



**(B). 400M Run:**

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	YES	No	No	No	No
AA	YES	YES	YES	YES	No	No	No	No
AAA	YES	YES	YES	YES	YES	No	No	No

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	YES	No	No	No	No
AA	YES	YES	YES	YES	YES	No	No	No
AAA	YES	YES	YES	YES	YES	YES	YES	No

**(C). 600M, 800M, 1600M Run:**

**(D). 4x100M Major, 4x200M, VAR 4x400M Relays:**

Place	1st	2nd	3rd	4th
Award Ribbon?	YES	YES	YES	YES
Team Points	7	5	4	3
Qualify to League Finals?				
<b>Note : JV 800 Medley number of advancing teams</b>				
A	YES	YES	No	No
AA	YES	YES	No	No
AAA	YES	YES	YES	YES

**(E). 4x100M Minor, 800M Medley (for scoring) Relays:**

Place	1st	2nd	3rd	4th
Award Ribbon?	YES	YES	YES	YES
Team Points	4	3	2	1
Qualify to League Finals? <b>400 Minor Only. See F. for JV 800 Medley number of teams advancing.</b>				
A	YES	YES	No	No
AA	YES	YES	YES	No
AAA	YES	YES	YES	No

**(F). High Jump:**

Place	1st	2nd	3rd	4th	5th	6th	7th	8th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES
Team Points	7	5	4	3	2	1	0	0
Qualify to League Finals?								
A	YES	YES	YES	YES	No	No	No	No
AA	YES	YES	YES	YES	No	No	No	No
AAA	YES	YES	YES	YES	YES	No	No	No

**(G). Field Events except High Jump:**

Place	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Award Ribbon?	YES	YES	YES	YES	YES	YES	YES	YES	AAA Only	AAA Only	AAA Only	AAA Only
Team Points	7	5	4	3	2	1	0	0	0	0	0	0
Qualify to League Finals?												
A	YES	YES	YES	YES	YES	YES	No	No	No	No	No	No
AA	YES	YES	YES	YES	YES	YES	No	No	No	No	No	No
AAA	YES	YES	YES	YES	YES	YES	YES	YE	No	No	No	No

C. **Individual Awards (Ribbons).** Colors: First Place = BLUE; All other qualifiers = RED; All non-qualifiers = WHITE.

D. **Team Awards.** Team awards are earned based on point totals.

- For team awards only, league schools will be divided, prior to the start of the season, into three (3) divisions: Division A, Division AA and Division AAA. The manner in which schools are divided will be based on a combination of three factors: size of school enrollment and results from the previous year's championship meet.
- For each Division: Plaques awarded to first place in each of 4 groups.  
JV Boys = Gr. 5,6; Varsity Boys = Gr. 7,8  
JV Girls = Gr. 5,6; Varsity Girls = Gr. 7,8  
These are retained permanently. Second and third place smaller plaques are awarded in each division.
- The Gerdeman Traveling-Trophy is awarded to school scoring most overall points of the qualifying meets.

E. **Relays.** Instruct and escort both levels simultaneously. Relay judges must have Lane Assignments and Event Procedure documents. Lane assignments cannot be changed for any relay, to ensure identical assignments at all exchange-zones.

**F. High Jump.**

- Starting height will be the same at each qualifying meet. The starting height for Junior Varsity (JV) competitors will be 3'2" and for Varsity competitors 3'8", regardless of gender.

2. Succeeding height changes: After starting height is cleared, the cross-bar will be raised at two (2) inch intervals until four (4) or fewer jumpers remain; then the bar is raised at one (1) inch intervals.
3. "Passing" at lower heights is encouraged as it saves jumper energy, speeds the event, and is a tie-breaker.
4. In the event of a conflict with another field event, HJ shall take precedence over the other event. The other field event is to remain open until all HJ athletes complete all tries and have an opportunity to complete their tries in the other event.

**G. Guidelines for Lane Assignments and Heat Assignments.**

1. Do not assign 2 athletes from the same team to the same PRELIM heat.
2. Quantity (number) of runners per heat, will be equal as possible.
3. Avoid assigning teams with similar uniform colors to adjacent lanes.
4. Lane Assignment Form is to be given to the Head/Assistant Starter, Staging Director, and Lanes/Relay Judges.
5. Identical lane assignment to both grades for specific event & level contested; i.e., Grade 6 Boys would be assigned to the same lane as Gr. 5 Boys, for 75-m Dash. Event instructions are thus given once for that event.

**H. Staging area.**

A staging area with sufficient workers is an important contributor to efficient meet administration.

- I. Meet Information Letter.** A meet information letter will be sent to participating schools no later than two (2) weeks prior to the qualifying meet, to include track location, meet worker assignments. To avoid error & confusion, the meet information letter will not include information on events, calling order, or events procedure, topics that are described in this Events Committee document.

**J. Meet Results.**

1. Results of both qualifying meets must be sent to all SPL member schools, by the host school.
2. Get results to the Events Committee chairperson within 1-2 days after the qualifying meet.
3. Each coach has the responsibility to verify accuracy: School name, first and last name of each qualifier and the event. Advise the championship meet host school of any discrepancies at least three (3) days prior to the championship meet.

**K. Advancing to Championship Meet.**

In order to be eligible for the Championship Meet in a running event, athletes must complete the finals for that event. Advancing to the finals is not sufficient.

**L. Finish Line Area.**

Meet management and the Head Finish Line Judge should physically create, on both sides of the finish line, an area that is segregated from athletes, coaches and parents that is solely for the Head Finish Line Judge, Finish Line Judges, and Timers.

**M. Maximum Entries per event per school.** If a school exceeds the limit of entries per event, all participants will be disqualified per By-Law Section D.3 and Section D.4.

<b>Event</b>	<b>JV Limit</b>	<b>Varsity Limit</b>
High Jump	3	3
Long Jump	4	4
Triple Jump	4	4
Shot Put	4	4
Javelin	4	N/A
Discus	N/A	4
75 Meter Hurdles	N/A	2
75 Meter Dash	2	2
100 Meter Dash	2	2
200 Meter Dash	2	2
400 Meter Dash	2	2
600 Meter Run	2	N/A
800 Meter Run	4	2
1600 Meter Run	N/A	Unlimited
800 Medley (100-100-200-400) Relay	1 Team	N/A
800 (4 x 200 M) Relay	1 Team	1 Team
400 (4 x 100 M) Minor Relay	1 Team	1 Team
400 (4 x 100 M) Major Relay	1 Team	1 Team
1600 (4 x 400 M) Relay	N/A	1 Team

**MORNING SESSION 1:** Information Packets are available from 7:30 a.m. to 7:45 a.m.  
 Coaches Meeting at 7:45 a.m. All field events start at 8:00 a.m. Running Events start at 8:30 a.m.

**JUNIOR VARSITY (Grades 5,6)**

**Girls Field Events**

Event	SEQ	Special Instructions
LONG JUMP	5,6	Each school allowed 4 entries.
TRIPLE JUMP (Hop, Step, Jump)	6,5	Each school allowed 4 entries.
SHOT PUT (6 lbs.)	6,5	Each school allowed 4 entries.
HIGH JUMP	Combined	Each school allowed 3 entries. Contestants in the high jump are to be combined with all contestants jumping at the same height before the bar is raised to the next height.
JAVELIN	5,6	Each school allowed 4 entries.

**Boys Running Events**

Event	SEQ	Special Instructions
75m. Dash PRELIM	5,6	# Of runners per heat depends upon total (each school allowed 2)

Total Runners: Heat:		18	17	16	15	14	13	12
	<b>A</b>	6	6	8	8	7	7	6
	<b>B</b>	6	6	8	7	7	6	6
	<b>C</b>	6	5	-	-	-	-	-
Qualifiers ... run in Today's FINAL	<b>A</b>	3	3	4	4	4	4	4
	<b>B</b>	3	3	4	4	4	4	4
	<b>C</b>	2	2	-	-	-	-	-

200m. Dash PRELIM	5,6	Same as 75 PRELIMS above.
600m. Run	5,6	Set-up on 200-m start line. Stay in lane 1st curve only.
100m. Dash PRELIM	5,6	Same as 75 PRELIMS above.
800m. Relay (4 x 200)	5,6	Normal 4-curve stagger-start. Stay in lane for entire race.
400m. Dash	5,6	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
75m. Dash FINAL	5,6	Starter may pause meet here if Finals were run at PRELIM-time.
200m. Dash FINAL	5,6	Starter may pause meet here if Finals were run at PRELIM-time. Normal 1-curve stagger-start. Stay in lane for entire race.
100m. Dash FINAL	5,6	Starter may pause meet here if Finals were run at PRELIM-time.
800m. Run	5,6	Set-up for universal start.
800m Medley Relay (1x1x2x4)	5,6	Normal 2 curve stagger-start. First three runners stay in their lane. Fourth runner can cut in as soon as they get baton.
400m Minor Relay (4x100)	5,6	Normal 2 curve stagger-start. Stay in lane entire race.
400m Major Relay (4x100)	5,6	Normal 2 curve stagger-start. Stay in lane entire race.

**MORNING SESSION 2:**            **Session 2 cannot begin until all events are completed in Session 1.**

**JUNIOR VARSITY (Grades 5,6)**

**Boys Field Events**

Event	SEQ	Special Instructions
<b>LONG JUMP</b>	5,6	Each school allowed 4 entries.
<b>TRIPLE JUMP (Hop, Step, Jump)</b>	6,5	Each school allowed 4 entries.
<b>SHOT PUT (6 lbs.)</b>	6,5	Each school allowed 4 entries.
<b>HIGH JUMP</b>	Combined	Each school allowed 3 entries. Contestants in the high jump are to be combined with all contestants jumping at the same height before the bar is raised to the next height.
<b>JAVELIN</b>	5,6	Each school allowed 4 entries.

**Girls Running Events**

Event	SEQ	Special Instructions
<b>75m. Dash PRELIM</b>	5,6	# Of runners per heat depends upon total (each school allowed 2)

Total Runners: Heat:		18	17	16	15	14	13	12
	<b>A</b>	6	6	8	8	7	7	6
	<b>B</b>	6	6	8	7	7	6	6
	<b>C</b>	6	5	-	-	-	-	-
Qualifiers ... run in Today's FINAL	<b>A</b>	3	3	4	4	4	4	4
	<b>B</b>	3	3	4	4	4	4	4
	<b>C</b>	2	2	-	-	-	-	-

<b>200m. Dash PRELIM</b>	5,6	Same as <b>75 PRELIMS</b> above.
<b>600m. Run</b>	5,6	Set-up on 200-m start line. Stay in lane 1st curve only.
<b>100m. Dash PRELIM</b>	5,6	Same as <b>75 PRELIMS</b> above.
<b>800m. Relay (4 x 200)</b>	5,6	Normal 4-curve stagger-start. Stay in lane for entire race.
<b>400m. Dash</b>	5,6	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
<b>75m. Dash FINAL</b>	5,6	Starter may pause meet here if Finals were run at PRELIM-time.
<b>200m. Dash FINAL</b>	5,6	Starter may pause meet here if Finals were run at PRELIM-time. Normal 1-curve stagger-start. Stay in lane for entire race.
<b>100m. Dash FINAL</b>	5,6	Starter may pause meet here if Finals were run at PRELIM-time.
<b>800m. Run</b>	5,6	Set-up for universal start.
<b>800m Medley Relay (1x1x2x4)</b>	5,6	Normal 2 curve stagger-start. First three runners stay in their lane. Fourth runner can cut in as soon as they get baton.
<b>400m Minor Relay (4x100)</b>	5,6	Normal 2 curve stagger-start. Stay in lane entire race.
<b>400m Major Relay (4x100)</b>	5,6	Normal 2 curve stagger-start. Stay in lane entire race.

**AFTERNOON SESSION 1:**            **START 15 minutes after JV, but NOT BEFORE 12:00 pm.**

**VARSITY (Grades 7, 8)**

**Girls Field Events**

Event	SEQ	Special Instructions
<b>LONG JUMP</b>	7,8	Each school allowed 4 entries.
<b>TRIPLE JUMP (Hop, Step, Jump)</b>	8,7	Each school allowed 4 entries.
<b>SHOT PUT (8 lbs.)</b>	8,7	Each school allowed 4 entries.
<b>HIGH JUMP</b>	Combined	Each school allowed 3 entries. Contestants in the high jump are to be combined with all contestants jumping at the same height before the bar is raised to the next height.
<b>DISCUS</b>	7,8	Each school allowed 4 entries.

**Boys Running Events**

Event	SEQ	Special Instructions
<b>75m. Hurdles PRELIM</b>	7,8	# Of runners per heat depends upon total (each school allowed 2) Hurdles "set-up": 30-inches height. - From start to #1 hurdle = 13.5 m. - Between the six hurdles = 8.5 m. - Last hurdle to finish line = 19 m.

Total Runners: Heat:		18	17	16	15	14	13	12
	<b>A</b>	6	6	8	8	7	7	6
	<b>B</b>	6	6	8	7	7	6	6
	<b>C</b>	6	5	-	-	-	-	-
Qualifiers ... run in Today's FINAL	<b>A</b>	3	3	4	4	4	4	4
	<b>B</b>	3	3	4	4	4	4	4
	<b>C</b>	2	2	-	-	-	-	-

<b>800m. Run</b>	7,8	Set up for universal start.
<b>75m. Hurdles FINAL</b>	7,8	Final will begin 10 minutes after last prelim is run.
<b>200m. Dash PRELIM</b>	7,8	# of heats and qualifiers same as <b>75 HURDLES</b> above.
<b>75m. Dash PRELIM</b>	7,8	# of heats and qualifiers same as <b>75 HURDLES</b> above.
<b>100m. Dash PRELIM</b>	7,8	Same as <b>75 PRELIMS</b> above.
<b>800m. Relay (4 x 200)</b>	7,8	Normal 4-curve stagger-start. Stay in lane for entire race.
<b>75m. Dash FINAL</b>	7,8	Starter may pause meet here if Finals were run at PRELIM-time.
<b>200m. Dash FINAL</b>	7,8	Starter may pause meet here if Finals were run at PRELIM-time. Normal 1-curve stagger-start. Stay in lane for entire race.
<b>400m. Dash</b>	7,8	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
<b>100m. Dash FINAL</b>	7,8	Starter may pause meet here if Finals were run at PRELIM-time.
<b>1600m. Run</b>	One race	Set-up for universal start. <b>Note:</b> Runners from grade 7 & 8 may be combined into one race; will adequately identify participants by grade. Starter/meet director/games committee has authority to do separate races, when it is believed the quantity of runners or track conditions jeopardize safety.
<b>400m Minor Relay (4x100)</b>	7,8	Normal 2 curve stagger-start. Stay in lane entire race.



<b>400m Major Relay (4x100)</b>	7,8	Normal 2 curve stagger-start. Stay in lane entire race.
<b>1600m Relay (4x400)</b>	7,8	Normal 3 curve stagger-start. First runners stay in lanes. Second runner cuts in after Turn 1.

**AFTERNOON SESSION 2:          Session 2 cannot begin until all events are completed in Session 1.**

**VARSITY (Grades 7, 8)**

**Boys Field Events**

Event	SEQ	Special Instructions
<b>LONG JUMP</b>	7,8	Each school allowed 4 entries.
<b>TRIPLE JUMP (Hop, Step, Jump)</b>	8,7	Each school allowed 4 entries.
<b>SHOT PUT (8 lbs.)</b>	8,7	Each school allowed 4 entries.
<b>HIGH JUMP</b>	Combined	Each school allowed 3 entries. Contestants in the high jump are to be combined with all contestants jumping at the same height before the bar is raised to the next height.
<b>DISCUS</b>	7,8	Each school allowed 4 entries.

**Girls Running Events**

Event	SEQ	Special Instructions
<b>75m. Hurdles PRELIM</b>	7,8	# Of runners per heat depends upon total (each school allowed 2) Hurdles "set-up": 30-inches height. - From start to #1 hurdle = 13.5 m. - Between the six hurdles = 8.5 m. - Last hurdle to finish line = 19 m.

Total Runners: Heat:  Qualifiers ... run in Today's FINAL		<b>18</b>	<b>17</b>	<b>16</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</b>
	<b>A</b>	6	6	8	8	7	7	6
	<b>B</b>	6	6	8	7	7	6	6
	<b>C</b>	6	5	-	-	-	-	-
	<b>A</b>	3	3	4	4	4	4	4
	<b>B</b>	3	3	4	4	4	4	4
	<b>C</b>	2	2	-	-	-	-	-

<b>800m. Run</b>	7,8	Set up for universal start.
<b>75m. Hurdles FINAL</b>	7,8	Final will begin 10 minutes after last prelim is run.
<b>200m. Dash PRELIM</b>	7,8	# of heats and qualifiers same as <b>75 HURDLES</b> above.
<b>75m. Dash PRELIM</b>	7,8	# of heats and qualifiers same as <b>75 HURDLES</b> above.
<b>100m. Dash PRELIM</b>	7,8	Same as <b>75 PRELIMS</b> above.
<b>800m. Relay (4 x 200)</b>	7,8	Normal 4-curve stagger-start. Stay in lane for entire race.
<b>75m. Dash FINAL</b>	7,8	Starter may pause meet here if Finals were run at PRELIM-time.
<b>200m. Dash FINAL</b>	7,8	Starter may pause meet here if Finals were run at PRELIM-time. Normal 1-curve stagger-start. Stay in lane for entire race.
<b>400m. Dash</b>	7,8	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
<b>100m. Dash FINAL</b>	7,8	Starter may pause meet here if Finals were run at PRELIM-time.

<b>1600m. Run</b>	One race	Set-up for universal start. <b>Note:</b> Runners from grade 7 & 8 may be combined into one race; will adequately identify participants by grade. Starter/meet director/games committee has authority to do separate races, when it is believed the quantity of runners or track conditions jeopardize safety.
<b>400m Minor Relay (4x100)</b>	7,8	Normal 2 curve stagger-start. Stay in lane entire race.
<b>400m Major Relay (4x100)</b>	7,8	Normal 2 curve stagger-start. Stay in lane entire race.
<b>1600m Relay (4x400)</b>	7,8	Normal 3 curve stagger-start. First runners stay in lanes. Second runner cuts in after Turn 1.

**Revision History**

<b>Date</b>	<b>Change</b>
2025-02-28	Changed number of high jump entries per school from 2 to 3 Section F. Added special instructions per new high jump procedures to combine grade levels. Added JV 200M Prelim before the 600M Run. Consolidated Section B to reflect that the number of qualifiers and awards are the same for 200M dash (both JV and Varsity) as Hurdles/75/100 Dash. Updated Official Events for 200M Dash (both JV and Varsity) to have the same heat sizes and finals qualifiers as 75/100.
2024-02-21	Changed Morning Session coaches and volunteers meeting time and field event start time.
2022-02-09	Corrected Divisional awards wording from “banners” to “plaques” in D (2). Changed field event conflict rule giving HJ priority over other field events adding Section F (4)
2020-02-27	Added 800M VAR run in between Hurdles Prelim and Hurdles Final. Added to Varsity events the 4 x 400m Relay
2019-04-15	Standardized start height for high jump. Changed points awarded for Minor Relay places.
2017-05-01	Added Section M for maximum entries per event per school.
2016-03-01	Change start and end distances for hurdles in Afternoon Sessions 1 and 2.
2015-04-14	Added Section L for meet management and Head Finish Line Judge to create a segregated area for finish line judges and timers.
2014-05-11	Included a highlighted note in Section G. and H on how the JV 800 Medley advances <b>(F.)</b> and is scored <b>(G.)</b>
2012-04-26	Changed 4x100 Minor and 800 Medley Relays in Section B as to how many teams from each division advance to the League Finals.