

# CHARTER SCHOOL ATHLETIC ASSOCIATION

## 1500 JHS METER RULES

### Participation

All schools should enter their best 3 distance runners.

**Boys 3 runners**

**Girls 3 runners**

A) All runners must stay in their lanes for the first 50 meters (orange cones), then they can move out of their lanes.

B) Runners must run four (3 1/2) laps around a 400 meter track.

### Scoring

The team score shall be the total of all points earned by eligible competitors for a given team. Scoring shall be five (5) points for each first place scored, three (3) points for second, two (2) points for third, and one (1) point

### Awards

Gold, Silver and bronzes **METALS** will be given for the top three overall times, **AFTER THE FINAL HEAT**

### Tie Breakers

The timers will do their best to determine who finish ahead of one another. If the timer cannot distinguish between the runners they can rule a tie and award the same time and place to a team.

**CSAA will not permit or use any video or photo technology to determine a winner.**

### General Rules

- A) Boys and Girls compete separately.
- B) All spectators must stay out of the middle of the track area during the running events. Only coaches and participants in the current even or immediately upcoming event can be on the track
- C) No one is allowed to run alongside participating runners. This will result in a disqualification.
- D) Participants must wear school track uniforms, and colors.
- E) NO SPIKES

## **Reminders**

- A) Bring plenty of water and fruits.
- B) Bring a first aid kit.
- C) All Coaches should be AED/CPR certify

individual designated by the starter. RULE 162 THE START 1. When starting, all competitors must be behind the starting line and they must not touch the starting line or the surface in front of it with any part of the body. Starting positions in events at all distances shall be numbered in order that the lowest number is closest to the inner edge of the track. NOTE: For this Rule, hair is not considered a body part.

The commands of the Starter shall be: a) In races not exceeding 400 meters, "on your marks" and "set."

TIMING 1. Four methods of timing are official, hand timing, fully automatic timing, video timing, and transponder timing as set forth in this Rule. A timing device that operates automatically at either the start or finish, but not at both, shall be considered to produce hand time. 2. Where practical, fully automatic timing should be used. Such times shall be the official times for those events unless the Referee determines that the equipment is not operating properly. 3. When hand times must be used, timing procedures shall be