

2018-2019 GIRLS' AND BOYS' TRACK

High School League rules to be followed with the following exceptions. (1/10/02)

REMINDER: NO JEWELRY ALLOWED (5/10/11)

1. If the events or order of events is different from that listed below, the host school must contact the other schools at least a week in advance.

Hurdles will be run over 100 meters using ten (10) hurdles. (3/8/05) Hurdles will be set at the low setting. (5/22/02)

100-meter dash

1600 meter run**

400 meter run

400-meter relay

200-meter dash

800 meter run

Sprint Medley relay (100-100-200-400)

THIS ORDER OF EVENTS
IS FOR BSC MEETS ONLY.
SCHOOLS THAT HOST
INVITATIONAL MAY
RUN DIFFERENT EVENTS.

Long Jump (3 attempts)

High Jump -Start 4' 0" boys and 3' 6" girls.

3 inch progressions until 4'6" for boys, 4'0" for girls, then 2" progressions for both boys/girls (3 attempts)

Shot Put (Max - 4 kilo.) (3 attempts)

Discus (Max - 1 kilo) (3 attempts).

** All 7th graders (boys and girls) will run together and all 8th graders (boys and girls) will run together in dual and triangular meets. 5/20/03

NOTE: Seventh graders MUST run in seventh grade events and eighth graders in eighth grade events. No crossing grades. However, sixth graders will participate in 7th grade events.

ENTRIES: No more than four events per athlete; three running and one field or two running and two field, or three field and one running.

2. Athletes, spectators and coaches must stay behind the fence or outside the track during meets.

3. The number of entries per school for each event will be unlimited for all meets. (1/7/2016)

4. Order of running events shall be 7th Girls, 7th Boys, 8th Girls, 8th Boys. Host schools are encouraged to run the 100M on both sides of the track for expediency.

Confirmed 5/11/18