

TRACK RULES

1. The season is not to start before the Monday following the last scheduled week of the Winter II sports season.
2. The season limit is seven (7) meets per team and per individual.
3. A participant is limited to two (2) meets per week.
4. The metric system will be used in all running events.
5. All track and field events will start at 4:00p.m. **Field Rotations are as follows:**
 - 4:00-5:00 Girls High Jump
 - 4:00-4:30 7th Boys Shot 8th Boys Discus 8th Girls Long Jump
 - 4:30-5:00 7th Girls Shot 8th Girls Discus 8th Boys Long Jump
 - 5:00-6:00 Boys High Jump
 - 5:00-5:30 8th Boys Shot 7th Girls Discus 7th Boys Long Jump
 - 5:30-6:00 8th Girls Shot 7th Boys Discus 7th Girls Long Jump

Open pits where applicable: Example 2-long jump pits – 2 high jump pits etc...

6. RUNNING EVENTS: (Listed in order used for meets)
 - a. 100m hurdles (boys and girls)

New: **10 hurdles** spaced this way: Starting line to first hurdle 13m. Between hurdles is 8.5m. Last hurdle to finish line: 10.5m.

- b. 100m dash (boys and girls)
- c. 1600m run (1 heat bunch start)
- d. 800m relay 4x200) **3 turn stagger** 4th runner cut in
- e. 400m run
- f. 400m relay (4x100)
- g. 800m run (1 heat bunch start)
- h. 200m dash
- i. 800m medley relay (100,100,200,400)

(4th runner may cut in after clearing the exchange zone)

7. FIELD EVENTS:
 - a. Running Long Jump boys and girls (3 attempts)
 - b. High Jump boys and girls (3 misses)

7TH Girls start at 3'8", go up 2 inches until 4'6", then go up 1".

7TH Boys start at 4'0", go up 2 inches until 5'4", then go up 1 ".

8TH Girls start at 4'0", go up 2 inches until 4'6", then go up 1 ".

8TH Boys start at 4'6", go up 2 inches until 5'4", then go up 1 ".

- c. Shot Put boys and girls (3 attempts)
girls use 6 lb. shot
boys use 8 lb. shot
- d. Discus boys and girls (3 attempts)

8. Each athlete **can do any four events he/she chooses.**

9. The meet director has the final say if there is a discrepancy.

10. FALSE STARTS: One (1) allowed for the event. On the second false start for the event, the individual causing the infraction will be disqualified.

11. LANE ASSIGNMENTS:

- a. Dual Meets - Visitors draw first (even lanes 2,4,6,8.... odd lanes 1,3,5,7,....)
- b. Triangular Meets - Farthest coach draws first (1,4,7), (2,5,8) and (3,6,9).
- c. Quad Meets - Farthest coach draws first (1,5) (2,6) (3,7) and (4,8) #9 coin flip

12. DUAL MEETS: Each school may have

- a. Running events Heats if necessary - **Put your 3 best runners in the first heat.**
- b. All field and running events are open

13. TRIANGULAR MEETS: Each school may have

- a. Running events Heats if necessary - **Put your 3 best runners in the first heat.**
- b. All field and running events are open.

Note: If more than 3 teams compete, adjust the numbers in the first heat, but always have your top runners run first.

14. **All meets are non-scoring meets. Times and distances will be kept, but no team scores will be tabulated by meet officials during the meet.**

15. A participant may only compete as a 7th grader or 8th grader.

Timed by **place** (not lanes). Record first **five (5)** places (include time).

Fax field event participants to host school. (Day before meet if possible, otherwise fax it in the morning on the day of the meet.)

Fax results to the teams that came to your site the next day!

<u>TRACKS</u>	<u>SITE</u>	<u>KIND OF TRACK</u>	<u>SPIKE</u>
Carmichael	Fran Rish St.	10 lanes all weather	1/4"
Chief Joe	Chief Joe	8 lanes all weather	1/4"
Desert Hills	Kamiakin or SHS	9 lanes all weather	1/4"
Hanford	Hanford HS	9 lanes all weather	1/4"
Highlands	Kamiakin or SHS	9 lanes all weather	1/4"
Horse Heaven	Southridge HS	9 lanes all weather	1/4"
Garrison	Garrison	9 lanes all weather	1/4"
McLoughlin	McLoughlin MS	6 lanes all weather	1/4"
Park	Kennewick HS	9 lanes all weather	1/4"
Pioneer	Borleske St.	9 lanes all weather	1/4"
Stevens	Edgar Brown St.	9 lanes all weather	1/4"
Ochoa	Ochoa	9 lanes all weather	1/4"