

Section XI Modified Track & Field 2009

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Game Conditions:

- 1) A minimum of two nights rest between competitions.
- 2) The Maximum number of contests shall be **eight**.
- 3) Ten team practices are required before the first scrimmage.
- 4) Fifteen team practices are required before the first interschool contest.

Game Rules:

- 1) A runner is permitted **one false start** before disqualification.
- 2) A student may enter a maximum of **three (3) events** per day; no more than two (2) track events or two (2) field events may be entered each day. If an athlete is participating in two (2) running events, the total distance may not exceed **2300 meters** (total distance refers to specific events, not total distance of heats). An athlete is limited to one (1) running event if the distance of that exceeds 2300 meters.
- 3) The 4K metal shot may be used for outdoor track & field.
- 4) The discus cage is mandatory. Discus (1K)

Order of Events: **Field events will start ½ hour before the running events start.**

The officials organize the field events at start of the meet but do not run these events.

- A) Field Events: **High jump, pole vault (must turn), shot put (4k), discus (1k), long jump, triple jump.**
- B) 55 Meter Hurdles (**5 hurdles each Boys'(33" high) Girls (30")**)
- C) 55 Meter Dash
- D) Boys 1600 Meter Run or Girls 1500 Meter Run
- E) 100 Meter Dash
- F) 400 Meter Dash
- G) 800 Meter Run
- H) 200 Meter Dash
- I) 3000 Meter Run (optional)
- J) 400 Meter Relay (4 x 100)
- K) Girls Medley Relay (200 – 100 – 100 – 400)
- L) Boys Medley Relay (400 – 200 – 200 – 800)

Order of Events: (Boys and Girls at same site)

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|-----------|---------------------------------|-----------|---------------------------------|
| 1) Boys | 55 Meter Hurdles (33") | 11) Boys | 800 Meter Run |
| 2) Girls | 55 Meter Hurdles (30") | 12) Girls | 800 Meter Run |
| 3) Boys | 55 Meter Dash | 13) Boys | 200 Meter Dash |
| 4) Girls | 55 Meter Dash | 14) Girls | 200 Meter Dash |
| 5) Boys | 1600 Meter Run | 15) Boys | 3000 Meter Run |
| 6) Girls | 1500 Meter Run | 16) Girls | 3000 Meter Run |
| 7) Boys | 100 Meter Dash | 17) Boys | 400 Meter Relay (4 x 100) |
| 8) Girls | 100 Meter Dash | 18) Girls | 400 Meter Relay (4 x 100) |
| 9) Boys | 400 Meter Dash | 19) Boys | Medley Relay (400-200-200-800) |
| 10) Girls | 400 Meter Dash | 20) Girls | Medley Relay (200-100-100 -400) |

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Section XI Rules:

- 1) In grades 7 and 8 coed events are not permitted.
- 2) No team score is permitted
- 3) The 55 meter hurdles consists of 5 hurdles each **Boys' (33") and Girls' (30")** in height and spaced as the following:
 - A) Start to first hurdle (12 meters)
 - B) Distance between hurdles (8 meters)
 - C) Fifth hurdle to finish (11 meters)
- 4) Hurdles must be arranged prior to the start of the meet and removed at the completion of race.
- 5) All proper equipment should be on hand for conducting a meet: Score cards, crossbars, starting blocks, measuring tapes, rakes, and batons.
- 6) Coaches and officials must inspect the track & field areas before a meet. These areas should be free of any glass. Extra competitors, equipment malfunctions or questions pertinent to the meet should be discussed at this time.
- 7) Pole vault and high jump equipment must meet the specifications in the rulebook.
- 8) The track runways and landing surfaces should be measured, lined and in good condition.
- 9) Sector lines should be drawn for the discus and the shot put.
- 10) **Field Events:** **The high jump, pole vault, shot put should start at the beginning of the meet. The triple jump will begin at the completion of the long jump. Discus starts after Shot Put.**
- 10) Volunteers can assist and will work at the direction of the officials to expedite the meet.
- 11) Runners and spectators must stay off the track and infield areas during the meet. The track and infield areas are not to be used as warm-up areas.
- 12) Only sneakers or shoes with molded soles and molded cleats are permitted in the modified program. Shoes with metal posts or spikes are not permitted in any sport.
- 13) No jewelry may be worn by any competitor. Pierced earrings, watches, items made of rope or leather are not permissible. Religious and medical medals must be taped to the body under the shirt. A soft barrette is permissible.
- 14) **Relays:** All competitors must have the same identical school issued uniform. Body suits may be used if shorts are also worn over them. At the discretion of the officials due to inclement weather other garments under the relay shirt will be permitted.

In the 400 Meter Relay (4 x 100) each school will time its own team. The judge/timer will cover zones two and three. The starter will cover the first zone and the order of finish.

The home school **must** supply some kind of device (cones) to mark at least the end of the exchange zone for each team.

- 15) **Coaches must sign all material required by the contract with regard to official's fees.**
- 16) **Coaches should return their officials rating card to their Athletic Director within 24 hours.**