

Track & Field Rules

For Middle School
Parochial Athletics League (PAL)
Omaha, Nebraska

*We all want the athletes to have a good experience regarding track.
We will strive to be correct in our measurements and timing but mistakes will happen.*

Remember to have fun and please be respectful of the volunteers.

The following rules apply to regular season meets with exceptions noted for the Super Meet.

Participation Rules

Each School participating in the Track Meet must provide...

- a Stop Watch (labeled with your school name)
- a minimum of 2 volunteers to help with the meet

Field Events

- Each School may enter up to 4 athletes in each Field Event for regular season meets.
- In the Super Meet a school may enter only 2 athletes in each Field Event.

Relay Events

- In each Relay Event a school may enter up to 3 teams, 4 runners per team.
- In the Super Meet a school may enter only 2 teams in each Relay Event.

Individual Running Events

- In each Running Event, a school may enter up to 4 runners.
- In the Super Meet only 2 runners.

Overall

- **IMPORTANT: Each individual athlete may compete in no more than 4 Events per meet.**
- Heats will be arranged such that schools should enter their fastest runners in Heat 1, next fastest in Heat 2 and so on.
- Host Team(s) will be provide Meet Results to all participating schools.
- If there are openings in heats (or flights), meet officials may allow other schools to fill those positions with kids who have less than 4 events.
 - Only 4 individuals (or 3 relay teams) from each school are eligible for scoring. Anything above that not eligible and that should be noted on the heat sheet.
 - This does not apply to the Super Meet.
 - Hosts of the meet will decide if this is an option based on time, resources, or other factors.

Scoring

Scoring for Individual Events

Place	1st	2nd	3rd	4th	5th	6th
Points	10	7	5	3	2	1

Scoring for Relay Events

Place	1st	2nd	3rd	4th	5th	6th
Points	10	7	5	3	2	1

Awards

Individual Awards

- Top 6 individual Event winners will receive a ribbon.
- Ties will be handled by flipping a coin for the ribbon and splitting the points if between two schools.
- Members of the Top 3 Relay Teams in each Event will receive a ribbon.

Team Awards

- 1st and 2nd place Boys and Girls teams will receive plaques.
- In the Super Meet, 1st, 2nd, and 3rd place Boys and Girls teams will receive plaques.

Field Events

General

- Field Events typically start all at the same time. If you have an athlete in more than one Field Event one of which is the High Jump, they must **report to the High Jump First**.
 - **Coaches** are responsible for notifying the Field Event Officials that their athlete is participating in the other Field Event.
 - **Coaches** will also ensure their athletes promptly report to their next Field Event.

High Jump

- Opening Height for Boys 4', Opening Height for Girls 3' 8".
- 3 attempts at each height to advance.
- Bar will be raised at 2" increments.
- Athletes must jump from one foot. Any jump using both feet is a scratch.
- In case of tie: Fewest Total Misses= wins

Long Jump and Triple Jump

- Each individual allowed at least 2 run-throughs for warm-up.
- We will go through the entire flight once then repeat that flight for the second and third attempt.
- Scratches can be measured but will not be officially recorded.
- Measure jumps to the nearest quarter inch.

Shot Put

- Boys throw 8 lb shot, Girls throw 6 lb shot.
- Each individual allowed at least 2 practice throws for warm-up.
- We will go through the entire flight once then repeat that flight for the second and third attempt.
- Scratches can be measured but will not be officially recorded.
- Measure throws to the nearest quarter inch.

- Measurement must be made from the "inside" of the ring out to the imprint made by the shot that is closest to the ring.

Discus

NEW FOR 2010 Non-scoring event but ribbons will be given

- Each individual allowed at least 2 practice throws for warm-up.
- We will go through the entire flight once then repeat that flight for the second and third attempt.
- Scratches can be measured but will not be officially recorded.
- Measure throws to the nearest quarter inch.

Running Events

Order of Running Events

- The typical order is: 4X200, 100, 800, 200, 400, 1600, 4X100, 4X400 with the 60 Hurdles being either the first or last event (to reduce set up time).
- The Meet Directors must notify the teams of the order of events in advance if different than listed above.
- NEW FOR 2010: Distance Medley Relay after the 1600M run. Distance Medley: 200, 200, 400, 800

Relays – General Notes

- Relay Teams must exchange the baton in the designated exchange zones.
- If the baton is dropped, the team may pick up the baton and finish the race without disqualification provided there is no interference with another team and provided the dropped baton does not provide an advantage (such as passing it forward to another team member).
- Please remind your runners (especially relay runners) not get in the way of other runners on the track. (STAY IN YOUR LANE) Teams may be disqualified if they interfere with another team's performance.
- If a Relay Team is disqualified, race officials are encouraged to allow the team to finish the race and record a time; however, the team will not be eligible for scoring or awards.

55 Meter Hurdles

- There will be 5 hurdles each a height of 30" (usually lowest setting).
- The first hurdle is 13.716 meters from the Starting Line and 9.144M between and the last hurdle is 4.708 M from the finish (BOYS)
- The Girls hurdles are as follows, 13M to first hurdle, 8.5m between and 8M from last hurdle to the finish.

4 x 200 Relay

- High Schools do not run this event therefore not many tracks in our area mark the exchange zones for this event.
- If the Track is marked for this event, first 2 runners stay in lane, 3rd runner cuts in after exchange.
- If the Track is NOT marked for this event, first runners cut-in after coming out of the first turn.

100 Meters

- 100 Meter Runoff
 - The Super Meet will feature a final Runoff for the 100 Meter dash.

- For regular season meets, runoffs will not be required. Meet organizers have the option to hold runoffs provided coaches are notified of the order of events (including prelims and runoff) prior to the meet.
- The Top 8 (or 6 depending on the track) finishers of the 100 Meter prelims will run a final heat, or runoff, to determine final scoring.
- Only runners in this final heat are eligible for awards regardless of times recorded in previous heats.
- The 100 Meter Runoff will be the last running event with the possible exception of the hurdles when setup is an issue.

800 Meters

- Staggered start and cut in after the first turn.

1600 Meters

- Staggered start and cut in after the first turn.
- OR Waterfall start, cut-in when you have 2 stride lead

4 x 400 Relay

- First runner in lanes the entire way.
- 2nd runner in lane until coming out of first turn then cut in.

Sprint Medley (100, 100, 200, 400)

- First 3 legs stay in lane.
- 400 runner (anchor leg) cuts in after exchange.

Distance Medley (200, 200, 400, 800)

- First 2 legs stay in lane.
- 400 runner (3rd leg) cuts in after exchange.

Shuttle Hurdle Relay

- Requires 2 adjacent lanes per team. In first lane the hurdles face one direction, in the next lane the hurdle face the other direction.
- First leg runs the hurdles and slaps hand of team-mate at finish line in adjacent lane.
- Second runner runs the opposite direction and slaps hand of third runner, etc.