

CSCC Track and Field Rules

General Rules and Information:

1. The Meets will be run 'rain or shine'. Conference policies regarding the suspension of competitions during times of lightning threat will be strictly adhered to.
2. Team scores and standings will be recorded each meet and will be used to determine the conference champions of each division (JV Girls, JV Boys, Varsity Girls, and Varsity Boys)
3. Teams will be awarded points as follows:
 - a. 1st Place – 10 pts.
 - b. 2nd Place – 8 pts.
 - c. 3rd Place – 6 pts.
 - d. 4th Place – 4 pts.
 - e. 5th Place – 2 pts.
 - f. 6th Place – 1 pt.
4. An Athlete may only compete in 4 events
5. While not encouraged, a Junior Varsity athlete may compete at the Varsity level to complete a Relay Team, but competing in that Varsity event will be counted as one of their 4 events (that they may participate in)
6. A school may earn multiple points in all events (i.e. 'School A' could place first, fourth, and fifth in the JV Girls 100m Dash Final and would therefore earn 16 team points for that event)
7. Please make checks payable to **City Suburban Catholic Conference**.

Awards

1. First place individual and relay teams receive trophies.
2. 2nd through 6th place individuals and relay teams receive medals
3. Team trophies for 1st, 2nd and 3rd places in each division in each meet.
4. Team trophy for League Champions and League 2nd place in each division
5. We will be using stopwatches to time the running events. Each school will be responsible for providing at least one timer (complete with their own stopwatch)
6. The entrance fee will be \$100 per school per meet (total of \$300) and is payable at the coaches held March 12th at 7pm at St. Paul of the Cross.

Stadium Rules

1. No spikes or starting blocks will be allowed
2. No smoking on the premises (Will be strictly enforced)
3. We must clean up after ourselves or we will be charged a fee by the stadium
4. JV will now consist of 4th, 5th, and 6th graders while Varsity will continue to consist of 7th and 8th graders
5. Each participant will be assigned a bib number (to help speed up the finish line) – More information follows regarding bib number assignment and usage later in this document.
6. School responsibilities will be assigned (agreed upon) prior to the meet. School responsibilities will include but not be limited to:
 - a. Girls Long Jump Pit
 - b. Boys Long Jump Pit
 - c. Shotput Pit
 - d. Javelin Pit
 - e. Cleanup
 - f. Starter
 - g. Timers
 - h. Spotters

Field Events

Long Jump

1. Athletes may warm up for the Long Jump (practices jumps) when they arrive at the stadium
2. Each Athlete will be allowed two (2) jumps during competition
3. Junior Varsity Girls and Boys will compete in the Long Jump while the Varsity Girls and Boys teams are running the 4x400m Relays (and while the Varsity Girls and Boys are running the 100m Prelims)
4. Varsity Girls and Boys will compete in the LJ while the Junior Varsity Girls and Boys teams are running the 4x400m Relays (and while the Junior Varsity Girls and Boys are running the 50m Prelims)
5. Every Long Jump attempt will **NOT** be measured – A Long Jump contestant must jump (reach) a predetermined minimum in order for their jump to be measured. Individual measurement minimums will be assigned by division (i.e JV Girls may be 7' 0" while JV Boys may be 8' 0"; Likewise Varsity Girls may be 9' 0" while Varsity Boys may need to reach a minimum distance of 10' 0" to be measured). The minimum distances have not been determined as of yet.
6. In the event of a tie, the athletes' second best jumps will be compared. In the event the athletes are still tied after comparing their second best attempts, a one jump 'jump-off' will occur.

Shot-put / Javelin

1. The girls will be compete first, followed by the Boys
2. Each athlete will be allowed three (3) attempts during the competition
3. All attempts during the competition will be measured
4. In the event of a tie, the athletes' second best attempts will be compared. In the event the athletes are still tied after comparing their second best attempts puts the athletes' third best attempt will be compared. In the event the athletes are still tied after comparing their third best attempts, a one attempt play-off will occur.

Information Regarding the use of Bib Numbers:

1. Each school will be assigned a range of Bib Numbers based on the number of athletes they expect to compete
2. **Each school (track coach) must provide school name with the number of bib numbers they will require by April 1, 2010 to Maggie Burke.** (Example: A school has 40 athletes out for track. They should request 50 bibs from Maggie Burke in order to allow for lost bibs and additional athletes who may come out for track)
3. The track chairperson will assign a school's bib number range once he has received the request form the track coach. (Example: St. Thecla has 45 athletes signed up for track. The track coach requests 60 bib numbers from Maggie Burke. Maggie Burke in turn, assigns St. Thecla the bib number range of 200 – 260)
4. Prior to each meet, each coach must submit a roster of every athlete that is competing in that meet. The roster must include the following information: Bib Number, Athlete's Name, and Division (i.e. JV Boys)
5. Bib numbers and safety pins will be distributed prior to the start of the first meet
6. Each Athlete must wear their own bib number at all times while competing
7. Bib numbers will be attached to the athlete's shirt via 4 safety pins (provided)
8. At the end of each meet, it will be the responsibility of each coach to collect and retain their athletes' bib numbers and safety pins to be used at the remaining meets.
9. Each school will be provided with 'baggies' for storing their bib numbers and safety pins
10. If an athlete loses their bib number before the next meet, the coach must assign a new bib number and the team roster must be updated to reflect the new bib number

Junior Varsity Events

4th, 5th, and 6th graders: Athlete may compete in four (4) Events

- 100m Dash
- 200m Dash
- 800m Dash
- 4x100m Relay
- 4x400m Relay
- Long Jump
- Javelin Throw

Varsity Events

7th and 8th graders: Athlete may compete in four (4) Events

- 100m Dash
- 400m Dash
- 1600m Dash
- 4x100m Relay
- 4x400m Relay
- **Long Jump**
- Shotput

Order of Running Events:

- JV Girls – 4x400m Relay
- JV Boys – 4x400m Relay
- Varsity Girls – 4x400m Relay
- Varsity Boys – 4x400m Relay
- JV Girls and Boys 100m Prelims
- Varsity Girls and Boys 100m Prelims
- JV Girls – 800m Run
- JV Boys – 800m Run
- Varsity Girls – 1600m Run
- Varsity Boys – 1600m Run
- JV Girls – 100m Finals
- JV Boys – 100m Finals
- Varsity Girls – 100m Finals
- Varsity Boys – 100m Finals
- JV Girls – 200m Dash
- JV Boys – 200m Dash
- Varsity Girls – 400m Dash
- Varsity Boys – 400m Dash
- JV Girls – 4x100m Relay
- JV Boys – 4x100m Relay
- Varsity Girls – 4x100m Relay
- Varsity Boys – 4x100m Relay