

THE HIGH JUMP INSTRUCTIONS

The participants shall be allowed three trials to clear each height that he/she attempts. A participant may leave to compete in another event. A participant may pass a height before the bar is raised. A participant may pass a height or be given credit for making the height of the bar before he/she passed.

Announcement is made for each minimum starting height. Starting heights for the high jump are: 3'6" for 7th grade boys & girls, 3'10" for 8th grade girls, and 4'0" for 8th grade boys. At the discretion of the official, the bar may be raised 1 or 2 inches at a time.

Displacing the bar, passing under it, crossing the line of the bar extended, or leaving the ground in an attempt shall count as a failed attempt. A legal jump is one in which the competitor jumps from one foot. The bar must remain in place and not fall to the ground for it to be a legal jump. An athlete is finished jumping when they have 3 failed attempts in a row, regardless of height changes of the bar.

A competitor may commence jumping at any height, but at no time during competition shall the bar be lowered or held for a person competing in another event. Be sure to measure the height of the bar each time a participant fails to make the height in the three attempts. The measurement of the official height in the high jump shall be in a perpendicular line from the lowest pint on the top side of the cross bar to a point on the same level as the take-off. It shall be measured with 1/4" as the smallest unit of measurement. Record each performer's height as soon as he/she fails to negotiate the height on his/her third attempt.

Send the results of each class to the scoring table as soon as they have been completed. If you need any help, ask for the meet director.

THE DISCUS INSTRUCTIONS

Each participant shall be allowed one practice throw and three final throws. A participant may pass a throw in order to compete in another event, but must return as soon as possible.

It shall be a foul throw and not measured if the competitor shall touch any surface of the stop board other than its inside surface or any part of the circle with any part of his/her body or apparel before the throw is marked.

The measurement of the throw shall be from the nearest edge of the first mark made by the discus to the inside circumference of the circle nearest such mark, measured along an extended radius of the circle. Measurement made to nearest 1/4".

26. Rain outs will be determined by the host school who will call by noon to notify the visiting school if the meet has been canceled. A rain delay during the meet will not exceed 15 minutes. There will be no make-up meets unless the rain out occurs during semi's or finals. If two teams get rained out, the points for the overall league standings will be determined by the results at the finals.
27. The traveling team will consist of 8 athletes per event per age group. Home meets with larger teams can have as many athletes as desired so attack athletes can compete in at least 2 meets.
28. Scoring for finals will be: 8 – 6 – 4 – 2 – 1 with 5 – 3 – 1 for the relays.
29. School rotation will be used to determine field event jobs for the finals

ORDER OF TRACK AND FIELD EVENTS

Track Events

7G 200 H
 7B 200 H
 8G 200 H
 8B 200 H

7G 800

7B 800

8G 800

8B 800

7G 100

7B 100

8G 100

8B 100

7G 400

7B 400

8G 400

8B 400

7G 70 H

7B 70 H

8G 70 H

8B 70 H

7G 200

7B 200

8G 200

8B 200

7G + 7B 1600

8G + 8B 1600

7G Relay

7B Relay

8G Relay

8B Relay

Field Events

The Shot Put, Long Jump, and Discus will be open pits. These pits will close 1 1/2 hour after the start of the 200 HH, unless athletes are waiting in line.

Shot Put

8B - 10# 8G - 8#

7B - 8# 7G - 6#

Discus

8B - 1.6 kg

8G, 7B, 7G - 1.0 kg

High Jump

7G, 7B, 8G, 8B

Starting Heights:

8B - 4' 0"

8G - 3' 10"

7G - 3' 6"

8B - 3' 8"

In all classes, the athlete may enter any three events, plus the relay.

All hurdle races will be run with the hurdles set at low hurdle height (30 inches)

In the field events, the participant may have 3 jumps or throws in dual meet competition.

Send the results of each class to the scoring table as soon as they have been completed. If you need any help, ask for the meet director.

THE LONG JUMP INSTRUCTIONS

Each participant shall be allowed one practice jump and three final jumps. Practice jump will not be measured. Measurements made to nearest 1/4".

A participant may pass a jump in order to compete in another event, but must return as soon as possible.

It shall be a foul jump and not measured if the competitor's shoe extends over the scratch line (point nearest pit) while taking off for the jump or any competitor runs across the take-off or scratch line or such line extended. Each legal jump shall be measured perpendicularly to the scratch line or the scratch line extended from the nearest break in the ground, either inside or outside the pit, made by any part of the competitor's body, limbs or clothing.

Send the results of each class to the main scorer as soon as they have been completed. If you need any help, ask for the meet director.

THE SHOT PUT INSTRUCTIONS

Each participant shall be allowed one practice put and three final puts.

Practice put will not be measured. A participant may pass a put in order to compete in another event, but must return as soon as possible.

It shall be a foul put and not measured if the competitor shall touch any surface of the stop board other than its inside surface or any part of the circle with any part of his/her body or apparel before the put is marked. Participant must also leave the ring from the back half. The put must fall within the sector marked.

The measurement of the put shall be from the nearest edge of the first mark made by the shot to the inside circumference of the circle nearest such mark, measured along an extended radius of the circle. Measurement is made to the nearest 1/4".

Send the results of each class to the main scorer as soon as they have been completed. If you need any help, ask for the meet director.

2015 CROSS COUNTRY SCHEDULE

Note: COACHES MEETING ~ AUGUST 24th AT SRMS, 3:30PM

First day of tryouts/practice: Monday, August 26, 2015

Starting time for all meets: 3:45 p.m.

September 10, Thursday

Rincon @ Santa Rosa

Cook @ Slater

Comstock - Bye

September 17, Thursday

Rincon @ Comstock

Santa Rosa @ Slater

Cook - Bye

September 24, Thursday

Slater @ Rincon

Comstock @ Cook

Santa Rosa - Bye

September 29, Tuesday

Santa Rosa @ Cook

Slater @ Comstock

Rincon - Bye

October 1, Thursday

Comstock @ Santa Rosa

Cook @ Rincon

Slater - Bye

October 8, Thursday-1:00pm

League Finals @ Spring Lake

Host: Rincon

To Host Finals:

2015 - Rincon

2016 - Slater

2017 - Comstock

2018 - Cook

2019 - Santa Rosa