

RULES / STANDARDS: THE 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	- 4 KG.
GIRLS	- 6 LBS.
JV BOYS	- 6 LBS.

2. ALL HURDLES WILL BE SET AT 30 INCHES.

3. 220 YARD HURDLES:

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

4. 70 YARD HURDLES:

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

5. HIGH JUMP: FOR PRACTICE MEETS HIGH JUMP WILL START AT 3 FEET AND MOVE UP IN 2 INCH INCREMENTS. THE BAR WILL NOT BE LOWERED FOR AN ATHLETE WHO LEAVES TO DO ANOTHER EVENT AND RETURNS TO JUMP. THREE CONSECUTIVE MISSES RESULTS IN ELIMINATION.

6. **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.

7. A STARTING GUN WILL BE USED. 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: Due to increased participation, entries could be limited at the second and third practice meets by the meet director)**

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 (5TH GRADERS) ARE ALLOWED TO PARTICIPATE IN THE APRIL MEETS AND JV CHAMPIONSHIP MEET ONLY. THE CATHOLIC SCHOOL RELAYS AND VARSITY CHAMPIONSHIP MEETS ARE OPEN TO 6TH, 7TH, AND 8TH GRADERS ONLY. (exception: JV Relay at Catholic School Relays)**

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.