

SCS Elementary Track Rules

READ FULLY AND CAREFULLY

Eligibility

- 1 Each school may have one team. Boys and girls are scored together, but will compete in separate events (except for possibly the mile, see events below).
- 2 The meet is open for competition from any SCS or St Joseph 4th or 5th grader.
- 3 **Each school may enter up to the max listed below for each event.**
- 4 **No alternates.** If you scratch someone it is an open lane, no replacements. Relays you may list up to 8, 4 will compete, the 5th-8th are your alternates and the only ones allowed to replace meet day, do not list them on more than 1 relay.
- 5 Each athlete may be entered into 3 events; field, individual, relays, and being an alternate on a relay each count as an event.

Competition

- 1 **4x400** Two (2) relays are allowed per school, Per gender. **4x100** Four (4) relays allowed per school/per gender. You may list up to 8 per relay, any 4 of which may compete meet night.
- 2 Only the top 2 for each school individually and the top 1 relay from any 1 school will score; ribbons are given based on actual place, no matter if scored or not. READ the ENTRY LIMITS, #13 under Competition.
- 3 Scoring will be: Individual events: 6-4-3-2-1 Relays: 6-4-2
- 4 Rules to know: 100, 200, 400m & 400 relay & the first runner in the 4x400 relay must run in their lane the entire race.
- 5 Relay exchanges must be within the exchange zones.
- 6 Starter will explain briefly the rules of the event to the athletes prior to the event start, however, this is only for reinforcement, be sure to explain the rules prior to the meet.
- 7 Each field event athlete will have 3 throws/jumps.
- 8 If you have rules questions contact Michelle Nolley, michelle@alphatiming.net
- 9 All participants must wear rubber soled shoes or ¼” spikes
- 10 Each school must have batons for their relay use and must bring 2 softballs.

- 11 Events, **no trials, finals only**: 100m, 200m, Mile (1600), 4 x 100 relay, 400m, 800m, 4 x 400 Relay. The mile may run both boys & girls together, they will be scored & awarded separately however if run together. Standing Long Jump, Softball Throw.
- 12 Girl's events run before boys except, softball throw, it is boys first.
- 13 Competition will begin at 5:30pm.
- 14 **ENTRY LIMIT PER EVENT**: 100m/200m = 12 per school/per gender; 400 = 6 per gender/per school; 800/ Mile = 6 per school/per gender; 4x100 = 4 per school/per gender; 4x400 = 2 teams per gender/per school
Field events = 5 per school/per gender

Entry

- 1 Each school may enter up to the max listed below for each event.
- 2 Entry will be done on www.athletic.net. Coaches create a free account there. Questions on the entry program must be directed to them. Give yourself plenty of time in case you have any issues. You can make changes to your entry up until the deadline.
- 3 Each athlete may be entered into 3 events; field, individual, relays, and being an alternate on a relay each count as an event.
- 4 **No alternates.** If you scratch someone it is an open lane, no replacements. **We will not be making any switches on names for any events. In relays you can list up to 8 per relay, list as many as you can up to that number, you can choose any 4 of those listed to run meet night.**
- 5 Please report any known scratches to Alpha Timing by 4:45 so we can combine races when possible prior to starting the meet. Email any you know early by 2pm.
- 6 **No new names will be added to any events on meet night.**
- 7 **Coaches are 100% responsible for re-checking their entry on athletic.net and then again the performance lists when they are posted. Coaches must email Michelle@alphatiming.net with any needed changes by the deadlines listed or entry will stand as is.**

Responsibilities of coaches/parents/admin/spectators

- 1 **EACH SCHOOL WILL RECRUIT/PROVIDE/DRAFT 6 SCHOOL/PARENT WORKERS.** Names should be **submitted via email by the deadline.** These vols are expected/needed to conduct the meet, please make sure they are committed to being there to help. They should check in with the timing trailer by 4:45pm. Loper will help at finish line; Coulston will run the long jump; Hendricks will run softball; St Joe will help clerking/results runners/other. (they must be on time!) AD's do not count as a volunteer. Coaches please explain to your workers in

advance how to run softball/long jump and bring clipboards, pencils, yard sticks 3(for long jump)

- 2 All participants must remain in the designated area for their team, athletes not competing in the event, parents and coaches are NOT ALLOWED on the track or in the infield area. Keep your kids and parents behind the fence unless competing.
- 3 Each school should bring a water cooler and cups along with trash bags for their athletes comfort and safety.
- 4 Inform parents/coaches/spectators that they are not allowed in the timing trailer/pressbox. They should direct all questions to coaches/AD's it will then be brought to the appropriate place for discussion if needed.
- 5 Acknowledge that all decisions of the Games Committee are final.

Meet Directors: Michelle Nolley & Gary Nolley

Games Committee:

Starter Michelle or Gary Nolley HS Coach

Coaches, order of events is below. Please get your entry in online on time. Please be aware we do many, many meets each week and each delay affects our schedule for other meets, thus causing issues for us.

Order of events: Girls then boys (except 1600 they will run together)

Field events: Boys Softball first. Long Jump girls first.

Running events begin when long jump completes:

100m, 400m, 1600, 4x100, 800, 200, 4x400.

VERY IMPORTANT, PLEASE READ!

Entry Deadline is: Wednesday, April 24th, NOON. After this time the program locks.

On Thursday, hopefully by Noon, I will post to my website a performance list for you to check to be sure it is complete. It is your responsibility to check this and email me BY Friday Noon with any corrections needed. After this time no corrections will be allowed, entry will stand as is.

On Monday or before I will post heat sheets but do not get hung up on lane assignments as you may then begin emailing scratches to me and if we have enough scratches we may combine heats. REMEMBER, when you scratch someone there are no replacements.

Elementary Track Worker List

Clerk volunteers	HS Coach (maybe) + HS athletes (maybe) if not HS folks then Loper AD + St Joe
Ribbons/Posting Announcer	Elem AD/Principal Elem AD/Principal
Finish Line Help	Loper
Exchange Judges	St Joe/HS Student Loper/Hendricks Coulston/HS Student
Runners Clerking Help	St Joe St Joe & HS/MS students
Softball Throw	Hendricks Elem AD oversees Coulston volunteers help
Long Jumps	Coulston AD oversees 2- 4 jumps areas Hendricks volunteers help
Gate Guards	St Joe