

# MEET INFORMATION

## WARREN HIGH SCHOOL GUIDELINES:

***NO GLASS CONTAINERS ALLOWED IN STADIUM***

***NO CANOPIES OR LARGE UMBRELLAS IN THE STANDS EXCEPT ON THE TOP LEVEL OF THE BLEACHERS***

***NO DOGS ALLOWED ON CAMPUS***

***COACHES AND PARENTS ARE NOT PERMITTED TO ENTER THE TRACK INFIELD***

8:30 a.m. Athletes report to the Main Stadium side of the field to line up for the Opening Ceremonies

9:00 a.m. Opening Ceremonies Begin

9:15 a.m. All 1600 Meter Run participants report to staging area

9:30 a.m. First events of the day

**NOTE:** Participants check in to the running or field events staging area on the east end of the field at the time the event is announced.

**1<sup>st</sup> Call** Get up and make way to staging area on the east field

**2<sup>nd</sup> Call** Start stretching for your event outside staging area

**3<sup>rd</sup>/Final Call** Must be inside staging area

(If called for a field event and a running event at the same time, check in at the field and then go immediately to the staging area for your running event. You will have time later to participate in your field event.)

## **SCMAF RULES AND REGULATIONS**

1. Participants must be sponsored by a SCMAF Agency and pre-registered by Association Meet Representatives. **No adds day of meet.**
2. Participants are only eligible to compete in two events in which they qualified through an Association Meet.
3. Participants must have waiver/consent form on file with SCMAF Meet Director.
4. All participants must compete with the SCMAF Bib numbers attached to the front of their shirts.
5. All competition will be conducted under current C.I.F. Track & Field Rules.
6. A participant must compete in his or her age division, determined by participant's year born.
7. A shoe is a covering for the foot. It must have an upper and definitely recognizable sole and heel. The upper must be designed so that it is fastened securely to the foot by laces and/or Velcro. The use of slippers or socks does not meet the requirements. Track spikes are not allowed. ***Track shoes designed for spikes are not allowed, even if the spikes are removed.***
8. Shot put participants will take three puts. Girls will compete using 6# shot. Boys will compete using 8# shot.
9. Softball Throw event will use a 12" leather covered softball. Softball Throw participants will take three (3) non-consecutive official throws. Warm up throws will only be allowed if time permits.
10. Long Jump participants will take three (3) non-consecutive official jumps. Warm up jumps will only be allowed if time permits.
11. High Jump heights will be raised by a minimum of three (3)-inch increments until such time as there are only five remaining competitors. High Jump starting heights will be as follows: Boys 05 Division – 3'9"; Girls 05 Division – 3'6"; Boys 03&04 Division – 4'; Girls 03&04 Division – 3'9".
12. In the High Jump, participants may remove shoe from lead foot. High Jump participants must compete with a one-foot take off.
13. A runner committing two (2) false starts shall be disqualified.
14. A runner shall be liable for disqualifications if he/she interferes, obstructs or gains an advantage over another runner or runners. Athletes are not automatically disqualified for leaving assigned lanes if no advantage is gained or interference is made.
15. The 50 and 100 meter dashes will run a qualifying heat leading into a final, provided there are more than 9 qualifiers. The top nine (9) overall times from the qualifying heats advance to the finals.
16. The 200 and 400 meter runs are conducted in flights within each age group. Participants only run once, in their flight. There is no second race for a participant, i.e., **NO "FINAL"**. Participants must run in their lane the entire race. Times are compared in all flights in each age group division to determine the final winners. Best overall times win.
17. The 800 meter and 1600 meter runs will be held in a bunch start, one race.
18. Bunch starts may be used at the discretion of the meet director.
19. Medals will be awarded to the first five (5) places in each individual event. Ribbons will be awarded to the sixth-ninth (6<sup>th</sup>-9<sup>th</sup>) place finishers in each individual event.

**PLEASE NOTE ALL DECISIONS BY MEET OFFICIALS ARE FINAL**

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**updated 12-26-17)**