

COUGAR TRACK & FIELD

LEAGUE MEET ORDER OF EVENTS

RUNNING EVENTS

Order of Divisions:

- Frosh Soph Girls
- Varsity Girls
- Frosh Soph Boys
- Varsity Boys

Order of Races:

400m Relay –May be combined by gender if few competing teams. Start at 2-turn stagger marks (400m start). Run in lanes.

1600m –Usually combined by gender, one girls' race followed by one boys' race, if number of competitors allows. Waterfall start.

100/110m Hurdles –Girls' = 33" hurdles on yellow marks. Boys' = 39" hurdles on blue marks. Run in lanes.

400m –Start at 2-turn stagger marks (400m start). Run in lanes.

100m –Run in lanes.

800m –May be combined by gender, one girls' race followed by one boys' race, if number of competitors allows. Waterfall start.

300m Hurdles –Girls' = 30" hurdles. Boys' = 36" hurdles. Hurdles placed on white marks. Start at 1-turn stagger marks (300m start). Run in lanes.

200m –Start at 1-turn stagger marks (200m start). Run in lanes.

3200m –Always combined into one race with all divisions and both genders. Waterfall start.

1600m Relay –May be combined by gender if few competing teams. Start at 2-turn or 3-turn stagger marks. First leg run in lanes.

FIELD EVENTS

Order of Field Events:

Long Jump –Start of meet

Long Jump is conducted for all divisions simultaneously. Long Jump opens at the beginning of the 400m Relay and closes at conclusion of the 100m. Each athlete receives four attempts.

Triple Jump –Start of 800m

Triple Jump is conducted for all divisions simultaneously. Triple Jump opens at the beginning of the 800m and closes at the conclusion of the 1600m Relay. Each athlete receives four attempts.

High Jump –Girls First

Frosh Soph and Varsity Girls' divisions are conducted together, beginning at the start of the 400m Relay.

Frosh Soph and Varsity Boys' divisions are conducted together, immediately following the conclusion of the girls' competition.

Pole Vault –Varsity First

Varsity Girls' and Varsity Boys' divisions are conducted together, beginning at the start of the 400m Relay.

Frosh Soph Girls' and Frosh Soph Boys' divisions are conducted together immediately following the conclusion of the varsity competition.

An athlete must initiate an attempt within 60 seconds of being called by the official.

Shot Put –Girls First

Frosh Soph and Varsity Girls' divisions are conducted together, beginning at the start of the 400m Relay. Each athlete receives four attempts.

Frosh Soph and Varsity Boys' divisions are conducted together immediately following the conclusion of the girls' competition. Each athlete receives four attempts.

Discus –Boys First

Frosh Soph and Varsity Boys' divisions are conducted together, beginning at the start of the 400m Relay. Each athlete receives four attempts.

Frosh Soph and Varsity Girls' divisions are conducted together immediately following the conclusion of the boys' competition. Each athlete receives four attempts.

IMPORTANT RULES

All *National High School Federation* rules apply during league competition (DAL 4.2).

A competitor shall not compete in more than four events, including relays (NFHS 4.2.1)

First Heat = Fast Heat: A team's fastest athletes must compete in the FIRST heat for their division (DAL 4.8.2).

SPORTSMANSHIP:

Poor sportsmanship, including use of profanity or offensive gestures, disrespectfully addressing an official, intentional contact, or taunting will result in disqualification.

The baton shall not be thrown following the finishing of a relay (NHSF 5.11.2).

COMPETITION INFRACTIONS:

Interference: Any action by a competitor that changes the course or natural running rhythm of another competitor is interference and grounds for disqualification (NHSF 5.9).

Running in a lane: An athlete shall be disqualified for stepping on or over the inside lane line or curb for three consecutive steps with either or both feet, or when running outside the assigned lane impedes another competitor (NHSF 5.12.1).

Hurdles: It is an infraction if a competitor does not attempt to clear each hurdle, knocks down any hurdle by hand, trails a leg or foot around the side of a hurdle, or runs around a hurdle (NHSF 5.14).

UNIFORM RULES:

No hats, headbands, bandannas, or sunglasses are to be worn during competition, unless they are prescription items.

Athletes must wear school issued uniform, and conform to all NHSF uniform rules (NHSF 4.3), including:

–Jersey must be full length, no bare midriff, and not tied or knotted.

–Shorts must be of same color for all team members. Waste band of shorts shall be worn above the hips (NHSF 4.3.1).

–Relay teams must wear the same color and design of uniform (NHSF 4.3.2). Gloves are not permitted in relay races (NHSF 5.5).

–Removing any part of the uniform, excluding shoes, while in the area of competition, is illegal (NHSF 4.3.3).