

RUNNING EVENTS

Hurdles

Race distance: 70 yards

Number of hurdles in race: 5

Distance from start to first hurdle: 13 meters or 42 ft. 8 in.

Distance between hurdles 1-5: 8.5 meters or 27 ft. 10.75 in.

Hurdle height: lowest setting, 30 in.

400 meter relay

- Team occupies assigned lane for the entire race.
- Baton must be passed *within* the exchange zone (22 yards or 20 meters).
- After passing baton, the relieved competitor should stand still or jog straight ahead, stepping off the track ***when clear***.
- If a baton is thrown following the finishing of any relay, this results in the disqualification of the relay team from that event.
- If a baton is dropped, it must be retrieved from the point of landing before any progress can be continued. Team cannot cause interference to another team.
- Zones can be marked by bike or soccer flags as a visual aid from inside the curb.

Mile

- Depending on number of athletes, combine 7th grade boys and girls and score by division. Next, combine 8th grade boys and girls and score by division.
- Waterfall start is used.
- Think of recovery time for athletes who will run the 400 following the mile
- In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track *provided she/he is one full running stride (approximately 7 feet)* in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor's stride.
- A competitor shall not, when running around a curve, step on or over the curb line, for three or more consecutive steps with either or both feet.
- As competitors finish the race, hand them a place card as they cross the line.

400 meter dash

- Athlete occupies assigned lane for entire lane, and stays in lane after she/he finishes.
- Train athletes to stay in lane and walk back to finish line to give sticker to finish line recorder and to get time before leaving (this applies to **all** races).
- Stagger start.

100 meter dash

- Athletes must stay in assigned lane for the entire race.
- Please educate athletes about track etiquette for the sprint starts. It is expected that competitors in the race and competitors waiting in heats to race are extremely respectful and quiet so the starter can do his/her job.
- *The starter should not have to discipline or supervise athletes who are waiting to race or spectators who are ignorant. Have coaches in that location to assist in management.*

800 meter dash

- Stagger start.
- Athletes must stay in assigned lane until the round the first turn. After that, they are not to remain in assigned lanes.
- Athletes can break for the inside lane after completing the first turn. The hosting team is expected to mark the breaking point with a cone and, often they have a coach standing at the location directing the runners to break to inside lane.

200 meter dash

- Stagger start, athletes remain in assigned lanes for entire race.
- Instruct all athletes, including those in upcoming heats, to stay down in the infield so timers and starter can see each other and communicate.

Mile Relay

- Stagger start.
- Assigned lanes for first leg runner only. She/he must stay in assigned lane for entire first lap.
- After baton exchange between runners 1 & 2, all runners (legs 2-4) can run in inside lane.
- Outgoing runners line up to receive baton in order of incoming runners.

FIELD EVENTS

There is a common protocol used for all field events. First, some definitions so we can have uniformity in our management.

- A *trial* is an attempt in a throwing or jumping event. Each competitor is allowed a specified number of trials. 3 trials are used in meets other than invitationals or championships. 4 trials can be used for championship meets where entrants are limited. *Competitors shall be charged with an unsuccessful attempt if she/he does not initiate a trial that is carried to completion or pass it within 1 ½ minutes after being called for a trial.*
- A *flight* is a round of trials for a group of competitors in a throwing or jumping event. The order in which competitors take their trials shall be determined by the officials managing the specific event. The trials shall be taken in flights of 3-8 in the order in which the contestants are listed for competition. Contestants shall report promptly to the event judge at the designated location when the event is announced.
- A *foul* throw or jump is one which is counted as a trial but which is not measured because of some violation of a rule.
- For organization of flights, this common method is used. It would be wise to teach your athletes.

“Merrida up” – jumping/throwing now – 1st

“Mounce up” – jumping/throwing next – 2nd

“Furgusen, in the hole” – jumping/throwing waiting – 3rd

Long jump and triple jump

- Take off marks are set at 3 feet and 5 feet for long jump, and 17 feet and 23 feet for triple jump. Take off marks can be adjusted to accommodate different levels of competition.
- Marks can be from 8 – 24 inches wide.
- 3 trials per athlete. Competitor has 90 seconds to complete each jump once name is called.
- Each legal jump shall be measured perpendicularly to the scratch line or its extension and from that point in the pit touched by the person or apparel of the jumper which is nearest the scratch line or its extension.
- The judges shall hold the tape in such a way that the readings will be at the takeoff board.
- Measurements shall be recorded to the nearest lesser ¼ inch.
- *Tie breaking for places*
If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better. If the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better the third-best performance of any tied competitor, etc.

- Fouls:
 - Shoe extends over scratch line on takeoff
 - Runs across the scratch line
 - No somersaults, head must be kept in superior position
 - In triple jump, hopping does not land on the same foot used in takeoff, or stepping does not land on the other foot from which the jump is performed. The foot pattern should either be left, left, right, or right, right, left.
 - Fails to initiate a trial that is carried to completion within 1 ½ minutes after being called.

Shot Put

- Girls throw a 6 pound shot; boys throw an 8 pound shot.
- 3 trials, 90 seconds to execute each throw once name is called.
- A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. The put shall be made from inside the circle.
- Measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest such mark, measured along the extended radius of the circle.
- Measurements shall be recorded to the nearest lesser ¼ inch. The judges shall hold the tape in such a way that the readings will be at the circle.
- Tie breaking method is the same as the long jump.
- **Fouls**
 - After stepping into the circle, competitor fails to pause before starting the put.
 - After stepping into the circle, competitor touches the circle, not including the inner face of the stop board or band, if one is used, or the ground outside the circle during a put.
 - Competitor allows the shot to drop behind or below the shoulder during the put attempt.
 - Competitor touches the top or end of the stop board before the put is marked.
 - Competitor puts the shot so it does not fall within the sector lines.
 - Competitor is not under control before exiting the back half of the circle.
 - Competitor leaves the circle before the implement has landed and the judge calls “mark”.
 - Competitor fails to initiate the trial in the given 90 seconds after being called.

High jump

- 90 seconds allowed for each jump, once competitor is called.
- When one competitor remains, they will be allowed 5 minutes to initiate a jump.
- The head event judge may change the order of competition to accommodate those who may be excused to participate in other events.
- The landing pad shall not be less than 16 feet wide by 8 feet deep.
- The upright standards shall be at least 12 feet apart.
- Each competitor is granted a maximum of three trials at each height. They may use all three or elect to pass on any one of them.
- Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height, but the competitor is eliminated as soon as he/she has had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted.
- The decision to pass a trial shall be communicated to the judge before the clock is started.
- A competitor may clear the bar in any manner, provided the takeoff is from one foot. All of the competitor's body must go over the bar.
- After competition has started, the bar shall not be lowered, except to determine a first-place winner when a tie for that place is involved.
- Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch. Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.
- *Breaking ties for places:*
 - The competitor with the fewest number of trials for the height at which the tie occurs, i.e. the last height successfully cleared, shall be awarded the higher place.
 - If the tie still remains, the competitor with the fewest total number of misses throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
 - If the tie still remains:
 1. If it concerns first place, the competitors tying shall make one more attempt for the height at which they failed. If no decision is reached, the bar shall be lowered. If two or more of the tying competitors clear the height, the bar is raised by intervals of 1 inch. Each competitor shall attempt one trial at each height until the winner is determined.
 2. If the tie concerns any place other than first place, the competitors shall be awarded the same place.
 3. A competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

NOTE 1: If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.

NOTE 2: No passed heights shall be permitted in the jump-offs.

- **Fouls**

- Bar is displaced in attempt to clear it.
- Competitor touches ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
- After clearing the bar, competitor contacts the upright and displaces the crossbar or steadies the bar.
- Competitor fails to initiate a trial attempt that is carried to completion within the defined time period within the defined time period after being called.
- Competitor's total body fails to go over the bar.

SCORING

<u>Number of teams competing in the meet</u>	<u>individual scoring</u>	<u>relay scoring</u>
2	5-3-1	5
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2
6	10-8-6-4-2-1	10-8-6-4-2
7 or more (6 scoring)	10-8-6-4-2-1	10-8-6-4-2-1
7 or more (7 scoring)	10-8-6-4-3-2-1	10-8-6-4-3-2-1
7 or more (8 scoring)	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1