

2024 Rule/League Changes. This year, the only change is that we have removed the 50 meter dash for K-2. Here are some general guidelines for the season although some rules may be adjusted as we move toward the Championships. Championship rules may vary (we will address later).

1) ORDER OF EVENTS (although reg season inclusion, order can change by meet director). During the regular season to run meets more efficiently we may combine groups for the longer events (as long as it is safe). Typically for the larger meets we will separate into two separate meets but have also combined all in the past as well.

- **JV/V.**

- 100 Meter/110 Meter Hurdles (7/8 Grade ONLY). 30 in girls, 33 in boys
- 4x800 Relay
- 100
- 1600
- 4x100m
- 400
- 200 Meter Low Hurdles (30in)
- 800
- 200
- 3200
- 4x400
- **FIELD EVENTS:** Turbo Javelin, Shot Put, Discus, Long Jump, Triple Jump (7-8 Grade ONLY)

- **DEV**

- 100
- 1600*
- 400
- 4 x 100 R
- 800*
- 200
- 4x400 R*
- **Field events:** Long Jump, Turbo Javelin*

*For the regular season In the 800, 1600 and Turbo Javelin for developmental, NO athletes grade 1 and younger are permitted. 2nd graders are permitted only with coaches' discretion—those who are capable to run the distance and keep up with the 3 and 4th graders. Championship rules will be discussed in a later email.

2) SPECIFIC EVENT INFORMATION: This is just a little additional information/quick guide on each of the events that we run.

- **Sprints (100, 200, 400).** The sprints are all run to which the athletes stay in their lane. The 200 and 400* will have staggered starts. Heats will be run by group and in order by ability (to the best of the coach's determination—for regular season we ask coaches to have their best runners in the last groups). **Equipment:** Nothing additional required. Running spikes are up to the determination of the meet director--although some tracks prohibit them. * For the

400, especially Developmental, we may run some of these like distance races due to time constraints

- **Hurdles:** We typically try to set hurdles up in every other lane during the season and every lane during the Championships. Here are the sizes:
 - **Boys 110 meter hurdles: 33 inches**
 - **Girls 100 meter hurdles: 30 inches**
 - **Boys/Girls 200 meter hurdles: 30 inches** (set up to be determined)
- **Distance Events (800, 1600, 3200).** The distance events are run with a or double waterfall start, with each runner allowed to cut in as soon as safely possible. Many times we combine groups to speed up the meet. **Equipment:** Nothing additional required
- **Long Jump/triple Jump.** Long jump is set up based on the track design and meet director determination. There are typically one or two pits. Jumping can take place from the edge of the board or by predetermined markings (generally by ability) but will be determined beforehand by the long jump crew. Jumpers generally get up to 2-3 jumps, with all practices taking place before the event starts. **Equipment:** Nothing additional required. More advanced jumpers will use chalk to mark off starting points, etc. Jumping can take place from the edge of the board or by predetermined markings (generally by ability) but will be determined beforehand by the long jump crew. While each track varies, the goal for the Championships will be:
 - **Developmental: To be determined based on Peters Twp Track, but typically edge or 4 ft.**
 - **JV: 4 or 8 feet (will be confirmed)**
 - **V: 4 ft or 8 feet**
 - **Triple Jump: 18ft or 24ft**
- **Turbo Javelin.** Each thrower gets up to 3 attempts. **Equipment: DEV/JV Girls/JV Boys** throw the 300 gram size. **Varsity boys/Varsity girls** throw the 600 gram size
- **Shot Put: ONLY JV/V:** Each thrower gets up to 3 attempts. *Please make sure proper technique is taught for this event, because improper form can cause injuries:
 - JV Girls: **4LB Shot,**
 - JV Boys/Varsity Girls: **6LB shot,**
 - Varsity Boys: **8LB shot**
- **Discus: ONLY JV/V: Each thrower gets up to 3 attempts:**
 - **ALL JV and Varsity Throwers: 1KG**
- **4x100 Relay:** Each team will have their own lane throughout with starts staggered. Teams must pass batons within zones **Equipment for all relays:** Standard plastic or aluminum batons.
- **4x400 Relay:** We use a three turn stagger. After that the runner may cut in and each runner following will run in the first lane.
- **4x800 Relay:** We will use a waterfall or double waterfall start.