

THE HISTORY OF PPSL TRACK

The first PPSL Track Championship Meet was held in 1956. The nine schools participating in the league at that time were St. Matthew, St. Gregory, St. Catherine, Mt. Carmel, St. Charles, St. Dunstan, Our Lady of Angels, Immaculate Heart of Mary and St. Bruno which is now St. Robert.

6th, 7th and 8th grade girls and boys competed in an limited amount of events.

Each of the girl's teams competed in the 4x55 yd relay with a baton pass every 55 yards, a very skillful event.

The 6th grade boys had the 80 yd dash and they also ran the 4x55 yd relay. The 7th and 8th boys ran the 100 yd dash and the 4x110 yd relay.

The first Championship Meet was won by St. Gregory's.

Through the years, as more schools came into the league, more events were added. Those included the softball throw, which is now the shot put. The boys' long jump was added, then the boys' high jump and the girls' long jump.

By the mid 80s we changed from yards to meters and standardized the events to conform to the new high school and college format.

Today's program is for 5th through 8th grades, boys and girls. In each grade both boys and girls have the same events. They are the 100m – 200m – 400m – 800m – 1600m – 4x100m relay – 4x400 meter relay – long jump – high jump and shot put. Girls and 6th boys throw the 6lb shot put and 7th and 8th boys throw the 8lb shot.

The 5th grade program consists of five meets. There are four league meets. Each meet has three to four teams competing. The fifth meet is the St. Veronica's invitational. This meet has all 14 fifth grade teams competing.

The league meets for the 6th, 7th and 8th grades happen in March and April. Each meet has four schools competing.

Then in the first week of May the league is split into three divisions, North, Central and South. Each division is made up of five schools. On the first Sunday in May each division meets. These are called the Divisional meets. The first three places in each event from these three meets qualify for the Championship meet.

THE CHAMPIONSHIP MEET

There are nine competitors in each event. The top three athletes in each event from the three Divisional meets compete. Each event is scored 10 points for first, 8 for second 7 for third, then 6-4-3-2-1.

The scores for all grades from each school, boys and girls, are combined for a team score. This determines the league champions.