

General Instructions

1. Keep infield Clear- no camps- no one on infield except officials
2. Coaches – Pressbox is off limits unless invited in
3. Relay Cards – Relay cards must be turned into the clerks prior to start of the race. Cards need to contain contestants names and also alternates
4. Once an individual has been entered into the conference meet by the coach, and has been seeded into the meet, if that individual is scratched from an event. He/she may not be allowed to compete in any other events on that day of competition with the exception of a doctor's slip (i.e. Doctors slip may say the individual cannot triple jump, but may run in the 100 meters.)
5. Each school may enter 3 contestants in the individual events and one relay team.
6. Scoring: 8 places 10-8-6-5-4-3-2-1
7. All implements will be weighed, inspected and marked by the field event judges.
8. Jury of Appeals: Fridley, Columbia Hgts, St. Agnes Alt - Visitation
9. No pin spikes, cone or corkscrew type spikes will be permitted. Athletes must use pyramids spikes and no more than 1/8" of the metal spike may be exposed to the track surface
10. Make sure all athletes are in legal uniforms and all relay teams have same uniforms and undergarments. NFHS Rule 4 Section 3
11. Preferred Lanes: Lane 5 is preferred lane in all running events in lanes. 5,4-6,3-7,2-8,1-9
12. We will use 4 boxes for 800 and two alleys for the 1600, and 3200 meter runs
13. Qualifying for the finals in Running events
3 heats – First place in each heat plus the next 6 fastest times
2 heats – First and Second Place plus next 5 fastest times
Field Events – Top nine finishers in the prelims
14. Seeding Finals – Heat winner with fastest time gets lane 5. Heat winner with second fastest time gets lane 4. Heat winner with third fastest time gets lane 6. Fastest time of non heat winner gets lane 3. ETC.
15. The staging area for all running races will be in the Southeast corner of the track. Athletes should report to the benches in this area on first call.(except as in #16)
16. If an athlete is in a field event he/she needs to continue in the field event until second call is made for the running event. They Must notify and check out with the field judge. They must report back to that field judge 10 minutes after the completion of their running event. This also applies to athletes going from one field event to another field event.

17. It is permissible for a coach to confer with a contestant between events or trials, as long as it is not in an area restricted to contestants and meet officials only. Exception to this rule is the coaches that are assigned to monitor the hurdles and to judge the exchange zones on the relays.
18. In the long and triple jump prelims it is permissible for any of the top 8 seeds in the last flight to change flight in order to prevent conflicts with other running or field events.
19. In the long and triple jump there will be 2 flights – each flight will be given 45 minutes to be completed – athletes will jump cafeteria style within each flight
20. In the triple jump there will be no boards shorter than 24 feet for women and 32 feet for men. If you have athletes that are unable to make the pit from that distance please enter them in the Junior Varsity Meet.
21. The starting heights in the pole vault will be TBD for women and TBD for men and in the high jump the starting heights for women will be TBD and for the men it will be TBD.
22. In the 1600 and 3200 runs – Both the 1600 and 3200 will be run in one section
23. If two or more runners tie to the thousandth of a second (FAT) when attempting to qualify for the finals a runoff will occur.
23. All implements (shots and discus) must be weighed in and marked before they may be used in competition – This must be done before 12:30
24. No electronics will be allowed in the competitive area – cell phones, Ipods, etc.
25. We will enforce the uniform and undergarment rules
26. A competitor may compete in a total of four events (track and field), but not in excess of three track or field events in arriving at that combination of four
27. If a competitor competes in three track events, only two events may be 800 meters or longer.