

# TRACK GUIDELINES

(Revised 3/272014)

## ALL MEET ENTRIES

**COACHES:** (see General Guidelines): Each team must have at least one (1) adult coach *twenty-one (21) years of age or older*. All coaches are to be registered with the CYO and have a Coach's Registration Form on file at the CYO office. Each coach must have attended and maintained their Virtus (Protecting God's Children; Safe Environment) training by completing the monthly bulletins.

All coaches and spectators must remain in the stands and away from the judges, timers and clerks *unless asked to assist (i.e.: timer, spotter, etc.)*. Coaches are asked to check the order of events and be responsible for their contestants reporting to the 'Clerk of the Course' when the final call for their event is announced.

**CONTESTANTS/TEAMS** (See General Guidelines 'Team Formation'): Contestants are to remain in the stands until they hear 'First Call' for their event. They are to return to the stands immediately upon completion of their event and wait for their next 'First Call'.

No spiked shoes of any kind may be used. Approved shoes include gym shoes or indoor track shoes with rubber plastic soles.

Contestants are limited to three events (1 field, 1 dash or run, 1 relay). Each school may enter up to four (4) participants in each event and only one (1) team in each relay.

Jewelry is not allowed except for watches (for timing purposes).

**LINE-UPS:** All lineups are due by 3:00 p.m. on the Mondays prior to the date of the meets. They should be faxed to the CYO office (736-9457) and to the meet director. When submitting line-ups, each coach is to indicate the number of contestants he/she intends to enter in each event *and their volunteer helpers names*. **TOTAL LIMIT OF COACHES PASSES PER TEAM IS THREE (3)**.

**VOLUNTEERS:** *Athletic Directors should provide the Meet Directors with three (3) responsible volunteers for the Diocesan Meet*. This meet requires, four (4) spotters (for running events); four (4) people for the long jump; and three (3) people for each of the field events, for a total of seventeen (17) people.

*Names of these volunteers should be submitted on the track entry forms by the deadline mentioned in the track agenda. Passes will only be issued for those names listed on the entry form. All others will have to pay the track entry fee.* All districts should help where needed.

**ROSTERS:** All team entries, rosters, physical and registration forms, coach's forms and team fees must be on file at the CYO office by the designated time *before teams will be allowed to participate in any qualifier or Diocesan meet*. *Rosters must be legible and signed by the principal and priest of your school*.

**TEAM ENTRY:** *Schools must notify the CYO office of their intent to participate on or before the designated due date. Those schools participating will be separated into two (2) conferences (Angels, Saints) on an as needed basis.*

*There will be a separate division for boys and for girls at both the 5<sup>th</sup>-6<sup>th</sup> grade and 7<sup>th</sup>-8<sup>th</sup> grade level. There is no limit to the number of participants on the roster, but each division should be on a separate lineup sheet (i.e.: 5<sup>th</sup>/6<sup>th</sup> grade boys; 5<sup>th</sup>/6<sup>th</sup> grade girls; 7<sup>th</sup>/8<sup>th</sup> grade boys; 7<sup>th</sup>/8<sup>th</sup> grade girls).*

**RELAY TEAMS:** *Last name and first initial* of all four (4) contestants, including up to two (2) alternates, must be specified on lineups.

**SCORING:** All events, including relays, will be scored as follows: 1<sup>st</sup> – 10 pts; 2<sup>nd</sup> – 8 pts; 3<sup>rd</sup> – 6 pts; 4<sup>th</sup> – 5 pts; 5<sup>th</sup> – 4 pts; 6<sup>th</sup> – 3 pts; 7<sup>th</sup> – 2 pts; 8<sup>th</sup> – 1 pt..

**STOPWATCHES:** The Meet Directors will check all ‘official meet watches’ for accuracy prior to the meet.

**TIES:** In the event of a tie, the points will be split and a coin flip will determine awards.

**CONDUCT OF ALL MEETS**  
 (\*Except where noted for the Diocesan Meet)

**FIELD EVENTS:**

- ***High Jump*** – Diving over the bar is an illegal jump. Any two-footed jump is illegal.

Boy’s High Jump will start at 4’2” and be raised at 2” intervals until 4’10” is reached. Thereafter, the bar will be raised 1” at a time to 4’11”, 5’0”, 5’1”, etc.

**\*For the Diocesan Meet, the boys high jump will start one half (1/2) hour earlier than the Diocesan Meet’s regularly scheduled starting time (The Diocesan Meet starts at 10:00 a.m. therefore the Boy’s High Jump will start at 9:30 a.m.). All boys must report to the judge no later than 9:15. No latecomers will be allowed to participate.**

Girl’s High Jump will start at 3’6” and be raised at 2” intervals until 4’0” is reached. Thereafter, the bar will be raised 1” at a time to 4’1”, 4’2”, 4’3”, etc.

If a high jump contestant has to run in a race, he/she must first report to the high jump judge and then has 10 minutes to attempt his/her jump. If contestant is late it shall be reported as a ‘miss’. He/she can miss or pass to next height.

**Participant has one (1) minute to complete his/her jump after their name has been called.**

- ***Running Long Jump*** – Any part of the body over the ‘take-off board’ is a foul. Jump shall be measured from edge of ‘take-off board’ closest to pit to the point where the jumper lands closest to the ‘take-off board’. Jumper must leave the pit from the far end.
- ***Shot Put*** – There will be an eight (8) pound shot used for boys and girls 7/8<sup>th</sup> grade and (6) pound shot used for boys and girls 5/6<sup>th</sup> grade. Putter must stay in ring until the shot lands. Stepping on top or over toe board is a foul. Putter must keep the shot in close proximity to his/her neck/chin. Shot must not be dropped below shoulder. Putter must not leave circle until the official marks his/her distance, and then must leave at the back of the circle.
- ***Discus*** – Thrower must stay in ring until discus lands and the official has marked his/her distance and then must leave at the back of the circle. Stepping on top or over toe board is a foul. Boys and girls 5<sup>th</sup>-8<sup>th</sup> grade use a (1) Kilogram Discus.

**TRACKING EVENTS:**

- ***Starting Blocks*** – No starting blocks of any kind may be used.
- ***Lanes*** – In those events that run in lanes: two strides (4 steps) out of assigned lane will disqualify runner.
- ***Heats*** – The 100 and 200 Meter Dash will be seeded by the Meet Directors according to submitted times. **There will be two (2) heats for each event; the top eight (8) times will advance to the final.**
- ***False Starts*** – For this meet, each contestant will be allowed one (1) false start. A second false start will result in disqualification for the contestant.
- ***400 Meter Run*** – Two turn stagger; run in assigned lane. All times are final.
- ***800 Meter and 1600 Meter Runs*** – Runners will be given an arc start. Runners will be permitted to break for curb without undo obstruction of others. Based on the number of runners, there may be a ‘box alley start’ for the 800 meter run.
- ***Batons*** – Batons will be the responsibility of each team and must meet standard regulations. Batons with tape are not allowed.
- ***400 Meter Relay*** – The entire relay will be run in assigned lanes. A two (2)-turn stagger will be given. Runners stay in lanes until told to leave by the judge.
- ***800 Meter Relay*** – The first two (2) runners will hand off in assigned lanes; 3<sup>rd</sup> runner may break after leaving exchange zone; last exchange ‘California’.
- ***1600 Meter Relay*** – Two (2) turn stagger; 1<sup>st</sup> runner in assigned lane; 2<sup>nd</sup> runner allowed to break after baton exchange; 3<sup>rd</sup> and 4<sup>th</sup> runner ‘California’.

**DIOCESAN MEET****QUALIFIERS:**

**For all events, except relays,** the top eight (8) from Angels and top eight (8) from Saints qualify for the Diocesan Meet.

If one qualifier meet is ran, the top sixteen (16) qualify for the Diocesan Meet.

**For all relays,** the top four (4) from Angels and top four (4) from Saints qualify for the Diocesan Meet.

If one qualifier meet is ran, the top eight (8) qualify for the Diocesan Meet.

**AWARDS:**

***Diocesan Awards will be:*** medals for 1<sup>st</sup> place winners in each event; ribbons for 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> place

***Diocesan only:*** 1<sup>st</sup> and 2<sup>nd</sup> place **team trophies** in each division (i.e.: 1<sup>st</sup> place girl’s 5<sup>th</sup> & 6<sup>th</sup> grade; 1<sup>st</sup> place girl’s 7<sup>th</sup> & 8<sup>th</sup> grade; 2<sup>nd</sup> place girl’s 5<sup>th</sup> & 6<sup>th</sup> grade; etc.) along with the 1<sup>st</sup> place team will receive 1<sup>st</sup> place ribbons.

**5<sup>th</sup>/6<sup>th</sup> Graders are ineligible for the Diocesan Qualifier in the following event if they cannot meet these standards**

BOYS			GIRLS		
EVENT	T/D/H	T/D/H Reached	EVENT	T/D/H	T/D/H Reached
100 M	17.0	26	100 M	18.0	25
200 M	35.0	29	200 M	36.0	28
400 M	1:25	24	400 M	1:35	23
800 M	3:30	16	800 M	4:00	13
1600 M	7:30	16	1600 M	8:00	11
Long Jump	11' – 0"	23	Long Jump	10' – 0"	17
High Jump	3' – 10"	18	High Jump	3' – 8"	13
Shot Put	20' – 0" w/8lbs	20	Shot Put	15' – 0" w/8lbs	22
Discus	50' – 0"	27	Discus	40' – 0"	17

**Diocesan Finals Automatic Qualifier at this heights/distance**

BOYS			GIRLS		
EVENT	T/D/H	T/D/H Reached	EVENT	T/D/H	T/D/H Reached
Long Jump	14' - 0"	5	Long Jump	12' – 0"	9
High Jump	4' – 6"	6	High Jump	4' – 0"	8
Shot Put	30' – 0"	6	Shot Put	20' – 0"	7
Discus	80' – 0"	7	Discus	50' – 0"	8

During the qualifier, an athlete is an automatic qualifier to the Diocesan Finals should he/she surpass the standard. For Long Jump, Shot Put, and Discus, an individual can qualify for the Finals on their 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> attempt. Once an individual has qualified no further attempts are necessary.

For High Jump, once an individual has successfully cleared the standard height, no more jumps will be required.

**Diocesan Finals and 5th/6th Grade Meet Scoring**

Place	Points
1	10
2	8
3	6
4	5
5	4
6	3
7	2
8	1

