

Three separate Divisional Finals meets are run to determine Divisional champions, and to give the best athletes an opportunity to qualify for the SPL LEAGUE Finals meet.

A. Eligible Participants.

1. Individual contestants have a four (4)-event maximum.
2. Individual contestants shall not compete in same individual event at more than one grade (level).
3. All schools may enter four (4) individuals in the Long Jump, Hop-Step-Jump (Triple Jump), Shot Put, Discus, Javelin, and JV 800. The Varsity 1600 run will allow unlimited participants.
4. All schools may enter two (2) individuals in High Jump and in each individual running event (except four (4) in JV 800 and unlimited in Varsity 1600). See Section M.
5. All schools may enter one (1) team in relays.
6. Schools to provide Events Committee chairperson, by April 1, a Roster (listing First and Last Name), by Grade/Group (i.e., 5th Boys, 5th Girls, etc.).
Roster is primarily used to clarify name spelling when working with Qualifying Meet results.

B. Qualifiers to Championship Meet, Individual Awards, Team Points

QUALIFIERS TO LEAGUE FINALS MEET:

Div.	Hurdles 75/100 Dash (A)	400 (B)	600, 800, 1600 (C)	200 Var (D)	200 JV (E)	4x1 MAJ 4x2 4x4 Var 800MED (F)	4x1 MIN (G)	High Jump (H)	Field Events (I)
A	5	4	4	5	3	2	2	4	6
AA	5	4	5	5	4	2	3	4	6
AAA	6	5	7	6	6	4	3	5	8

(A). Hurdles, 75/100 Dash:

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	YES	No	No	No
AA	YES	YES	YES	YES	YES	No	No	No
AAA	YES	YES	YES	YES	YES	YES	No	No

(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

(C). 600M, 800M, 1600M 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	YES	No	No	No
AAA	YES	YES	YES	YES	YES	YES	YES	No

(D). 200m Dash – Varsity:

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	YES	No	No	No
AA	YES	YES	YES	YES	YES	No	No	No
AAA	YES	YES	YES	YES	YES	YES	No	No

(E). 200m Dash – JV:

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	No	No	No	No	No
AA	YES	YES	YES	YES	No	No	No	No
AAA	YES	YES	YES	YES	YES	YES	No	No

(F). 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? Note : JV 800 Medley number of advancing teams				
A	YES	YES	No	No
AA	YES	YES	No	No
AAA	YES	YES	YES	YES

(G). 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? 400 Minor Only. See F. for JV 800 Medley number of teams advancing.				
A	YES	YES	No	No
AA	YES	YES	YES	No
AAA	YES	YES	YES	No

(H). 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

(I). 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 for 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	YES	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 document. Lane assignments cannot be changed for any relay, to ensure identical assignments at all exchange-zones.

F. High Jump.

1. 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 same team to same PRELIM heat.
2. Quantity (number) of runners per heat, will be equal as possible.
3. Avoid assigning same uniform-color 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 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 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 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.

Event	JV Limit	Varsity Limit
High Jump	2	2
Long Jump	4	4
Triple Jump	4	4
Shot Put	4	4
Javelin	4	Not Competed
Discus	Not Competed	4
75 Meter Hurdles	None	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	Not Competed
800 Meter Run	4	2
1600 Meter Run	Not Competed	Unlimited
800 Medley (100-100-200-400) Relay	1 Team	Not Competed
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	Not Competed	1 Team

MORNING SESSION 1: Information Packets are available from 7:45 am to 8:00 am

Coaches Meeting at 8:00 am.

All field events start at 8:15 am.

Running Events start at 8:30 am.

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	5,6	Each school allowed 2 entries.
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
	A	6 6 8 8 7 7 6
	B	6 6 8 7 7 6 6
	C	6 5 - - - - -
Qualifiers	A	3 3 4 4 4 4 4
. . . run in	B	3 3 4 4 4 4 4
Today's FINAL	C	2 2 - - - - -
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.
800-m. 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	5,6	Runners per lane depends on total (each school allowed 2). Run in one heat. Staging workers will place runners front/back/side with help of coaches. Stay in lane for entire race, except passing is permitted on straightaway if other runners are not impeded.
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
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	5,6	Each school allowed 2 entries.
JAVELIN	5,6	Each school allowed 4 entries.

GIRLS 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
	A	6 6 8 8 7 7 6
	B	6 6 8 7 7 6 6
	C	6 5 - - - - -
Qualifiers . . . run in Today's FINAL	A	3 3 4 4 4 4 4
	B	3 3 4 4 4 4 4
	C	2 2 - - - - -
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.
800-m. 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	5,6	Runners per lane depends on total (each school allowed 2). Run in one heat. Staging workers will place runners front/back/side with help

200m. Dash contd		of coaches. Stay in lane for entire race, except passing is permitted on straightaway if other runners are not impeded.
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.

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

VARSITY (Grades 7 and 8)

GIRLS FIELD EVENTS

Event	SEQ	Special Instructions
LONG JUMP	7,8	Each school allowed 4 entries.
TRIPLE JUMP (Hop, Step, Jump)	8,7	Each school allowed 4 entries.
SHOT PUT (8 lbs.)	8,7	Each school allowed 4 entries.
HIGH JUMP	7,8	Each school allowed 2 entries.
DISCUS	7,8	Each school allowed 4 entries.

BOYS RUNNING EVENTS

Event	SEQ	Special Instructions																																																								
75m. Hurdles PRELIM	7,8	# Of runners per heat depends upon total (each school allowed 2), <u>Instructions continued on next page</u>																																																								
Total Runners Heat: Qualifiers . . . Running in Today's FINAL		<table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>		18	17	16	15	14	13	12	A	6	6	8	8	7	7	6	B	6	6	8	7	7	6	6	C	6	5	-	-	-	-	-	A	3	3	4	4	4	4	4	B	3	3	4	4	4	4	4	C	2	2	-	-	-	-	-
		18	17	16	15	14	13	12																																																		
	A	6	6	8	8	7	7	6																																																		
	B	6	6	8	7	7	6	6																																																		
	C	6	5	-	-	-	-	-																																																		
	A	3	3	4	4	4	4	4																																																		
B	3	3	4	4	4	4	4																																																			
C	2	2	-	-	-	-	-																																																			
Hurdles continued		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.																																																								

800m. Run	7,8	Set-up for universal start.
75m. Hurdles FINAL	7,8	League Qualifying per applicable divisional standards Final will begin 10 minutes after the last prelim is run

200m. PRELIM	Boys 7,8	# Of runners per heat depends upon total (each school allowed 2)
---------------------	----------	--

200 m. PRELIM Total Runners Heat: Qualifiers . . . Running in Today's FINAL		18	17	16	15	14	13	12
	A	6	6	8	8	7	7	6
	B	6	6	8	7	7	6	6
	C	6	5	-	-	-	-	-

	The top four (4) runners in each heat qualify to run in today's final. Each coach will designate his two entries in this specific race as the "A" runner (faster runner) and "B" runner, so that the staging area can equitably distribute the faster and slower runners between heats.
--	---

75m. Dash PRELIM	7,8	# Of runners per heat depends upon total (each school allowed 2)						
Total Runners: Heat: Qualifiers . . . run in Today's FINAL		18	17	16	15	14	13	12
	A	6	6	8	8	7	7	6
	B	6	6	8	7	7	6	6
	C	6	5	-	-	-	-	-
	A	3	3	4	4	4	4	4
	B	3	3	4	4	4	4	4
C	2	2	-	-	-	-	-	

100m. Dash PRELIM	7,8	Same as 75m PRELIMS above.
--------------------------	-----	-----------------------------------

800-m. Relay (4 x 200)	7,8	Normal 4-curve stagger-start. Stay in lane for entire race.
-------------------------------	-----	---

75m. Dash FINAL	7,8	Starter may pause meet here if Finals were run at PRELIM-time.
------------------------	-----	--

200m. Dash FINAL	7,8	Normal 1-curve stagger-start. Stay in lane for entire race.
-------------------------	-----	---

400m. Dash	7,8	Normal 2-curve stagger-start. Stay in lane for entire race.
-------------------	-----	---

100m. Dash FINAL	7,8	Starter may pause meet here if Finals were run at PRELIM-time.
-------------------------	-----	--

1600m. Run	One Race	Set-up for universal start. Note: 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.
-------------------	----------	---

400m Minor Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane entire race.
400m Major Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane entire race.
1600m Relay (4x400)	7,8	

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

VARSITY (Grades 7 and 8)

BOYS FIELD EVENT

Event	SEQ	Special Instructions
LONG JUMP	7,8	Each school allowed 4 entries.
TRIPLE JUMP (Hop, Step, Jump)	8,7	Each school allowed 4 entries.
SHOT PUT (8 lbs.)	8,7	Each school allowed 4 entries.
HIGH JUMP	7,8	Each school allowed 2 entries.
DISCUS	7,8	Each school allowed 4 entries.

GIRLS RUNNING EVENTS

Event	SEQ	Special Instructions																																																								
75m. Hurdles <u>PRELIM</u>	7,8	# Of runners per heat depends upon total (each school allowed 2)																																																								
Total Runners Heat: Qualifiers . . . Running in Today's FINAL		<table border="1"> <thead> <tr> <th></th> <th>18</th> <th>17</th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>6</td> <td>6</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>6</td> <td>6</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> <tr> <td>C</td> <td>6</td> <td>5</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>A</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>3</td> <td>3</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>C</td> <td>2</td> <td>2</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>		18	17	16	15	14	13	12	A	6	6	8	8	7	7	6	B	6	6	8	7	7	6	6	C	6	5	-	-	-	-	-	A	3	3	4	4	4	4	4	B	3	3	4	4	4	4	4	C	2	2	-	-	-	-	-
		18	17	16	15	14	13	12																																																		
	A	6	6	8	8	7	7	6																																																		
	B	6	6	8	7	7	6	6																																																		
	C	6	5	-	-	-	-	-																																																		
	A	3	3	4	4	4	4	4																																																		
B	3	3	4	4	4	4	4																																																			
C	2	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 = 19m.																																																								
800m. Run	7,8	Set-up for universal start.																																																								
75m. Hurdles <u>FINAL</u>	7,8	League Qualifying per applicable divisional standards																																																								

200m. PRELIM	Girls 7,8	# Of runners per heat depends upon total (each school allowed 2)
---------------------	-----------	--

200m. PRELIM Total Runners Heat: Qualifiers . . . Running in Today's FINAL		18	17	16	15	14	13	12
	A	6	6	8	8	7	7	6
	B	6	6	8	7	7	6	6
	C	6	5	-	-	-	-	-

The top four (4) runners in each heat qualify to run in today's final. Each coach will designate his two entries in this specific race as the "A" runner (faster runner) and "B" runner, so the staging area can equitably distribute the faster and slower runners between heats.

75m. Dash PRELIM	7,8	# Of runners per heat depends upon total (each school allowed 2)
-------------------------	-----	--

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

100m. Dash PRELIM	7,8	Same as 75m PRELIMS above.
--------------------------	-----	-----------------------------------

800-m. Relay (4 x 200)	7,8	Normal 4-curve stagger-start. Stay in lane for entire race.
-------------------------------	-----	---

75m. Dash FINAL	7,8	Starter may pause meet here if Finals were run at PRELIM-time.
------------------------	-----	--

200m. Dash FINAL	7,8	Normal 1-curve stagger-start. Stay in lane for entire race.
-------------------------	-----	---

400m. Dash	7,8	Normal 2-curve stagger-start. Stay in lane for entire race.
-------------------	-----	---

100m. Dash FINAL	7,8	Starter may pause meet here if Finals were run at PRELIM-time.
-------------------------	-----	--

1600m. Run	One Race	Set-up for universal start. Note: Grade 7 & 8 may be combined into one race; 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.
-------------------	----------	---

400m Minor Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane the entire race.
---------------------------------	-----	---

400m Major Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane entire race.
---------------------------------	-----	---

1600m Relay (4x400)	7,8	3-turn stagger-start. 1st leg runs entire first 400 meters in a designated lane and 2nd leg cuts-in after third turn, following a specific mark.
----------------------------	-----	--

Revision History

Date	Change
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 line	Added Section L for meet management and Head Finish Line Judge to create a segregated are for finish judges and timers.
2014-05-11	Included a highlighted note in Section G. and H on how the JV 800 Medley advances (F.) and is scored (G.)
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.