

DIOCESAN MIDDLE SCHOOL ATHLETIC ASSOCIATION TRACK MEET REGULATIONS

REGULATIONS

1. The annual Catholic schools track meet will be held at **TBA** on **TBA**. In the event of rain postponement, the meet shall be rescheduled on **TBA**.
2. Each Catholic school shall be responsible for operating an event or aiding in the general administration of the meet. The track meet coordinator shall make assignments.
3. Students are to remain off the track and infield until they are called by the public address announcer to report to the staging area for their event and shall leave the area immediately after their event.
4. All decisions of the track meet coordinator and/or referee are final.

PARTICIPANTS

1. Only students who are currently enrolled in a Catholic school in grades 5-8 shall be eligible to compete. No entrant shall have turned fifteen (15) years of age before September 1 of the current school year.
2. Each school shall ensure that each student has a completed Medical Information Form, recent physical examination, Authorization for Treatment, hazing policy, and Parental Permission & Release. These forms shall be presented to track meet officials at the gate in order to certify students eligible to compete.
3. Each contestant shall be limited to competition in no more than five (5) events.
4. Each school may enter no more than three (3) participants in each event.
5. All contestants shall wear clothing that identifies their school. All participants must wear shoes. Track shoes and spikes (1/4 inch or smaller) are permitted.
6. Participants may participate in an event at a grade level higher than their own.

EVENTS

1. Students for track events shall check in at the staging area of the track after their event is called by the public address announcer.
2. After being certified an official contestant, students competing in field events shall report directly to their event to sign in.
3. The order of events shall be distributed to schools prior to the meet by the track meet coordinator.
4. All scoring shall be done by individual contestant. There will be no team scoring. If more than one (1) heat is necessary, timed finals will be used. Contestants will receive medals for 1st, 2nd, and 3rd place finishes and ribbons for 4th, 5th, and 6th places. Awards will be distributed to schools after the day of the track meet.
5. **RELAYS (400m, 1600m, 800m Sprint Medley):** Teams will pass a baton supplied at the meet. Exchanges (hand-offs) must be made within the designated 10-20 yard passing zone. Passing zones and lane violations will be strictly enforced. If during a relay, a runner drops a baton and has to go into another lane to pick it up and interferes with another team, then the offending runner and team will be disqualified from the event.

Staggered starts will be used in the 400-meter relay and runners must remain in their own lanes. Staggered starts will be used in the 1600-meter relay and runners may move into the first lane after the first complete lap.

6. **DASHES & RUNS (100m, 200m, 400m, 800m, 1600m):** Staggered starts will be used in the 200-meter and the 400-meter dashes. Each competitor must keep in his/her assigned lane from start to finish. Lane violations will be strictly enforced. All races shall start at the report of the pistol. A runner making two (2) false starts will be disqualified from the race. Starting blocks may be used; they will be supplied at the track. The 800-meter run shall be open only to runners in 5-6 grades. The 1600-meter run shall be open only to runners in 7-8 grades.

7. **SOFTBALL THROW:** A 12-inch softball, flat seamed and leather covered will be used. The softball throw for distance is a free throw. The contestant must not touch or cross the restraining line. The ball must land in a 30-foot zone. This zone is a parallel line, 30 feet apart, running perpendicular to the restraining line. One warm-up toss is allowed. The longest throw of three consecutive throws will be taken.

8. **RUNNING LONG JUMP:** The takeoff will be from a board commonly known as the takeoff board. Any part of the foot going over the board will result in a scratch of that jump. Each contestant will be given three (3) jumps.

9. **SHOT PUT:** This event shall only be open to students in 7-8 grades. The ball shall be put from a 7-foot circle. The weight of the ball shall be eight (8) pounds.

10. **HIGH JUMP:** Contestants must jump from one foot only. When a contestant fails to clear the bar, he/she will be given two (2) more misses. If both these attempts fail, he/she will be dropped from the event. A practice jump is allowed. Starting heights shall be:

	5 th Grade	6 th Grade	7 th Grade	8 th Grade
BOYS	3' 6"	3' 9"	4' 0"	4' 6"
GIRLS	3' 4"	3' 6"	4' 0"	4' 4"

Order of events will be as follows (see following page):

ORDER OF EVENTS

**Start
Time**

11:30 AM Coaches Meeting

12:00 PM Field Events

Shot Put	8th Grade	7th Grade	6th Grade	5th Grade
Long Jump	7th Grade	8th Grade	5th Grade	6th Grade
High Jump	6th Grade	5th Grade	7th Grade	8th Grade
Softball Throw	5th Grade	6th Grade	8th Grade	7th Grade

Running Events

1:00 400 Relay	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
1:40 1600m	Boys/Girls	7th & 8th			
2:20 100m	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
3:00 Sprint Medley	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
3:40 800m	Girls/Boys	5th & 6th	7th & 8th	5th & 6th	7th & 8th
4:20 400m	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
5:00 200m	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
5:40 1600m	Boys/Girls	5th & 6th			
6:00 1600 Relay	Girls/Boys	5th/6th/7th/8th	5th/6th/7th/8th		
6:15 SPIRIT AWARD					