in his or her ENTIRE team being DQed.**

| 3rd Entry Qualifying Standards | | |
|---|------------------|------------------|
| | GIRLS | BOYS |
| Event | Qlf. Std. | Qlf. Std. |
| 100/110H | 17.14 | 16.24 |
| 100 M | 13.20 | 11.52 |
| 1600 M | 5:48 | 4:47.33 |
| 400 M | 1:02.09 | 53.82 |
| 300 H | 51.61 | 43.61 |
| 800 M | 2:33.12 | 2:08.54 |
| 200 M | 27.40 | 23.49 |
| 3200 M | 12:43.53 | 10:45.06 |
| Shot Put | 30-06 | 41-09 |
| Discus | 85-03 | 122-00 |
| Javelin | 94-10 | 145-05 |
| Triple Jump | 33-03.75 | 41-04.50 |
| High Jump | 4-10 | 5-8 |
| Long Jump | 16-06.5 | 20-11 |
| Pole Vault | 8-6 | 10-6 |
| Denotes the time/distance that would be the qualifying standard for entering a 3rd athlete. | | |
| Meaning all 3 entrees would need to meet the standard. | | |

LHAC BOYS

Championship Records

| Event | Year | Time/ Distance | Athlete(s) | School |
|--------------------|-------------|-------------------|---|-----------------------|
| 3200 Relay | 2015 | 8:14.0 | Kachman, Pittman, Kendall, Baker | Bedford |
| 110 Hurd. | 2024 | 14.75 | Collins | Clearfield |
| 100 | 2015 | 10.64 | Karlheim | Bishop Carroll |
| 1600 | 2004 | 4:17.9 | Mock | Westmont |
| 400 | 2024 | 48.35 | Stolarski | Penn Cambria |
| 400 Relay | 2017 | 42.74 | Loe, Tinsley, Berkins, Simon | Johnstown |
| 300 Hurd. | 2025 | 39.17 | Collins | Clearfield |
| 800 | 2024 | 1:59.78 | Crist | Bellefonte |
| 200 | 2024 | 21.49 | Yarnell | Hollidaysburg |
| 3200 | 2004 | 9:26.6 | Mock | Westmont |
| 1600 Relay | 2024 | 3:27.85 | Taylor, Kuntz, Brallier, Gresh | Bedford |
| Shot Put | 2018 | 54'10.5" | Hyde | Somerset |
| Discus | 2005 | 162'7" | Maderia | Forest Hills |
| Javelin | 2016 | 196'6 ½" | Dabbs | Richland |
| Long Jump | 2022 | 22' 09" | Hummel | Bellefonte |
| Triple Jump | 2024 | 47' 1" | DeLattre | Hollidaysburg |
| High Jump | 2011 | 6'8" | Gallaher | Forest Hills |
| Pole Vault | 2024 | 15' | Gossard | Richland |

LHAC GIRLS Championship Records

| Event | Year | Time/ Dist | Athlete(s) | School |
|-------------|--------------------------------------|---------------|---|--|
| 3200 Relay | 2025 | 9:31.72 | Sheehan, Long, Alexander, Sheehan | Central Cambria |
| 100 Hurd. | 2001 | 14.91 | Meyers | Richland |
| 100 | 2022 | 12.30 | Rios | Somerset |
| 1600 | 2023 | 5:00.02 | Dumm | Forest Hills |
| 400 | 2025 | 57.34 | Clapper | Holidaysburg |
| 400 Relay | 2023 | 49.20 | Smith, Rush, Ross, Urban | Somerset |
| 300 Hurd. | 2016 | 45.86 | Kaschalk | Central Cambria |
| 800 | 2024 | 2:20.09 | Stitzer | Penns Valley |
| 200 | 2007 2015 | 25.5 | Lanzendorfer McGhee | Central Bishop Guilfoyle |
| 3200 | 2007 | 10:50.0 | C. Seymour | Central Cambria |
| 1600 Relay | 2016 | 4:02.77 | Bracken, Hayward, Wess, Peterman | Central Cambria |
| Shot Put | 2024 | 43'9" | Garnett | Richland |
| Discus | 2024 | 121'9" | Garnet | Richland |
| Javelin | 2006 | 152'5" | McQuillen | Westmont |
| Long Jump | 2017 | 18'4" | Roush | Johnstown |
| Triple Jump | 2018 | 38'7" | Michina | Penn Cambria |
| High Jump | 2008 2016 2018 2019 2025 | 5'4" | Boyd Koeck Michina Ratchford Woomer | Richland Forest Hills Penn Cambria Bishop Carroll Tyrone |
| Pole Vault | 2018 | 12'2" | Gossard | Richland |