

SPORT BY-LAWS - ARTICLE VII

TRACK
(Boys and Girls)

Section 12: Track

Levels of Competition

1. Boys: Varsity, Frosh/Soph
2. Girls: Varsity, JV

Championships

1. Boys: Varsity
2. Girls: Varsity
3. League Champions will be determined by League dual meets.

Schedule

1. See By-laws, Article VI, Section 17, B.
2. Meet day and time: Thursday, ~~3:00 p.m.~~ 2:00pm (8/21/22 due to tri- meet format)

Contest Guideline

1. Dual Meet ~~Tri-Meet~~ Foothill League Schedule. Each school will compete in (6) dual meets during the regular season with a rotating "BYE" week (11/15/22).
2. The host school will provide meet workers for all events. There shall be one adult at each event. The host school will be responsible for instruction of officials as to their duties. Visiting schools will assist with field events due to the increased number of athletes (12/1/21)
 - A. The host school shall provide a backup gun at all league meets
3. There will be a CIF approved starter for all League meets. The starter has the final decision as to whether an event can be safely held during inclement weather. If an event that decides the meet is cancelled, it will be made up the following day. (5/10)
4. Athletes shall check in with the Clerk of the Course or the specific field event judge when called to do so by the announcer. At this time the Clerk (or judge) shall place the athlete's name on the entry card for that event.
5. Lane assignments shall be made so that odd-numbered lanes go to home teams..
6. Running event changes may be made only by coaches of that team and before runners are placed in lanes. Field event changes may be made only by coaches of that team up to the time of the first attempt of the competition. No run-throughs in either direction will be allowed after the first attempt of the competition. Coaches may identify their top four (4) competitors, with those athletes receiving priority if time becomes an issue.
7. Order of events:
 - a. Running events will follow the CIF order of events with the following exceptions:
 1. The following races may be combined: girls' varsity and junior varsity A)1600 B) 3200, boys varsity and Frosh/Soph A)1600 and B)3200.
 - b. Shot Put (9/4/18) High Jump (9/4/18)
 1. Boys Varsity 1. Boys Varsity
 2. Boys Frosh/Soph 2. Girls Varsity and Girls JV
 3. Girls Varsity 3. Boys Frosh/Soph
 4. Girls JV
 - c. Discus
 1. Girls Varsity and Girls JV - first
 2. Boys Frosh/Soph - second
 3. Boys Varsity - third
 - d. Pole Vault (9/4/18)
 1. Girls Varsity
 2. Boys Varsity
 3. Boys Frosh/Soph and Girls JV

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- e. Both the long jump and triple jump shall be run as an open competition with two pits (~~when available~~) designated as one LJ pit and one TJ pit. (5/5/15). Each host school shall determine how they would like the pits to be run. (9/6/16). These events shall begin as soon as possible and will end with the gun starting the first mile relay. Each athlete will be allowed ~~four~~(4) three (3) (12/1/21) jumps when facilities permit.
 - f. Failure to follow C.I.F. published order of events and league Constitution will result in forfeit of that "event(s)". Final decision to be made by the Athletic Directors and/or Administration. (8/26/15)
8. Entries:
 - a. 4 entries per team in the running events that are assigned to lanes. (5/2011)
 - b. Unlimited for running events over 800 meters. (5/2011)
 - c. Unlimited for all field events. (5/2011)
 9. Opening heights for dual meets shall be:
 - a. High Jump
 1. Varsity Boys - 5'0"
 2. Frosh/Soph Boys - 4'6"
 3. Varsity Girls - 4'0"
 4. JV Girls - 3'6"
 - b. Pole Vault
 1. Varsity Boys - 8'0"
 2. Frosh/Soph Boys - 6'0" ~~(if possible with an extender bar) - 7'0"~~ (5/10) (9/4/18)
 - a. ~~If an extender bar is not available, (9/4/18)~~
 3. Varsity Girls - 6'6" ~~(5/5/15)~~ The starting height shall be 6'0" (2/28/22)
 4. JV Girls - The starting height shall be 5'0" (2/28/22)

All-League Meet

1. The League Meet will be hosted on an alphabetical rotation as per Article VII, Section 1.
2. Each school will oversee a field event for league prelims and finals. The event will rotate each year, and each school will be communicated by the host in regards to the event that particular school is overseeing. (9/6/16) The school hosting each event is also responsible for bringing all equipment required to run the event (tape measures, markers, etc.) (9/4/18)

Each shall provide four (4) (5/2011) ~~six~~ (6) meet workers or money in lieu of workers (\$30 per worker for prelims, \$30 per worker for finals). A list of available workers shall be given to the Meet Manager prior to the All-League Meet. Each school's workers shall be evenly distributed, ~~including at least one (1) timer and one (1) place judge.~~ (5/2011)
3. The League qualifying meet will be held on the ~~Tuesday and the Friday~~ on two consecutive Thursdays (9/6/16) one week prior to the CIF Prelims. The League Prelims will be held on a Friday night. (9/4/18)
 - a. The All-League meet will be organized as follows:

Prelims - (Thursday) shall have both preliminaries and finals for Frosh/Soph and JV field events. Preliminaries will be run in all running events except the 3200. The JV and Frosh/Soph will run the 3200 final (no prelim).

Finals - (Thursday) shall have preliminaries and finals for all Varsity field events, finals for all running events including the varsity 3200.
4. In compliance with National Federation rules for both track events and field events, the number of competitors in the Finals shall be the same as the number of lanes on the track.
5. To advance twelve (12) competitors to finals in non-lane events where the 8th best mark meets or exceeds the At-Large mark for CIF Competition. (5/2011) ~~The first three (3) places in each event as determined by the official results of the Foothill League Final Track Meet shall be the sole determining factor as to qualifying for CIF track meets.~~
6. The League Prelims will start at:

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2:00 p.m. - Field Events

2:30 p.m. - Running Events

The League Finals will start at:

2:00 p.m. (9/6/16) - Field Events. 5:00 p.m. - Running Events

Order of events shall follow the CIF order of events for post-season for that year.
(9/4/18)

~~Boys Long Jump, Girls Long Jump, Boys High Jump, Girls High Jump, Boys Shot Put,
Girls Shot Put, Girls Triple Jump, Boys Triple Jump, Girls Pole Vault, Boys Pole Vault,
Girls Discus, Boys Discus (5/2011)~~

7. Opening heights for the All-League Meet shall be:
 - a. High Jump (2/21/23)
 1. Varsity Boys - 5'0"
 2. Frosh/Soph Boys - 4'6"
 3. Varsity Girls - 4'0"
 4. JV Girls - 3'6"
 - b. Pole Vault
 1. Varsity Boys - 10'0" Varsity Girls – 6'
 2. Frosh/Soph Boys - 8'0" JV Girls – 5'
8. An automated timing system will be used at the League Prelims and Finals. The cost will be shared equally and included in league dues.
9. Three (3) entries per team for all events. All remaining entries will be selected from the next best marks regardless of school. (5/2011)

~~The allocated number of track or field entries will be four (4), per event, per school. If a school (track team) is unable to provide the allotted number, the remaining positions will be filled by the next best mark from the League.~~

 - a. In the 1600m, there shall be only two (2) heats at each level.
 - b. In the 1600m and 3200m, each school shall be allowed four (4) entries, with the next four (4) best times allowed to enter for a maximum of twenty-eight (28) entries.
10. League Meet Information
 - a. The Meet Manager will communicate with the League coaches two weeks prior to League Prelims regarding entries, format, and execution of the League Meet.
 - b. The All-League Meet seeding meeting shall be held on the day after the last League dual meet contest. The meeting shall be held at the host school location. All entries will be due at this time.
 - c. The Meet Manager shall publish a list of all entries in the Prelims meet and will distribute this information to the schools prior to the Prelims meet.
 - d. The Meet Manager will handle all scratches prior to the day of the Finals meet and assign competitors to spaces that become open.
 - e. The Meet Manager will publish a list of Finals competitors to the League coaches prior to the League Finals.
 - f. The Meet Manager will publish a list of results to coaches immediately following the last event.
 - g. Scratches for the CIF Prelims should be made at the conclusion of the Finals meet.
11. Clerk of the Course
 - a. The Clerk of the Course will be under the direct supervision of the Meet Manager. The Clerk will be located in a stationary position for the entire meet. Athletes will be seeded in the Clerk's area and directed to the start of their race by the Clerk.
 1. No late entries will be allowed without the approval of the Meet Manager.
 2. Late arrivals to the Clerk of the Course will be scratched. Only the Meet Manager may overrule the Clerk's decision.

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12. Contest Guidelines
 - a. The Meet Manager will maintain control of the track infield during the entire contest. Only athletes competing in events will be allowed on the field. Coaches and spectators will not be allowed on the field during the contesting of events without the permission of the Meet Manager.
 1. It is the responsibility of the host school to secure workers for the League Meet. Track coaches should not be used except where no other officials are available.
 - b. In the Frosh/Soph-JV discus and shot put, all athletes shall be allowed three (3) throws that are designated as "prelims." Three (3) additional throws which are designated as "finals" and shall be contested only on the day of the All-League Prelims by the same number of athletes as there are lanes on the track, eight (8) or nine (9), depending on location. The Varsity discus and shot put shall follow the same guidelines, but shall be contested only on the day of the All-League Finals. For both Varsity and Frosh/Soph-JV competitions, all six (6) throws shall be considered to determine the best mark.
 - c. In the Frosh/Soph-JV long jump and triple jump, all athletes shall be allowed three (3) jumps, which are designated as "prelims." Three (3) additional jumps which are designated as "finals" and shall be contested only on the day of the All-League Prelims by the same number of athletes as there are lanes on the track, eight (8) or nine (9), depending on location. The Varsity long jump and triple jump shall follow the same guidelines, but shall be contested only on the day of the All-League Finals. For both Varsity and Frosh/Soph-JV competitions, all six (6) jumps shall be considered to determine the best mark.
 - d. The League Meet shall follow the CIF Prelims and Finals order of events (commonly known as the State Meet Order of Events).
 - e. For running events, those athletes qualifying for the Finals shall be the winners of each heat along with the next fastest times up to the limit of entries as determined by the available lanes.
 - f. For both Varsity and Frosh/Soph-JV discus and shot put competitions, all throws shall be marked.
 - g. Sports Medicine programs will provide athletic training service support and supplies at the League Prelims and Finals. The \$300.00 fee will be paid from the league dues. (11/22/16)

Admission Fees for League Prelims and Finals (08/30/22)

1. \$8.00 Adults
2. \$5.00 Junior High/Elementary Students accompanied by an adult
3. FREE Students from Home & Visiting Schools with current ASB card, Senior Citizens (60+), Military (w/ current ID), children 4 years or younger
 - a. Proceeds will cover League Prelims and Finals costs and remaining funds will be split between the (7) League Schools
 - b. \$1.00 per ticket will be used to cover GoFan ticket sales

Awards

1. Medals will be awarded at the Varsity level to the top three finishers in each event at the All-League Meet.
2. ~~The Varsity Championship team will receive a plaque as per Article VII, Section 1.~~ Schools can opt to purchase their own championship plaque. (Fall 2012)
3. Winners in each Varsity event at the League Meet will receive certificates as members of the All-League Team. Host school Athletic Director will be responsible for submitting names of winners to the Athletic council.