

School District #51

Middle School

Track

&

Field

Rules

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Participating Schools

Bookcliff Middle School (BMS)
Caprock Academy (CA)
DeBeque (DB)
East Middle School (EMS)
Fruita Middle School (FMS)
Fruita 8/9 (F 8/9)
Grand Mesa Middle School (GMMS)
Holy Family (HF)
Mount Garfield Middle School (MGMS)
Orchard Mesa Middle School (OMMS)
Plateau Valley (PV)
Redlands Middle School (RMS)
West Middle School (WMS)

Coaches Code of Ethics

The function of a coach is to educate student-athletes through the participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she were a coach's own, and his or her welfare should be uppermost at all times.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education or the student-athlete and thus, shall never place the value of winning above the value of installing the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with student-athletes, officials, athletic director's school administrators, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco use.

The coach shall avoid the use of alcohol and tobacco products when in contact with student-athletes.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with administration.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials.

Before and after contest, coaches for the competing teams should meet and exchange cordial greetings to set the correct tone for the event.

FORMS AND FEES

- A. District #51 Middle School participation forms need to be filled out and turned in by the student-athlete before they participate in their first practice.
- B. There is a \$70.00 Participation fee per student/athlete to participate in District #51 Middle School Athletics.

PRACTICE

- A. All student-athletes need to have their paperwork completed and turned in before they are allowed to practice.
- B. All student-athletes need to participate in a minimum of five (5) practices before participating in a contest.
 - 1. A coach or athletic director may wave this rule if the student-athlete is coming directly from participating in another sport.
- C. Friday practices are up to the individual schools
- D. There may be no organized Saturday or Sunday practices.

DAILY ATTENDANCE & TARDINESS

- A. Students must be in attendance for his/her scheduled classes on the day of a contest or on the day before a contest held on a Saturday. Extenuating circumstances must be approved by the Athletic Director, Assistant Principal or Principal.
- B. Any absence due to illness must be approved by the Athletic Director, Asst. Principal or Principal in order for the student to participate in a contest that day. General rule: students must be in attendance for a minimum of the afternoon classes in order to participate with an illness.
- C. Students missing school due to athletics or other extra-curricular activities are responsible for any work missed during their absence.
- D. Students that have unexcused/non-parent verified absences will not practice if absence happens on a practice day and will not participate in contest if unexcused absence happens on the day of a game or on the day before a contest on a non-school day (any unexcused/non-parent verified absence on a given day = 1 missed practice or game). Please note: an unexcused/non-parent verified absence may be discovered a following day and removal from participation may happen at that time.
- E. Students that are serving in school or out of school suspensions cannot practice, attend meetings or participate in athletics the day of suspension. If student is suspended on a Friday, then the student/athlete cannot participate in athletics over the weekend following the suspension.

ASSIGNMENT OF STUDENTS TO SCHOOLS TO PARTICIPATE IN EXTRA-CURRICULAR ACTIVITIES

- A. Students are assigned to schools based on: his/her legal residence, transfer student, or school of choice.
- B. For sports not offered at the school, "Contiguous Boundaries" of the school district will be used to determine where a student/athlete will participate
- C. Home school and on-line students must participate at the school within their residence attendance area.
- D. Private, charter or alternative school – students will participate for the school in their attendance area – the attendance area of residence.
- E. Should a student request to appeal any of the above, an appeal letter with specific reasons for the appeal will be sent to the district athletic office and a timely decision will be determined. The final decision will be in writing and an in person meeting will be offered.

School District 51 encourages all students to attend the school in their attendance area. Special attention to rules and regulations regarding eligibility should be addressed so as not to jeopardize a student/athlete's eligibility. If approached, coaches and staff members are encouraged to direct students and/or parents to the building principal or athletic director for clarification

RULE 1: COMPETITORS AND COMPETITION

Section 1 Competition

1.... A contestant is any student-athlete that is in the 7th or 8th grade.

- a. No 6th graders are allowed to compete.

- 2.... All District #51 student-athletes must have a middle school clearance form completely filled out along with proof of insurance turned in before being allowed to participate in a practice.
- 3.... A \$70.00 participation fee must be paid before the student-athlete may participate in a district sponsored competition.
- 4.... Student-athletes need to have participated in at least five (5) practices before being allowed to participate in a competition.
 - a. This may be waived by the school's athletic director, if they deem that the student-athlete is ready to compete.

Section 2 Participation and Entry Limitations

- 1.... A competitor shall not compete in more than four (4) events, including relays.
- 2.... A contestant shall not be entered in more than four (4) events, excluding relays.

Penalty: A competitor who competes in more events than allowed by rule shall forfeit all individual place and points (including relays) and shall be disqualified from further competition in the meet.

- 3.... Unless an event is labeled as open, not more than four (4) contestants from a given school shall be allowed to enter.
 - a. If an event is closed a school may not enter more than four (4) contestants in the event.
 - b. If an event is listed as open, then a school may enter as many contestants or teams as they deem necessary.

Penalty: A school that enters more than four (4) competitors in an event that is listed as closed by rule will have all of their competitors scratched/disqualified from the event in that meet.

Section 3 Competitors Uniforms

- 1.... The competitor's uniform shall be issued by the school, worn as instructed by the manufactures, and have the following restrictions:
 - a. Each competitor shall wear shoes.
 1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 2. The use of slippers or socks does not meet the requirements of the rule.
 3. The use of toe shoes do not meet the requirements of this rule.
 - b. Each competitor shall wear a track top issued by the school.
 1. The top shall not be knotted or have a knot like protrusion.
 2. Bare midriff tops are not allowed.
 3. The top must hang below or be tucked into the waist band of the bottom when the competitor is standing erect.
 4. The waist band of a competitor's bottom shall be worn above the hips.
 - c. Visible undergarments
 1. Any visible garments worn under the uniform top or bottom must be unadorned and a single color.
 2. Visible garments under the top and bottom do not have to be the same color.

2..... Hats and sunglasses shall not be worn by contestants.

a. Jewelry may be worn. Coaches continue to have the obligation to see that competitors are properly equipped though.

b. A watch may be worn around the wrist.

3.... No face or body painting or writing is allowed.

4.... No electronic devices may be worn while competing in an event (i.e. i-pods, cell phones, head phones, ear buds and so on).

Penalty: For an illegal uniform, wearing jewelry, face or body painting, or electronic devices, the competitor is disqualified from the event.

Section 4 Disqualification

1.... Unsporting conduct is behavior that is unethical or dishonorable, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity. This shall apply to all coaches, contestants and other team/school personnel.

2.... Unacceptable Conduct by competitors includes, but is not limited to willful failure to follow the directions of a meet official, using profanity or any action which could bring discredit to individual or his/her school.

3.... Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.

4.... A competitor shall not compete while wearing illegal uniform or illegal implement.

5.... It is an unfair act when a competitor receives any assistance from any other person. Assistance includes:

a. Interference with another competitor.

b. Pacing by a teammate or persons not participating in the event.

c. Competitors joining or grasping hands with each other during a race.

d. Competitor using an aid during the run.

e. Communicating with a competitor through the use of a wireless device.

f. Coaching a competitor from a restricted area.

g. A competitor views a videotape or any other visual reproduction of their performance prior to the completion of the competition.

Notes;

1. The use of an atomizer during competition containing a prescription drug designed to alleviate an asthmatic condition is not considered illegal.

2. The use of a watch worn around the wrist is not considered an aid for racing.

3. A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area.

6.... A competitor who is apparently unconscious during a meet shall not be permitted to resume participation in the meet.

7.... A competitor, who is bleeding, has an open wound or excessive amount of blood on the uniform may complete the running or field event. However the competitor shall not participate further until appropriate treatment has been administered.

RULE 2 ORDER OF EVENTS

Section 1 Running Events

1.... 100-meter low hurdles (open)

100 meter dash (open)

1600 meter run (open)

4X100 meter Relay (CLOSED Max of 4 entries per school)

400 meter dash (CLOSED Max of 4 entries per school)

4 x 200 meter Relay (CLOSED Max of 4 entries per school)

800 meter run (CLOSED Max of 4 entries per school)

800 Medley Relay (CLOSED Max of 4 entries per school)

200 Meter dash (CLOSED Max of 4 entries per school)

4 X 100 Co-Ed Relay (open)

2.... Order of running is:

a. 7th Girls; 7th Boys; 8th Girls; 8th Boys

b. If there are a low number of competitors grade levels may be joined (i.e. 7th boys with 7th girls and 8th boys with 8th girls) in the following events:

1. 800 meter run

2. 1600 meter run

3.... Running events will begin at 2:15 pm for the District Finals

Section 2 Field Events

1.... Regular Meets

Competitors	Warm-up Time	Event Time Limit
High Jump (CLOSED Max of 4 entries per school)		
7 th & 8 th Boys	3:30 to 3:45	3:45 to 5:00
7 th & 8 th Girls	5:00 to 5:15	5:15 to 6:30
Long Jump (open)		
7 th Girls	3:15 to 3:30	3:30 to 4:05
8 th Girls	4:05 to 4:20	4:20 to 4:55
7 th Boys	4:55 to 5:10	5:10 to 5:45
8 th Boys	5:45 to 6:00	6:00 to 6:35
Triple Jump (open)		
8 th Girls	3:15 to 3:30	3:30 to 4:05
7 th Girls	4:05 to 4:20	4:20 to 4:55
8 th Boys	4:55 to 5:10	5:10 to 5:45
7 th Boys	5:45 to 6:00	6:00 to 6:35
Shot Put (Only using 1 rink)(open)		
7 th Boys	3:15 to 3:30	3:30 to 4:05
8 th Boys	4:05 to 4:20	4:20 to 4:55
7 th Girls	4:55 to 5:10	5:10 to 5:45
8 th Girls	5:45 to 6:00	6:00 to 6:35
Shot Put (Using 2 Rinks (Rink #1 South end)(open)		
7 th Boys	3:15 to 3:30	3:30 to 4:05
8 th Boys	4:05 to 4:20	4:20 to 4:55
Shot Put (Rink #2 North)(open)		
8 th Girls	3:15 to 3:30	3:30 to 4:05
7 th Girls	4:05 to 4:20	4:20 to 4:55
Discus (open)		
8 th Boys	3:15 to 3:30	3:30 to 4:05
7 th Boys	4:05 to 4:20	4:20 to 4:55
8 th Girls	4:55 to 5:10	5:10 to 5:45
7 th Girls	5:45 to 6:00	6:00 to 6:35

a. All competitors must complete their field events in the allotted time. If the competitor does not complete his or her event in the allotted time they will be credited with his or her best trial.

b. If 7th grade boys triple jump is finished, may run 8th grade boys Long Jump in both pits.

2.... Finals

Competitors	Warm-up Time	Event Time Limit
High Jump (Max of 4 entries per school)		
7 th & 8 th Boys	12:30 to 1:00	1:00 to 3:00
7 th & 8 th Girls	3:00 to 3:30	3:30 to 5:30
Long Jump (open)		
7 th Girls	12:30 to 1:00	1:00 to 2:00
8 th Girls	2:00 to 2:30	2:30 to 3:30
7 th Boys	3:30 to 4:00	4:00 to 5:00
8 th Boys	5:00 to 5:30	5:30 to 6:30
Triple Jump (open)		
8 th Girls	12:30 to 1:00	1:00 to 2:00
7 th Girls	2:00 to 2:30	2:30 to 3:30
8 th Boys	3:30 to 4:00	4:00 to 5:00
7 th Boys	5:00 to 5:30	5:30 to 6:30
Shot Put (Rink #1 South end) (open)		
7 th Boys	12:30 to 1:00	1:00 to 2:00
8 th Boys	2:00 to 2:30	2:30 to 3:30
Shot Put (Rink #2 North End) (open)		
8 th Girls	12:30 to 1:00	1:00 to 2:00
7 th Girls	2:00 to 2:30	2:30 to 3:30
Discus (open)		
8 th Boys	12:30 to 1:00	1:00 to 2:00
7 th Boys	2:00 to 2:30	2:30 to 3:30
8 th Girls	3:30 to 4:00	4:00 to 5:00
7 th Girls	5:00 to 5:30	5:30 to 6:30

a. All competitors must complete their field events in the allotted time. If the competitor does not complete his or her event in the allotted time they will be credited with his or her best trial.

b. If 7th grade boys triple jump is finished, may run 8th grade boys in both pits.

RULE 3 SCORING

Section1 Regular Meet

1.... 8 - 6 - 4 - 3 - 2 - 1

a. If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

Section 2 Finals

1.... 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

a. If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

RULE 4 RUNNING EVENTS

Section 1 Track Equipment

1.... The relay baton shall not exceed 11.81 inches (30 centimeters) in length. Its circumference shall be at least 4 inches and no more than 5 inches (102 – 127 millimeters). It shall be smooth, hollow tube, made in one piece of wood, metal or other rigid material. It shall weigh at least 1.766 ounces (50 grams).

- a. Tape shall not be used to wrap the baton.

Section 2 The Start

1.... The starting commands for races or opening relay legs of less than 800 meters shall be:

“On your Marks”, “Set”. When all competitors are set and motionless the starter shall fire the starting device.

2.... The starting command for individual races and opening relay legs of 800 meters or more shall be:

“On Your Marks”. When all competitors are steady, the starter shall fire the starting device.

3.... Starting violations which constitute a false start include:

- a. Failure to comply with the starters commands.
- b. Having any part of your body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- c. Failure to remain motionless after assuming the set position prior to the starting device being fired.
- D. Repeated use of disconcerting acts.

PENALTY: In all case except for 3c the runner is disqualified from that event. In the case of 3c the following shall occur.

- a. The first false start will be charged to all competitors participating in that heat.**
- b. The second false start will result in the disqualification of the competitor who causes it in that event.**

4.... For an unfair start, the starter, shall recall the contestants by firing the starting device.

Section 3 Relays

1.... Each competitor shall carry the baton by hand throughout the race and handed to the succeeding teammate. A baton that is inadvertently leaves a runners hand must be retrieved immediately without interfering with other runners.

- A. Gloves are not permitted in relay events.

2.... The baton actually shall be handed, not thrown, from competitor to the succeeding competitor.

- a. This teammate shall not take sole possession of the baton while the baton is outside the exchange zone.
- b. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided they do not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone across the track.
- c. If the baton is dropped outside of the exchange zone, it must be retrieved by the competitor who dropped it.

3.... 4X100 co-ed relay, the team must consist of two (2) boys and two (2) girls from the same grade level.

a. It is a coach's choice as to what order the competitors run in.

Section 4 Hurdles

1.... The hurdles will be set at a height of thirty (30) inches for both boys and girls.

2.... There are a total of ten (10) hurdles in each lane.

3.... Hurdle Distances:

a. The first hurdle is set 42'8" (13 meters from the start line).

b. The next nine (9) hurdles shall have the distance of 27'10 3/4" (8.5 meters) between them.

c. The distance from the finish line to the last hurdle is 34'5 1/2" (10.5 meters).

d. At Stocker Stadium these distances are marked by the yellow triangles.

RULE 5 THROWING EVENTS

Section 1 Definitions

1.... A trial is an attempt in a throwing event.

2.... A foul/scratch throw is one that is counted as a trial but which is not measured because of some violation of the rules.

Section 2 General Rules for Throwing Events

1.... Each competitor shall be allowed three (3) trials/attempts.

2.... A competitor may take more than one (1) trial/attempt in succession if they so choose.

Section 3 Discus Throw

1.... Discus is an open event.

2.... The discus shall be made of hard black rubber and weigh 2.2 lbs. (1kg) for both boys and girls.

3.... Throwers will use discus provided by the district at all district hosted meets and finals.

a. No personal discus may be used at the district meets and finals.

4.... Minimum distances:

Gender	Minimum Distance
7 th & 8 th grade girls	45'
7 th & 8 th grade boys	50'

a. If a competitor cannot throw the minimum distance it is considered a trial/attempt but is not measured.

5.... Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape.

- a. Taping of the wrist is permissible.
- b. Gloves are not permitted.
- c. A support belt may be worn, but no harness or mechanical device attached to the hand or arm shall be used.

6.... It is a foul/scratch if the competitor:

- a. Fails to initiate a trial/throw that is carried to completion within 45 seconds after being called.
- b. After stepping into the circle, fails to pause before starting the throw.
- c. After stepping into the circle, touches the circle, (not including the inner face of the band), or ground outside the circle during a throw.
- d. Throws the discus so it does not fall within the sector lines.
- e. Throws a discus which hits the cage or an object outside the sector before landing within the sector.
- f. Is not under control before exiting the back half of the circle.
- g. Leaves the circle before the implement has landed and the judge calls "Mark".
- h. Does not exit the back half of the circle.
- i. Does not throw the minimum distance or beyond.

PENALTY: The trial/throw is not measured, but counts as a trial/attempt.

7.... The measurement shall be from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along the extended radius.

- a. The judges shall hold the tape in such a way that the reading will be at the circle.

Section 4 Shot Put

1.... Shot put is an open event.

2.... The shot put shall be constructed so its body is a solid sphere made of metal or suitable material not softer than brass and weigh 8 lbs. (4.0 kg).

3.... Throwers will use shot puts provided by the district at all district hosted meets and finals.

- a. No personal shot puts may be used at the district meets and finals.

4.... Minimum distances:

Gender	Minimum Distance
7 th & 8 th grade girls	15'
7 th & 8 th grade boys	20'

- a. If a competitor cannot throw the minimum distance it is considered a trial/attempt but is not measured.

5.... A legal put shall be made from the shoulder, with one (1) hand only, so that during the trial/attempt, the shot does not drop behind or below the shoulder.

a. A competitor must start from a stationary position within the circle.

6.... Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape.

a. Taping of the wrist is permissible.

b. Gloves are not permitted.

c. A support belt may be worn, but no harness or mechanical device attached to the hand or arm shall be used.

7.... It is a foul if the competitor:

a. Fails to initiate a trial that is carried to completion within 45 seconds after being called.

b. After stepping into the circle, fails to pause before starting the put.

c. After stepping into the circle, touches the circle (not including the inner face of the stop-board) or the ground outside the circle during the put.

d. Allows the shot to drop behind or below the shoulder during the put attempt.

e. Touches the top or end of the stop-board before the put is marked.

f. Puts the shot so that it does not fall within the sector lines.

g. Is not under control before exiting the back half of the circle.

h. Leaves the circle before the implement has landed and the judge calls "Mark".

i. Does not exit the back half of the circle.

j. Does not put the minimum distance or beyond.

PENALTY: The put is not measured, but counts as a trial/attempt.

8.... The measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stop-board nearest such mark.

a. The judges shall hold the tape in such a way that the readings will be at the stop-board inside edge.

RULE 6 JUMPING EVENTS

Section 1 Definitions

1.... A trial is an attempt in a jumping event.

a. Each competitor is allowed a specific number of trials/attempts in the horizontal events.

2.... A foul jump is one which is counted as a trial/attempt but which is not measured.

3.... Horizontal events include the long and triple jumps.

4.... Vertical event is the high jump.

Section 2 General Rules

1.... In the horizontal events each competitor is allowed three (3) trials/attempts.

2.... In the horizontal event each competitor is allowed three (3) trials/attempts at each height.

3.... Competitors shall report promptly to the event judge at the designated location when the event is announced. A competitor shall initiate a trial/attempt that is carried to completion within:

- a. 45 seconds after being called. Unless excused by the event judge to compete in some other event.
- b. When three (3) or fewer competitors remain in the competition, high jump competitors will be allowed two (2) minutes to initiate a jump.
- c. When one (1) competitor remains in the high jump, they will be allowed up to three (3) minutes to initiate a jump.
- d. A competitor may elect to pass a trial/attempt which must be communicated to the event judge before the clock is started.

PENALTY: An unsuccessful trial/attempt is charged.

4.... The event judge may change the order of competitors to accommodate competitors who need to participate in another event.

- a. In the horizontal events, competitors may take more than one (1) trial/attempt in succession if they so choose.

5.... Competitors in the jumping events shall not use any weights or artificial aids. They shall not wear a shoe or shoes which incorporate or contain any device that gives the competitor an unfair advantage.

PENALTY: Disqualification from the event.

Section 3 High Jump

1.... Beginning heights and advancement:

Grade:	Opening Height	Height Increase	To	After Increase by 1"
7 th Girls	3'6"	2"	4'	After 4' go up by 1"
8 th Girls	3'10"	2"	4'4"	After 4'4" go up by 1"
7 th Boys	4'2"	2"	4'8"	After 4' 8" go up by 1"
8 th Boys	4'6"	2"	5'	After 5' go up by 1"

a. If a competitor cannot clear the opening height they should not be entered in the event.

b. 8th grade will jump in the east pit.

7th graders will jump in the west pit.

2.... Each competitor is allowed a maximum of three (3) trials/attempts at any height.

a. the competitor may use all three (3) trials or elect to pass any one of them.

b. Unless the competitor has had three (3) unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height, but the competitor is eliminated as soon as they have three (3) consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted.

3.... A competitor who has passed three (3) consecutive heights after the competition has begun, may be permitted one (1) warm-up without the crossbar in place, but shall enter the competition at that height.

a. Such warm-up must be taken at a height change.

b. When only one (1) competitor remains in the competition, the competitor may determine successive heights of the crossbar.

4.... A competitor may attempt to clear the bar in any manner, provided the take-off is from one (1) foot and provided no weights or artificial aides are used.

a. All of the competitor's body must go over the bar.

5.... After competition has started, the bar shall not be lowered.

6.... Procedures if a competitor is required to leave the event to participate in another event.

a. 2nd call for the event they are going to must have been made.

b. The competitor must check-out with the event judge.

c. The event judge writes down what event the competitor is leaving for, but first encourages the competitor to make a trial.

d. After the event is finished, that the competitor checked out for, they have one (1) minute to report back into the judge and then 45 seconds to initiate a trial that is carried to completion.

e. The competitor may only check-out to do one (1) event at a time.

PENALTY: The judge may raise the bar to the next height.

7.... It is a foul if the competitor:

a. Displaces the crossbar in an attempt to clear it.

b. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.

c. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.

d. Fails to initiate an attempt that is carried to completion within the 45 second time period.

- e. Fails to take-off from one (1) foot.
- f. Fails (total body) to go over the bar.

PENALTY: An unsuccessful trial is charged.

Section 4 Long Jump and Triple Jump

1.... The long jump and triple jump events are open events.

2.... Place of occurrence:

- a. Long jump will take place in the south pit.
- b. Triple jump will take place in the north pit.

3.... The foul line shall be located by measuring from the nearer edge of the landing pit to a distance of approximately:

- a. Long jump 8 feet from the pit
- b. Triple jump 18 feet or 24 feet, competitor's choice.

- 1. The competitor must make all their trials from the same distance once the competition begins.

4.... Each competitor shall be allowed three (3) trials.

5.... The event judge may change the order to accommodate those competitors who may be excused to participate in another event.

- a. A competitor may take successive trials.

6.... It is a foul if the competitor:

- a. Allows their shoe to extend over the foul line or make a mark in front of it on the take-off board.
- b. Runs across the foul line, or foul line extended.
- c. In the long jump, does not keep their head in the superior position, i.e., no somersault.
- d. In the triple jump, in hopping does not land on the same foot used in takeoff, or in stepping does not land on the the other foot from which the jump is performed.
- e. In the process of landing or leaving the pit, touches the ground outside the landing nearer the foul line than the nearest mark made in the landing pit.
- f. Fails to initiate a trial that is carried to completion within 45 seconds after being called

PENALTY: An unsuccessful trial is charged but not measured.

7.... Each legal jump shall be measured perpendicularly to the foul line or its extension and from the point in the pit touched by the person or apparel of the jumper which is nearest the foul line or its extension.

8.... The judges shall hold the tape in such a way that the reading will be at the take-off board.

RULE 7 DISTRICT RECORDS

Event	7th Girls	8th Girls	7th Boys	8th Boys
100 meter hurdles	17.05	16.78	16.42	14.78
100 meter dash	12.95	12.93	12.25	11.59
1600 meter run	5:59.09	5:42.18	5:18.35	4:58.24
4X100 relay	56.13	53.67	50.35	47.32
400 meter dash	1:06.24	1:04.77	58.72	55.66
4X200 relay	1:59.53	1:56.24	1:51.69	1:42.70
800 meter run	2:28.02	2:33.78	2:18.00	2:15.79
800 meter medley	2:10.33	2:05.21	1:56.55	1:46.52
200 meter dash	28.14	27.51	25.97	24.54
4 X 100 co-ed relay	54.12	52.27	54.12	52.27
High Jump	4'10"	5'2"	5'4"	6'1"
Long Jump	14'11.5"	16'3.5"	17'7.5"	18'10.25"
Triple Jump	32'2"	33'2"	35'6"	37'9"
Shot put	28'4.5"	32'6"	37'7"	45'9.75"
Discus	83'9.75"	87'7"	120'3"	135'7"

RULE 8 GUIDELINES ON HANDLING A TRACK AND FIELD COMPETITION DURING:

Section 1 Lightning Disturbance

1.... A 15 second or less flash to bang count calls for removal of the competitors from the field to the locker rooms and under the baseball bleachers. The west football field bleachers may be used if needed.

2.... Once the competition has been suspended, wait at least 15 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming competition.

Section 2 Hail Storm or Severe Rain Storm

1.... As soon as the track director determines the conditions warrant, remove all competitors from the field to the locker rooms and under the baseball bleachers. The west football field bleachers may be used if needed.

2.... Remain until the track director and host school determine it is safe to continue with or cancel the meet.

3.... The track director and host school will be in charge of determining whether to suspend or continue a track meet that has begun.

4.... The District Athletic Director or District Middle School Athletic Director will make the decision on whether or not to cancel or continue on with a scheduled track meet that has not yet begun.

Stadium Safety Plans & Procedures

In the event the crisis team/district administration/ GJ Police Dept. determines it is necessary for spectators to leave Stocker Stadium/Suplizo Field due to unforeseen circumstances, the following evacuation plan will be instituted.

Internal Threat –

“Due to a security concern, please immediately proceed to the barn on the south side of the stadium and wait for further instructions. GJ Police have been notified and are currently working on the situation.”

End sporting event and have administration escort officials, coaches and players into the locker rooms.

Inclement Weather –

“Due to inclement weather all sporting events are going to be delayed until further notice. Please immediately proceed to either your personal vehicle, the barn or under the stadium bleachers.”

End sporting event and have administration escort officials, coaches and players into the locker rooms.

External Threat – Lock all gates into the stadium with officers, security personnel and administration.

Multiple announcements over PA instructing patrons –

“Due to a security concern outside the stadium, it has been determined that for your safety, all individuals need to stay seated. If you are not in your seat, please return to them. GJ Police Dept. has been notified and is currently working on the situation.”

End sporting event and have administration escort officials, coaches and players into the locker rooms if deemed necessary.

RULE 9 DISTRICT FINALS

1.... Bookcliff Middle School will host the running events (To begin @ 2:30 pm)

2.... Field events will be hosted by the following schools:

- a. Plateau Valley High Jump (To begin @ 1:00 pm)
- b. Holy Family Long Jump and Triple Jump (To begin @ 1:00 pm)
- c. West Middle School Shot Put and Discus (To begin @ 1:00 pm)

3.... All Finals entries must be turned into Colorado Track XC by date and time listed on the schedule and use the format provided.

ON-LINE ENTRY INSTRUCTIONS

If you're doing online entries on *Colorado Track XC* for the first time, or if you're not quite sure you remember how to from last year, below are all the instructions you need:

If you are a coach and not yet a registered user:

1. Go to co.milesplit.com and click on the blue **Register** link in the upper right corner.
2. Fill out the registration page.

Wait for a confirmation message sent to the e-mail address you provided (it shouldn't take more than a couple of minutes). Once that comes, use your new *Colorado Track XC* username and password provided to log in. You may change your password to something more memorable by clicking on your username and then **Edit Profile** once you are logged in.

3. Next go to your team page (click on **Teams** in the blue navigation bar and select your school). In the upper right portion of your team banner, click on the **Claim This Team** button. Fill out the indicated information (you only need to register as a coach or a team admin, not both).

4. You must now wait for a confirmation message that you are accepted as a team admin for your school. This can take as long as 24 hours, but usually happens much sooner than that.

Assuming that you now have team admin status for your school:

1. Go to co.milesplit.com. Log in. Click on **Calendar** in the blue navigation bar. Select Outdoor Track and Field for the 2012 season. From the list of meets that appear, select the meet for which you wish to enter athletes. Click on the green **Online Entry** bar next to that meet. Note that you cannot enter athletes online for this meet unless you see a green **Online Entry** bar; otherwise entries are not yet open or have already closed for the meet you are viewing.

2. The home page for this meet will appear and will look something like this:



Click on the green **Enter Online Now** button if this is the meet you want to do entries for.

3. The next page that appears should look like this:



Click on the gray **Enter Team** button on the left side.

4. On the page that appears, you should see this:

Register Your Team

Team Entry Form

Team you are entering (different team?):
Classical Academy, The

Primary Contact

Contact Name*: Alan Versaw
Contact Title: Head Coach
Contact Home/Work Phone*:
Contact Cell Phone*:
Contact Fax*:
Contact Email*: versawa@msn.com
Add Additional Contact

* = Required Field

Divisions

HS: Male Female

Cancel Enter Team

UNIVERSITY of DAYTON
RISE XI
The World's Largest Student Investment Strategy Forum
Register before March 1 and save. Be a part of the future of investment

Verify that the site has selected the right school for you to enter. Fill in the information boxes below your name, check the divisions you want to enter (see note below). Then click on the gray **Enter Team** button.

Please note that if you do entries for one gender and another coach at your school does entries for the other gender, it's still easier to always check both divisions unless you have only a single-gender team that will be entered in this meet. Although checking both genders at the beginning makes it possible for you to edit the entries for the coach of the other gender, it also makes it simpler for the other coach to do entries and keeps things a little easier later on if someone needs to go back and edit entries. When the other coach does entries for his/her gender, he/she will also be capable of reading and editing your entries. I'm thinking that's a situation we should all be able to handle in responsible fashion.

5. You are now at the actual Online Registration page. It should look like this (only with your school name, not mine):

Meet Main Page > Registration > Classical Academy, The

Online Registration: Classical Academy, The

You are entered in this meet. Your entries are below. You may update them up until March 9, 2011 8:59PM EST. [Print confirmation.](#)

Event Entries	Divisions Entered
HS Boys 1600 Meter Run [Edit Entries] No entries in this event.	• HS F+M Edit Divisions Entered
HS Boys 3200 Meter Run [Edit Entries] No entries in this event.	
HS Boys 800 Meter Run [Edit Entries] No entries in this event.	
HS Boys 110 Meter Hurdles [Edit Entries] No entries in this event.	
HS Boys 300 Meter Hurdles [Edit Entries] No entries in this event.	
HS Boys High Jump [Edit Entries] No entries in this event.	
HS Boys Long Jump [Edit Entries] No entries in this event.	

Entry Fee & Payment

Summary

Total Due: \$200
Total Paid: \$0
You Owe: \$200
[Printable Invoice](#)

Payment Options

Mail Payment To:
Mail Checks to: Tim Mondragon Pueblo
Centennial HS 2525 Mountview Dr.
Pueblo, CO 81008

For each the first event you want to enter athletes in, click on the blue **Edit Entries** link next to that event.

6. Next appears a roster for your team with checkboxes beside each athlete. Each time you click the checkbox next to an athlete (up to the allowable number of entries for the meet), the athlete is removed from the available athlete pool and placed into the actual entries in the right-hand column. If there is a best seed mark in this event for the athlete in the database, the system will select that as the seed mark for the entry. Otherwise, you will have to hand-type a seed mark (assuming the meet allows that). This is what the page might look like in the middle of entering athletes for the 3200:



When you are done entering athletes for this event, click on the **Done Editing** button.

7. Once you click on the **Done Editing** button, you are returned to the online registration page. Repeat the last two steps for as many events as you wish to enter in this session. When you are done, you can click to print a confirmation list of entries. It is good to print and review this list of entries to verify you have entered what you intended to enter.

8. If you, or another coach for the same school, need to go back in and edit or complete entries, return to *Colorado Track XC* and log in. Find the meet on the schedule again and click the green **Online Entry** button. You will come to a page that looks like this:



Note that the page indicates you are already entered in the meet. Click on the blue **View/Edit Entry** link next to your school name. This will take you to the Online Registration page where you can edit entries for any event in the meet.

Please note that all online registration closing times shown for meets are EST or EDT unless clearly indicated otherwise.

Updating Your Roster Online

If you are a coach of a team but not yet a registered user:

1. Go to <http://co.milesplit.com> and click on the blue **Register** link in the upper right corner.
2. Fill out the registration page.

Wait for a confirmation message sent to the e-mail address you provided (it shouldn't take more than a couple of minutes). Once that comes, use your new *Colorado Track XC* username and password provided to log in. You may change your password to something more memorable by clicking on your username and then **Edit Profile** once you are logged in.

3. Next go to your team page (click on **Teams** in the blue navigation bar and select your school). In the upper right portion of your team banner, click on the **Claim This Team** button. Fill out the indicated information (you only need to register as a coach or a team admin, not both), and submit.
4. You must now wait for a confirmation message that you are accepted as a team admin for your school. This can take as long as 24 hours, but usually happens much sooner than that.

Assuming that you now have team admin status for your school:

1. Go to *Colorado Track XC* (<http://co.milesplit.com>) and log in with your username and password.
2. Click on **Teams** on the main blue navigation bar and select your school.
3. Click on the **Team Administration** button in the upper-right corner of your team page.
4. Click on the blue **Roster** link on the left-hand side of the page. This will bring up your editable team roster. You will note that most of the athletes on your team are already entered. Here are the steps you need to go through at this page to make your roster (the one that will show on your team home page when people view it and the one you will select from when you do online entries) fully current:
 - a. Note that there are two seasons shown for athletes, XC and TF. Select the checkbox any athletes who have TF showing next to them but won't be participating in track and field and click on the **Remove from TF** button. This is a much better option than using the Make Inactive button (which is discussed below).
 - b. To add new athletes to the track and field roster, click the **Add Athlete** button. Fill in the information needed for that athlete and either return to the roster page by clicking **Roster**, or add another athlete by clicking the **Add New Athlete** button at the bottom.
 - c. If athletes have moved away from your school or are no longer involved in either track and field or cross country, you may click on the checkbox next to their names and then click the **Make Inactive** button. Please use **Make Inactive** only for these purposes!
 - d. If you find athletes showing on your roster who have graduated, that is because there is no year of graduation (or at least not a correct year of graduation) entered for them in the database. Click on their name and enter the correct year of graduation. This will remove them from your editable roster.
 - e. When you done editing your roster, you can click on **Home** on the main blue navigation bar to return to the regular pages of the site. If you noted any duplicate athlete names in your roster, send me an e-mail at versawa@msn.com and I will merge those.