

MTAL TRACK AND FIELD GAMES COMMITTEE GUIDE

Preamble: This Games Committee Guide is intended to provide the details of conducting both regular season and league championship track and field meets within the Mission Trail Athletic League, recognizing that the rules of the National Federation of High Schools are the primary authority, with exceptions only as may be specifically allowed by the CIF, the CCS or the MTAL by-laws.

Section 1, REGULAR SEASON MEETS

1a The order of running events is:

- F-S Girls 100 meter Hurdles
- VAR Girls 100 meter Hurdles
- F-S Boys 65 meter High Hurdles
- VAR Boys 110 meter High Hurdles
- F-S Girls, VAR Girls, F-S Boys & VAR Boys 400 meter Relay
- F-S Girls, VAR Girls, F-S Boys & VAR Boys 1600 meter Run
- F-S Girls, VAR Girls, F-S Boys & VAR Boys 400 meter Dash
- F-S Girls, VAR Girls, F-S Boys & VAR Boys 100 meter Dash
- F-S Girls, VAR Girls, F-S Boys & VAR Boys 800 meter Run
- F-S Girls & VAR Girls 300 meter Low Hurdles
- F-S Boys & VAR Boys 300 meter Intermediate Hurdles
- F-S Girls, VAR Girls, F-S Boys & VAR Boys 200 meter Dash
- 3200 meter Run (all run together)
- F-S Girls, VAR Girls, F-S Boys & VAR Boys 1600 meter Relay

NOTE: It is permissible to combine classes in any race. Scoring must be separate unless all head coaches agree not to have separate Frosh-Soph scoring.

1b All classes of runners shall run at the same time in the 3200 meter run. Scoring of the classes shall be separate. Runners may be started in any manner consistent with safety. The event may be cancelled (and not scored) upon unanimous approval of all head coaches present ten minutes prior to the scheduled starting time of the meet.

1c When the number of entrants for a running event shorter than two laps exceeds the available lanes, additional sections will be run to accommodate all runners. The places scored will be determined by the times of the runners in all sections.

1d Fully Automatic Timing (FAT) will normally be used. For an athlete to compete they must be entered in athletic.net. Runners will be seeded according to performance marks found in athletic.net. Sections will run FAST to SLOW with no fewer than 3 athletes in the final section.

1e In the event hand timing is used the following procedures will apply:

- 1e1 The first section shall include the best runner from each school.
- 1e2 Lanes will be apportioned among the schools as equally as reasonably possible.
- 1e3 The remaining section(s) shall have no restrictions except that there will be no less than 3 athletes in the last section.

1e4 Should the times of a runner in the first section and a runner in a subsequent section be equal, the better place shall be awarded to the runner in the first section.

1f When there are more entrants than lanes for any race two laps or longer, additional races will not be run. Rather, the runners will be assigned two or more per lane or a "waterfall" or "alley" start will be used. (Effective in 2013 to be consistent with CCS and State procedures, "outside - in seeding" will be used with the top seeded athlete being in the outside lane or position).

NOTE: For exceptionally large 800 meter or 1600 meter fields, two or More sections may be run.

1g Recommended starting heights are:

2e1	Varsity Boys High Jump	5' 0"
2e2	Frosh-Soph Boys High Jump	4' 4"
2e3	Girls High Jump	3' 8"
2e4	Varsity Boys Pole Vault	8' 0"
2e5	Frosh-Soph Boys Pole Vault	7' 6"
2e6	Girls Pole Vault	6' 0"

NOTE: When Varsity and Frosh-Soph Boys categories are combined the Frosh-Soph Boys starting heights will be used.

1h Recommended jumping pattern for the vertical jumps is to raise the bar 2 inches for the High Jump and 6 inches for the Pole Vault until a winner is determined.

1i Meets shall begin at 3:30 PM.

1j When separate pits are used for long and triple jumps, the pits shall be open for a minimum of two hours each.

1k For the horizontal jumps (LJ and TJ) and for the throws (Shot and Discus) each athlete will be allowed 4 jumps/throws.

1l There is no restriction on the number of athletes per event per school.

Section 2, FROSH-SOPH CHAMPIONSHIP MEET

2a Officials will be determined at the Pre-Season Meeting. The host school will be responsible for those positions not filled at this meeting.

2b The procedures for the REGULAR SEASON MEETS will be followed except the Championship Meet order will be used:

- 400 meter Relay (Girls then Boys)
- 1600 meter Run (Girls then Boys)
- 100 meter/65 meter Hurdles (Girls then Boys)
- 400 meter Dash (Girls then Boys)
- 100 meter Dash (Girls then Boys)
- 800 meter Run (Girls then Boys)
- 300 meter Hurdles (Girls then Boys)
- 200 meter Dash (Girls then Boys)
- 3200 meter Run (Girls and Boys will run together unless field size Requires separate races)

1600 meter Relay (Girls then Boys)

2c The Frosh-Soph Boys will run the 65 meter High Hurdles and throw the 10 lb shot.

2d All implements (shot & discus) will be weighed.

Section 3, VARSITY CHAMPIONSHIP MEET

3a Officials for the Varsity Championship Meet will be the responsibility of all member schools:

3a1 Meet Director's school: Starter, Clerk of the Course, Finish Line Official, Announcer, hurdle crew, and starting block crew.

3a1(a) The Meet Director will be determined at the Pre-Season Meeting. The host school shall have the first right to act as meet director. If the host school is not able to provide a meet director, one shall be selected by a vote of the coaches.

3a1(b) If at all possible the Starter for the Varsity Championship Meet shall not be a member of the coaching staff of any participating school. If no other starter is available then an Assistant Starter shall be used from a school different from the "primary" starter.

3a1(c) Every effort shall be made to have a clerk of the course who is not a member of the coaching staff of any participating school at the Varsity Championship Meet. The clerk shall not close checking in for any event any earlier than 15 minutes prior to the start of the event. Any athlete not checking in on time will be scratched.

3a2 Remaining schools shall be responsible for officiating field events including all equipment (clipboards, rakes, cross bars, markers, etc.) necessary to officiate the event.

3a3 Schools will be assigned to serve as inspectors for the 400 meter relays by the Meet Director or the League Rep.

3a4 The officials assigned to provide Fully Automatic Timing (FAT) will provide individual meet results and team scoring.

3b The order of running events for the Championship Meets is: 400 meter Relay, 1600 meter Run, 100 meter/110 meter High Hurdles, 400 meter Dash, 100 meter Dash, 800 meter Run, 300 meter Hurdles, 200 meter Dash, 3200 meter Run, and 1600 meter Relay. For all running events Girls run first, then Boys.

3c Starting height for the Championship Meet:

3c1 Girls High Jump: 4 ft 0 in

3c2 Boys High Jump: 5 ft 0 in

3c3 Girls Pole Vault: 6 ft 6 in

3c4 Boys Pole Vault: 8 ft 0 in

For the High Jump the recommended increments are 2 inches until 3 competitors remain then 1 inch until a winner is determined. For the Pole Vault the recommended increments are 6 inches until 3 competitors remain then 3 inches until a winner is determined.

3d General rules regarding the formation of sections at the Championship Meet:

3d1 Athletes and teams are entered in athletic.net. Only FAT times are authorized for running events.

3d2 The fastest runners run in the first section.

3d3 The slowest section shall have no fewer than 3 athletes.

3d4 Times are reordered within the section with the fastest runner receiving the premier lane.

3d5 No school can have more than 6 athletes in any single event.

3d6 No school can have more than one team in the 400 meter or 1600 meter Relay.

3d7 No athlete can be entered in more than 4 events (including the relays).

3d8 Final entries are determined at the Seeding Meeting.

3d9 The maximum number of athletes per event are as specified below and are determined by the performance list provided by athletic.net.

3e 100 meter Dash, 100 meter/110 meter High Hurdles, 200 meter Dash, 300 meter Hurdles, 400 meter Dash, and 400 meter Relay: 3 sections, lanes assigned middle-out; one athlete or team per lane.

3f 800 meter Run: One turn stagger with lanes assigned consistent with the current CCS and State Meet practice; as of 2013 "outside - in seeding" is used with the top seeded athlete being in the outside lane. One runner per lane is ideal, but two runners per lane may be assigned if required, leaving the outside lane(s) with fewer runners. 2 sections with 12 athletes in the first (fast) section and 15 athletes in the second section.

3g 1600 meter Run: Lanes or positions assigned consistent with the current CCS and State Meet practice; as of 2013 "outside - in seeding" is used with the top seeded athlete being in the outside lane or position. 2 sections with 16 athletes in each section. A "waterfall" or "alley" start will be employed.

3h 3200 meter Run: Lanes or positions assigned consistent with the current CCS and State Meet practice; as of 2013 "outside - in seeding" is used with the top seeded athlete being in the outside lane or position. A single section will be run with section size and any qualifying time being finalized at the Seeding Meeting. The maximum number of runners per section is 32. A "waterfall" or "alley" start will be employed.

3i 1600 meter Relay: A 3 turn stagger shall be employed if the track is so marked, if not a 2 turn stagger will be employed; all teams in one race. For a 3 turn stagger teams will be seeded middle-out. For a 2 turn stagger teams will be seeded inside-out.

3j Long Jump and Triple Jump: Open pit; boys and girls together; 3 attempts. 24 athletes per gender per event. After 2 and one-half hours the pits will be closed for 15 minutes. The pits will then reopen for 1 hour and the top 8 jumpers per gender will get 3 additional attempts.

3k Shot Put and Discus: Boys and Girls separate; 24 athletes per gender per event; all athletes get 3 throws then the top 8 athletes get an additional 3 throws.

3k1 At the Championship Meet all implements will be weighed.

3l High Jump and Pole Vault: 24 athletes per gender per event.

3m For the 4 event per athlete limit, when an athlete checks in with the Clerk of the Course for a running event or the appropriate Field Event Official, they are considered to have participated in that event.

Section 4, PRE-SEASON TIME TRIALS or JAMBOREE (OPTIONAL)

4a There may in some years be a non-scoring Time Trials or Jamboree. If such a meet occurs, it shall be run in accordance with this Section.

4b Running events:

4b1 The order of events will be: Girls Varsity, then Boys Varsity (no Frosh-Soph); High Hurdles, 400 meter Relay, 1600 meter Run, 400 meter Dash, 100 meter Dash, 800 meter Run, 300 meter Hurdles, 200 meter Dash, 3200 meter run (optional; also boys and girls races may be combined) & 1600 meter Relay.

4b2 As many sections as required to accommodate all running event entrants will be formed.

4b3 The best individuals of each school will be assigned in the same section if possible. Placing is by time.

4b4 Schools may enter multiple relay teams.

4c Field Events:

4c1 Horizontal field event competitors will be given 3 or 4 attempts as determined by field size (LJ, TJ, SP & Discus). For the Long and Triple Jumps once the event has started only one "run through" per athlete will be allowed.

4c2 Each school is limited to 8 field event competitors per gender in each field event. Should there be less than 80 competitors in a field event, the field event judge at his/her discretion may allow more competitors from a school to compete.

4c3 Starting heights for the vertical jumps are as follows:

Girls High Jump:	3' 8"
Girls Pole Vault:	6' 0"
Boys High Jump:	4' 4"
Boys Pole Vault:	7' 6"

Section 5, PROCEDURE WHEN ATHLETES CHECK OUT FOR ANOTHER EVENT WHEN COMPETING IN THE VERTICAL JUMPS (High jump and pole vault)

5a Per the NFHS Rule Book the bar will not be lowered for a returning athlete if they miss the time limit.

5b Remaining athletes may continue to jump at the contested height when another athlete has checked out from the event.

5c Athletes who will be checking out for another event may be allowed to jump out of order (early) in order to compete some or all of their jumps at the height being contested when they depart.

5d Athletes checking out for another event must personally check out with the vertical jump official and will be released only shortly before their second event.

5e A returning athlete has a maximum of 10 minutes from the completion of their second event before they must be prepared to jump at the contested height.

5f If a returning athlete has two or more jumps remaining at the height being contested AND they are the only jumper remaining at that height they are allowed a maximum of 3 minutes between jumps.

5g A returning athlete has the option of passing at the contested height and will retain their remaining number of attempts.

Section 6, CHANGES TO THIS GAMES COMMITTEE GUIDE

6a Any changes made by the Games Committee to this Guide shall be incorporated herein and the updated guide shall be provided immediately by the Track & Field League Representative to the League Commissioner for dissemination to all league schools.

Revised: 1 February 2017