

**COLONIAL LEAGUE TRACK
RULES AND REGULATIONS**

1. In all throwing events and both long and triple jumps, each competitor shall be limited to three (3) competing throws or jumps and, if desired, one (1) practice throw or jump prior to competition.
 - a. Practice throws or jumps must be made before the start of each field event.
2. In the interest of safety; shot, javelin, and discus shall not be brought to the throwing areas until the first call has been made or an event judge or coach is present.
3. First call for shot, javelin, and discus shall be announced fifteen minutes before the start of the event.
 - a. Implements may be stored in the bleachers or on the team bus. The implements may be removed from this area when the first call has been made or an event judge or coach is present at the throwing area.
4. Discus and javelin throwing areas must be marked appropriately (roped off) for all meets.
5. The schedule calls for a PIAA starter. Both Head Coaches shall meet with the starter 30 minutes prior to the start of the meet. It is recommended that each home school use an announcer and eleven judges; either faculty members or other responsible adults. The meet may be run with a minimum of eight (8) judges. The home school **MUST** provide a paid scorer to enter results into the Hytek Software Program. Students **ARE NOT** to be used under any circumstances.
 - a. All lineups provided must include first and last names in specific events. Coaches **MUST** email Hytek Meet Entries to host statistician by 10:00pm of the day prior to the meet **AND** provide hard copies at the meet. All Middle School teams must submit names via HyTek to all opponents.
 - b. Coaches must email the League Statistician new names as they become eligible during the season.
 - c. **In dual or double dual meets, coaches are permitted to make changes to entries to any event, up to and including, immediately before the event starts.**
6. Entries in the 100M, 200M, 400M, 100M hurdles, 110M hurdles, and the 300M hurdles shall be limited to a maximum of six (6) participants per school. The fastest runners from each school shall be placed in the first heat there shall be a maximum of five (5) participants entered in each field event. There shall be a maximum of eight (8) participants entered in the 800M, 1600M, and 3200M. Each team shall be limited to a maximum of two (2) relay teams.
7. Each participant may enter no more than four (4) events.
8. In the 400M relay, all four (4) legs shall be run in lanes (lanes 2 and 3 if possible).
9. The following events will be run in lanes: 100M, 200M, 100M low hurdles, 110M high hurdles, 400M, 300M intermediate hurdles, 400M relay, and the first leg of the 1600M relay.
10. The pole vault shall start at eight feet, six inches (8'6") for boys and six feet (6') for girls and go up six inches (6") until three (3) participants remain, then the bar will be raised three inches (3") until a winner is declared. If both coaches agree, the starting height can be raised or lowered.
11. The high jump shall begin at five feet (5') for boys and four feet (4') for girls and be raised two inches (2") until three participants remain, then the bar will be raised one inch (1") until a winner is declared.
12. **EXCEPTION: WHEN ATTEMPTING A RECORD, THE BAR MAY BE PLACED AT THE RECORD HEIGHT.**

13. Each participant in the shot put, discus, javelin, long jump, and triple jump shall be permitted three (3) tries in each event.
14. All throws in the shot put, discus, and javelin will be measured immediately after each throw.
15. Spectators shall be asked to remain in designated areas so they do not interfere with the running of the meet.
16. Teacher officials shall be informed about track and field rules and procedures prior to the start of their first meet.
17. Field judges will be assigned to act as exchange zone judges in the 400M relay.
18. All field events are to be run simultaneously with the track events.
19. All lane positioning **on the track**, will be decided by a coin flip and will then rotate. **Field events will be positioned as follows.**
 - a. **Dual Meets: Away Team #5 seed, Home Team #5 seed, Away Team #4 seed, Home Team #4 seed, Away Team #3 seed, Home Team #3 seed, Away Team #2 seed, Home Team #2 seed, Away Team best seed and then Home Team best seed.**
 - b. **Double Dual Meets: Away Team 1 #5 seed, Away Team 2 #5 seed, Home Team #5 seed, Away Team 1 #4 seed, Away Team 2 #4 seed, Home Team #4 seed, Away Team 1 #3 seed, Away Team 2 #3 seed, Home Team #3 seed, Away Team 1 #2 seed, Away Team 2 #2 seed, Home Team #2 seed, Away Team 1 best seed, Away Team 2 best seed and then Home Team best seed.**
 - c. **Home Team will determine which team will be Away Team 1 and Away Team 2 in the seeding process. Individuals without a HyTek import meet entries seed mark will be seeded randomly in the slots designated by "Away Team" in the field event seeding.**
20. Each Colonial League school participating in Track & Field must host at least two (2) home meets. In the event that a school is unable to host at least two (2) home meets, that school must pay the athletic department of the school district that does host the Track & Field meet \$400 towards costs affiliated with a home event.
21. Each home school will provide at least one (1) adult scorekeeper in the booth for all track meets.
22. Each home school will provide three (3) timers and try to have six (6) timers for double-dual meets. **PLACE** takes precedence over **TIME**.
23. There shall be no limit of qualifiers per event for each school in the league meet (for seeding purposes).
 - a. The number of participants in field events at the League Meet will mirror the policy used in the District XI Track & Field Championships.
24. The Colonial League prohibits the use of tobacco and/or tobacco products by participating and non-participating team personnel, including coaches, during any interscholastic athletic contest at any level of interscholastic athletic competition.
25. If the outcome of the meet has not yet been determined before the 4x400 (1600m relay) is to begin and the running of this event could determine the results of the meet, this event will not begin until the results are verified by all coaches involved and announced.

VARSITY

ORDER OF TRACK AND FIELD EVENTS

RUNNING EVENTS FIELD EVENTS

3:30 Girls 3200M Relay

3:40 Boys 3200M Relay

3:50 Girls 100M Hurdles

4:00 Boys 110M Hurdles

4:10 Girls/Boys 100M Dash

4:15 Girls/Boys 1600M Run

4:30 Girls/Boys 400M Relay

4:40 Girls/Boys 400M Dash

4:45 Girls/Boys 300M Hurdles

4:55 Girls/Boys 800M Run

5:05 Girls/Boys 200M Dash

5:25 Girls/Boys 3200M Run

5:45 Girls/Boys 1600M Relay

3:30 Girls Pole Vault

Girls Javelin

Girls High Jump

Boys Long Jump

THE EVENTS THEN FOLLOW IN ORDER:

Boys Pole Vault

Boys Javelin

Girls Shot Put

Boys Shot Put

Girls Discus

Boys Discus

Boys Triple Jump

Girls Long Jump

Girls Triple Jump

Boys High Jump

MIDDLE SCHOOL

ORDER OF TRACK AND FIELD EVENTS

RUNNING EVENTS

4:00 Girls/Boys 800M Run

4:10 Girls/Boys 100M Low Hurdles

4:30 Girls/Boys 100M Dash

4:45 Girls/Boys 1600M Run

4:55 Girls/Boys 400M Dash

5:05 Girls/Boys 400M Relay

5:15 Girls/Boys 200M Dash

5:35 Girls/Boys 1600M Relay

FIELD EVENTS

4:00 High Jump (B&G)

4:00 Open Boys Pit (LJ/TJ)

4:00 Open Shot Put (B&G)

4:45 Open Girls Pit (LJ/TJ)

4:45 Open Discus (B&G)

Rule - Home team is required to use the Colonial League Stat Submission Form on the Colonial League Website