# PAL Track Rules and Standards

**RULES / STANDARDS:** THE PAL MEETS WILL BE RUN UNDER THE CURRENT HIGH SCHOOL RULE BOOK, IN COMPLIANCE WITH THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATION, WITH THE FOLLOWING REVISIONS TO ADAPT TO GRADE SCHOOL LEVEL.

1. THE WEIGHT OF THE SHOT PUT: VARSTIY BOYS B 4 KG.
   GIRLS - 6 LBS.
   JV BOYS - 6 LBS.

2. ALL HURDLES WILL BE SET AT 30 INCHES.

3. 220 YARD HURDLES:

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|---|---|
| FIRST HURDLE | 20 YARDS |
| BETWEEN EACH HURDLE | 38 YARDS |
| LAST HURDLE TO FINISH | 10 YARDS |
| NUMBER OF HURDLES | 6 |

4. 70 YARD HURDLES:

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|---|---|
| FIRST HURDLE | 15 YARDS |
| BETWEEN EACH HURDLE | 10 YARDS |
| LAST HURDLE TO FINISH | 15 YARDS |
| TOTAL HURDLES | 5 |

5. INDIVIDUAL COMPETITORS MAY COMPETE IN ANY FOUR EVENTS. THE RELAY COUNTS AS AN EVENT. COMPETITORS MAY DOUBLE IN THE 880 AND MILE. BE CAREFUL WITH YOUR ATHLETES. CONSIDER WEATHER CONDITIONS AT ALL TIMES.

6. NO WHISTLE STARTS. A STARTING GUN WILL BE USED.

7. NO FALSE START RULE WILL BE IN EFFECT.

8. UNLIMITED ENTRIES IN THE APRIL MEETS. **ONLY THREE** INDIVIDUALS PER EVENT IN THE MAY CHAMPIONSHIP MEETS. **(Note: Given the increasing number of schools participating, the meet director may limit the number of entrants in the last 2 April meets to facilitate completion of the meet in a timely manner. This will be reviewed at the first meet.)**

9. OFFICIALS FOR ALL EVENTS WILL BE SUPPLIED BY THE COACHES, INCLUDING TIMERS.

10. WITH THE EXCEPTION OF THE JV CHAMPIONSHIP MEET THE MEETS ARE FOR THE VARSITY OF EACH SCHOOL. **THE JUNIOR VARSITY (5 - 6$^{TH}$ GRADES) ARE ALLOWED TO PARTICIPATE IN THE APRIL MEETS AND SELECT EVENTS DURING THE MAY MEETS (440 RELAY)**.

11. RECORDS FOR TRACK AND FIELD MUST BE VERIFIED. THE MEET DIRECTOR AND ONE OFFICIAL IN THAT FIELD EVENT MUST BE PRESENT, AND THE MEET DIRECTOR AND TWO TIMERS IN THE RUNNING EVENTS MUST VERIFY THE TIME. ALL RECORDS MUST BE RECORDED, AND TURNED IN TO THE MEET DIRECTOR.

12. IF A 5TH/6TH GRADER COMPETES IN A VARSITY EVENT, THEN THEY MAY ***NOT*** COMPETE IN A 5TH/6TH GRADE EVENT THAT DAY.