

## Spring Running Events – Order

3200M - 2 Mile

High Hurdles – 100M-G (33")/110M-B (39")

100M Dash

1600M -1 Mile

4x100M Relay (assign coaches to umpire each exchange zone)

400M

400M Hurdles (30"-G) (36"-B)

800M - 1/2 Mile

200M

4x400 Relay

Pre-meet coaches meeting to review points of emphasis - Field event assignments, required implements/aids, relay exchange zones, language warning, athletes notify field judge of multiple events, complete payment form, etc.

## Field Event Measurements

**Discus & Javelin** are measured to the inside edge of the throwing circle or toe-board to the nearest lesser whole inch. (135'-3 3/4" "is recorded as 135'- 3") For meets using the metric system, measurements are made to the nearest lesser centimeter.

**Shot Put, Long Jump, and Triple Jump** are measured to the inside edge of the toe-board or scratch line to the nearest lesser 1/4 inch 21' 5 3/8" is recorded as 21'5 1/4". For meets using the metric system, measurements are made to the nearest lesser centimeter.

It is a foul if a competitor does not start an attempt within 1 minute of their name being called.

**High Jump** - opening heights (should be mutually agreed upon by the coaches at the pre-meet meeting), then 2" increments.

**Pole Vault** - opening heights boys at least 6'- 0", Girls 5'-0" –Note { 7'-6" is the most common standard for boys opening height and 6'-0" is the most common opening height for girls}(opening heights should be mutually agreed upon by the coaches at the pre-meet meeting), then 6" increments. Confirm PV certificates for all teams; otherwise, PV event is not conducted.

1 minute to start a throw or Jump, once name is called; 2 min if a competitor must make consecutive trials. (Shot Put, Discus, Javelin, Long Jump, Triple Jump).

For Pole Vault and High Jump-1 min to start a jump, once name is called, 3 min, when 3 or less competitors, 5 min for winner's added attempts. Consecutive Jumps 2 min High Jump, 3 min Pole Vault.

\* Running from pits/toe board to starting position is no longer allowed in LJ, TJ, PV or Jav. Use tape measure to allow contestants to locate their starting mark.

## JAVELIN

1. I will call 3 names at a time in the order I have on the score sheet. Please be ready to go with your Javelin in hand. This keeps the event moving efficiently.
2. Everyone will get 3 throws (please let me know if you are doing another field event at the same time), your best throw will be used to determine your place. If there is a tie, your second-best throw will break the tie.
3. You must make your throw from within the runway lines and behind the foul line or toe board. You may not step on or over either runway line or foul line while making your throw (show them what is a foul and what is fair).
4. You may not exit the runway until the Javelin lands.
5. You must exit the runway behind the foul line and the perpendicular side extensions (show them how to exit the runway).
6. Your throw must make first contact between the sector lines, hitting a sector line is a foul. It is not a foul if the javelin slides into or over the sector line AFTER making first contact within the sector lines.
7. Your throw will be measured from the first point of contact made in the sector to the inside edge of the toe board (in line with the center of the circle 26'-3" inches behind the toe board).
8. Tape can be used on the hand, fingers, and wrist, BUT fingers CANNOT be taped together. Fingers must be able to move independently. Weight belts are OK.
9. You must hold the javelin by the whipcord grip (some part of the palm and fingers must be touching the whipcord) AND the throw must be overhand, above the shoulder.
10. You may run only in the direction of the toe board during warmups and competition. No one is allowed to run backwards on the runway at anytime during the meet, not even to get their steps or starting point.

## **LONG JUMP/TRIPLE JUMP**

1. I will call 3 names at a time in the order I have on the score sheet. Please be on the runway behind the person who was called ahead of you. This keeps the event moving efficiently.
2. Everyone will get 3 jumps (please let me know if you are doing another field event at the same time), your best jump will be used to determine your place. If there is a tie, your second-best jump will break the tie.
3. You must make your jump from behind the foul line (show them the board and what is a foul and what is fair).
4. You must exit the pit forward of your mark in the pit. If you leave the pit behind your mark, it is a foul. (demonstrate what this looks like).
5. In the Triple jump it is a foul if the athlete does not land the hop with the same foot used to take off and/or in stepping does not land on the other foot and immediately perform the jump. (So, Left, Left, Right or Right, Right, Left.)
6. Your jump will be measured from the closest mark made in the pit to the takeoff board scratch line. This can be any mark made by any part of your body or uniform or anything attached to your body.
7. You may run only in the direction of the landing pit during warmups and competition. No one is allowed to run backwards on the runway at anytime during the meet, not even to get steps or starting point.

## **SHOT PUT**

1. I will call 3 names at a time in the order I have on the score sheet. Please be ready to go with your shot put in hand. This keeps the event moving efficiently.
2. Everyone will get 3 throws (please let me know if you are doing another field event at the same time), your best throw will be used to determine your place. If there is a tie, your second-best throw will break the tie.
3. You may enter the circle from anywhere, but you **MUST** exit the circle from the back half. You may not step on the painted line or metal ring or touch the top or end of the toe board. (show them what is a foul and what is fair).
4. You must pause (come to a full stop) before you start your throw, and you cannot leave the circle until your shot put lands.
5. Your throw must make first contact between the sector lines, landing on a sector line is a foul. It is not a foul if the rolls on or over the sector line **AFTER** making first contact within the sector lines.
6. Your throw will be measured from the closest mark made in the sector to the inside edge of the toe board.
7. Tape can be used on the hand, fingers, and wrist, **BUT** fingers **CANNOT** be taped together. Fingers must be able to move independently. Weight belts are OK.
8. Your throw must be made from above the shoulder, you must **NOT** allow the shot put to drop below or behind your shoulder.

## **DISCUS**

1. I will call 3 names at a time in the order I have on the score sheet. Please be ready to go with your shot put in hand. This keeps the event moving efficiently.
2. Everyone will get 3 throws (please let me know if you are doing another field event at the same time), your best throw will be used to determine your place. If two athletes tie, your second-best throw will break the tie.
3. You may enter the circle from anywhere, but you **MUST** exit the circle from the back half. You may not step on the painted line or metal ring. (show them what is a foul and what is fair).
4. You must pause (come to a full stop) before you start your throw, and you cannot leave the circle until your discus lands.
5. You cannot touch any surface outside of the circle once you start your throwing attempt.
6. Your throw must make first contact between the sector lines, landing on a sector line is a foul. It is not a foul if the discus rolls or slides into or over the sector line **AFTER** making first contact within the sector lines.
7. Your throw will be measured from the closest mark made in the sector to the inside edge of the throwing circle.
8. Tape can be used on the hand, fingers, and wrist, **BUT** fingers **CANNOT** be taped together. Fingers must be able to move independently. Weight belts are OK.

## High Jump

1. I will call 3 names at a time in the order I have on the score sheet. Please move to your mark when I call your name. Please move to or near your mark, without interfering with the jumper ahead of you, if your name is called 2<sup>nd</sup> or 3<sup>rd</sup>. This keeps the event moving efficiently.
2. Everyone will make 3 attempts (if needed) at each height. (please let me know if you are doing another field event at the same time).
3. You may pass an attempt or height at any time during competition. You are eliminated after 3 consecutive unsuccessful attempts regardless of the height or any attempts passed.
4. You may attempt to clear the bar in any manner AS LONG AS THE TAKE OFF IS FROM ONE FOOT.
5. It is a foul if you displace the crossbar, touch the ground or landing area beyond the plane of the crossbar (or crossbar extended) without clearing the bar.
6. It is a foul if, after clearing the bar, contact is made with the standards, and the crossbar is displaced, or a competitor steadies the bar.
7. It is a foul if your entire body does not go over the bar or you take off from two feet.
8. It is a foul if you do not start your attempt within one minute of your name being called.
9. It does not matter where you are when the bar falls, I can wait as long as it takes to determine if the bar is going to fall. SO, do not run out of the pit to “beat the bar” to avoid a foul. This is dangerous and often results in knocking the bar down.

## **Pole Vault**

1. I will call 3 names at a time in the order I have on the score sheet. When your name is called first, move to your mark. If you are the 2<sup>nd</sup> or 3<sup>rd</sup> person called, please move onto the runway behind the jumper ahead of you. There should always be 3 athletes on the runway with their poles. This keeps the event moving efficiently.
2. Everyone will get 3 attempts (if needed) at each height. (please let me know if you are doing another field event at the same time).
3. You may pass an attempt or height at any time during competition. You are eliminated after 3 consecutive unsuccessful attempts regardless of the height or any attempts passed.
4. The crossbar must be positioned at least 18” beyond the top of the stopboard (box) but no more than 31.5” (45-80 centimeters). Proper placement of the bar for your jump is your responsibility, you must notify me where you want the bar placed when it is your turn to jump.
5. Running from the landing pit/vault box to your starting position on the runway is not allowed at any time. This includes when establishing your marks on the runway.
6. It is a foul if you displace the crossbar from its original position, touch the ground or landing area beyond the plane of the crossbar (or crossbar extended) without clearing the bar.
7. It is a foul if, after clearing the bar, contact is made with the standards, and the crossbar is displaced, or a competitor steadies the bar.
8. It is a foul if you do not start your attempt within one minute of your name being called. 3 min when 2 or 3 competitors are left, 5 min when 1 is left. 3 min for consecutive jumps.
9. It is a foul to climb the pole. Your upper hand must not be raised to a high position on the pole once you have begun your attempt. Your lower hand may not be placed above the upper hand.
10. All athletes must have weight verification sheets completed BEFORE entering the competition. Athletes must use poles rated at or above their listed weight. I will use the weight sheets to verify the pole you are competing on before the competition begins, this includes warm-ups.
11. I must certify that any pole you use during competition (including warmups) is rated for your weight. If you change poles, let me know.
12. It does not matter where you are when the bar falls, I can wait as long as it takes to determine if the bar is going to fall. SO, do not run out of the pit to “beat the bar” to avoid a foul. This is dangerous and often results in knocking the bar down.