

ARTICLE IV – SPORTS TRACK AND FIELD REGULATIONS

Section 1. There shall be boys' and girls' varsity and frosh / soph competition in track and field. The varsity events must be covered with one participant before a team may enter a similar F/S event.

Section 2. Championships will be determined in the boys' and girls' varsity and boys' and girls' frosh/soph based upon dual meet and League final results.

Section 3. The league championship shall be decided by recommended scoring for five (5) teams by NFHS Rules and shall be added to the League final meet standings, which will be scored by recommended scoring for 5 teams by NFHS Rules. Ties will result in co-championships.

Section 4. Dual meets shall be scored 5-3-1. In the League final meet, medals shall be awarded for the first five places in all events except the relays, where medals shall be given to the first three places. **Per NFHS rules 5 team scoring is 8,6,4,2,1**

Section 5. The host school will rotate by alpha order and be responsible for furnishing adequate officiating for all home dual meets. A paid starter shall be provided for all dual League meets and the League finals. A recall starter shall be provided for League prelims and finals. **Schools in each league will vote to determine the location for league finals using a simple majority vote.**

Section 6. All make-up track meets will be held on the following Monday unless by mutual agreement of both participating schools.

Section 7. The league coordinator shall order track medals, but it shall be the responsibility of the host school to manage the meet.

Section 8. At league finals, each school shall be responsible for running a minimum of 2 events to include but not limited to all field events, hurdle crew, block crew and relay zone judges.

a. All verifiable FAT Time will be accepted for League Entries

Section 9. In the league championships, each school in varsity and frosh/soph will be allowed to enter six (6) athletes per event, plus six (6) "wild cards".

Section 10. Boys' and girls' dual League meets shall be held on the same site on Thursdays, or on a day mutually agreed upon by the Athletic Directors. **Or as dictated by the availability of starters / timers.**

Section 11. The order of events for co-ed track and field meets shall be as follows:
(start event no earlier than 2:30 p.m. and no later than 2:45 p.m.)

Field Events:

1. Shot Put: 3 x 3 throws for Varsity. F/S shall get 4 throws total. Varsity dual meets- top 6 advance for 3 additional throws.

2. Discus: 3 x 3 throws for Varsity; F/S shall get 4 throws total. Varsity dual meets- top 6 advance for 3 additional throws.

3. High Jump: B-V/FS then G-V/FS follows
 - Opening heights: G-FS 4', G-V 4'4", B-FS 4'6", B-V 5'2"
4. Pole Vault: Order as follows:
 - **1 Pit - GV / FS together vault first. Followed by BV / FS vaulting together. Athletes will enter competition as their opening height is reached.**
 - **2 Pits - GV/ FS on one pit vaulting together, BV/ FS on 2nd pit vaulting together**
5. Long Jump: (4 jumps Varsity; 3 jumps lower levels)
6. Triple Jump: (4 jumps Varsity; 3 jumps lower levels)
 - **Regarding the Long and Triple jumps, 1 pit shall designated for boys and the other for girls. Events will start with Long Jump (both levels open for 1.5 hours) and Triple Jump to follow (open for 1.5 hours).**
 - In Long Jump and Triple Jump, each Varsity team may designate five jumpers in each event who have priority to cut in line at any time in order to get their allowable jumps in. These jumpers should be designated on the official score sheets when they check in.
 - At League Finals, the Long Jump and the Triple Jump will be contested using the 3 x 3 system. **9 jumpers will advance to finals**
7. **At League Finals when advancing from prelims to finals - Any athlete who participated at league prelims is eligible to be an alternate in that event. Scratches and alternates will be accepted up until midnight two days prior to league finals. Alternates will be locked in at that point. Coaches who know an athlete is going to drop should notify the coach of the next alternate as soon as possible**
8. **In dual meets, extra heats shall not exceed two extra heats per level creating a maximum of 3 total heats per level.**
9. Lane assignments for lane races (100, 200, 400, 100h, 110h, 300h) are as follows:
 - Home Team – 2,4,6,8
 - Visiting Team – 1,3,5,7 (lane 9 to visitors)
10. Relay lane assignments are as follows:
 - 4x100: **Home Team – Lane 4, Visiting Team – Lane 5**
 - 4x400: **Home Team – Lane 3, Visiting Team – Lane 4**
11. **Dual meet start time - All events start at 2:45.**

Section 12. Approved League Finals paid positions:

League Finals Track - (per league) Amount

- a. Meet Manager \$500
- b. Clerk of the Course \$75/day
- c. Field Event judges (30) \$25/day
- d. Ticket takers/sellers (4) \$75/day
- e. Announcer \$100/day

- f. Finish-lynx timer TBD
- g. Security (2) usual/customary
- h. Custodial usual/customary
- i. Site Manager \$75/day
- j. Certified Athletic Trainer TBD
- k. Runners (#TBD)
- l. Statistician (#TBD)

Section 13. Protests: Refer to Article VIII of the Constitution.

**The Coast View Athletic Association will award League medals for the individual sports and All League Certificates to members of first and second teams in team sports. These awards shall be made as soon after the close of the sport as possible. Individual sports first place medals will be gold, second place silver, and the remaining bronze.*