

TRACK AND FIELD

League Organization and Structure

- 5 full day zone meets – 9:45 a.m. – 4:00 p.m.
- each school may enter up to 2 competitors per event per age class in all events, except 4x100M relays where 1 team per event per age class may be entered
- competitors must remain in their age classification for all events.
 - Exception: competitor may compete at a higher classification but must compete at that classification in all other events.
- each competitor may enter two events plus be a member of a relay team; e.g.: 2 track and relay, 2 field and relay, 1 track and 1 field, and relay
- if a competitor is entered in two events being conducted at the same time
 - competitor must check in with the officials at both events as close to the beginning of each event as possible
 - track events take precedence over field events, a competitor must run in their scheduled heat
 - a competitor must have completed a qualifying throw or jump before the event proceeds to the additional 1-3 trials awarded to the top competitors, or will not be permitted to compete in the event
- competitors must compete in their school's allocated zone meet
- events not requiring heats will be run as finals at the designated time of the heats
- the following will qualify for the city championships
 - all laned track events (hurdles, 4 x 100 m, 100 m, 200 m, 400 m); top 3 in each age class in each zone meet
 - all non-laned track events (800 m, 1500 m); top 3 in each age class in each zone meet
 - all field events – top 3 in each age class in each zone meet
- entries for zone meets must be sent electronically on HyTek to Valerie Kemp at emoctrack@gmail.com by 4:00 p.m. date TBD.
- record performances will be recorded at the Zone and City championship meets

Regulations Concerning Athletes

Age Categories:

All athletes must be in grades 7-9

Junior	- students born in 2013 or later
Intermediate	- students born in 2012
Senior	- students born in 2011 or 2010

Starting Position for 80M Hurdles, 100M, 200M, 400M, 4 x 100M Relays	<p>- A Crouch Start is compulsory (Starting blocks optional).</p> <p>- “On your marks” command = an athlete shall approach the start line, assume a position with both hands and at least one knee in contact with the ground and both feet in contact with the ground or foot plates of the starting blocks.</p> <p>- “Set” command = an athlete shall immediately rise to their final starting position retaining the contact of the hands with the ground and of the feet with the ground or foot plates of the blocks.</p> <p>-Once the Starter is satisfied that all athletes are steady in the Set position the gun shall be fired.</p>																	
Hurdles	<table> <tr> <td>Total Distance</td> <td>80m</td> </tr> <tr> <td>Distance to first hurdle</td> <td>12 m</td> </tr> <tr> <td>Distance between hurdles</td> <td>8 m</td> </tr> <tr> <td>Distance after last hurdle</td> <td>12 m (8 flights)</td> </tr> <tr> <td>Hurdle height</td> <td>30 in. or 76.2 cm or .762 m</td> </tr> </table>		Total Distance	80m	Distance to first hurdle	12 m	Distance between hurdles	8 m	Distance after last hurdle	12 m (8 flights)	Hurdle height	30 in. or 76.2 cm or .762 m						
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Lane Assignments for City Championships	HyTek Results program will assign lanes according to times.																	
Starting Heights for High Jump	<table> <tr> <td colspan="2"><u>Girls</u></td> </tr> <tr> <td>Junior</td> <td>1.10 m</td> </tr> <tr> <td>Intermediate</td> <td>1.15 m</td> </tr> <tr> <td>Senior</td> <td>1.20 m</td> </tr> </table>	<u>Girls</u>		Junior	1.10 m	Intermediate	1.15 m	Senior	1.20 m	<table> <tr> <td colspan="2"><u>Boys</u></td> </tr> <tr> <td>Junior</td> <td>1.20 m</td> </tr> <tr> <td>Intermediate</td> <td>1.25 m</td> </tr> <tr> <td>Senior</td> <td>1.30 m</td> </tr> </table>	<u>Boys</u>		Junior	1.20 m	Intermediate	1.25 m	Senior	1.30 m
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See Handbook under Track & Field for full guidelines and rules for relays and field events.