

A. Eligible Participants.

1. DIVISIONAL FINALS meets determine persons eligible to participate in specific events at LEAGUE FINALS meet.
2. Substitution for an athlete who qualified for the League Finals Meet (SPL Championship Meet) is allowed only in the event that the qualifying athlete is either absent or injured and cannot compete. A single athlete may be substituted for each event that the absent/injured athlete's individual event(s), with the exception of relays, where a coach may substitute at his or her discretion.
 - a. Substitutions must be communicated in advance of the LEAGUE FINALS Meet to the Meet Director or the Meet Director's designate in writing NO LATER than 30 minutes before the Meet / Session begins. Deadline for the Junior Varsity is 8:00 AM while the Varsity deadline is 11:45 AM.
 - b. The lane assignment or field event participation sequence that the qualifying athlete had earned is assigned to the substitute.
3. Substitutions within Relay teams are allowed.
4. Individual contestants have a four (4)-event maximum, except that there is no event limitation for the 4 x 400 Meter relay, which is non-scoring.

B. Open Events.

OPEN 600-m Run (JV), OPEN 800-m Run (Varsity), OPEN 100-m Dash (JV & Varsity) and OPEN Shot Put (JV & Varsity)

1. These events are for only those team members who did not qualify in any Field, Running or Relay Event during the DIVISIONAL FINALS Meets, and who are not used as either a "substitute" or as a member of a relay team at the LEAGUE FINALS Meet. In addition, it is on the coach's honor to only allow OPEN event participation by those athletes who have previously competed in an SPL meet during this season or have medical or health-related reasons why they did not.
2. Open Events Participation Limits
 - a. There is no limit to quantity of participants a team may place in the OPEN 600 or 800. The Games Committee may choose to run both grades simultaneously to save time, if in their opinion, the number of runners is small enough to preclude interference between runners.
 - b. There is a limit of 2 runners per school in each OPEN 100 event (for example, 2 participants from each school may participate in the Boys 5th grade OPEN 100).
 - c. There is no limit of shot putters per school in each OPEN Shot Put event. The event should be conducted, to the extent possible, at a site that will not interfere with any other events.
 - d. An athlete competing in an OPEN event may compete in only one (1) OPEN event. Coaches are required to submit a roster of their OPEN event competitors to the Meet Director or his designate no later than 10:00 AM the Friday prior to the LEAGUE FINALS Meet. Submission of the roster is via an on-line methodology and is intended to assist in both the staging of OPEN events and the policing of this Rule. Any changes, to include day-of-meet additions, are to be completed by 8:00 AM for the JV and 12:00 Noon for the Varsity on the day of the LEAGUE FINALS Meet.

C. Awards. Individual, relay and field event awards are given to eight (8) places :

First = Medallion; Second = Red ribbon; Third = Yellow; Fourth = White; Fifth = Green; Sixth = Pink, Seventh = Purple; Eighth= Light Blue. Awards are presented immediately after each event.

A male and female SPL Athlete of the Year will be chosen by the majority of head coaches present at the conclusion of the LEAGUE FINALS Meet and announced at the meet.

D. Team Scoring (Award achievement). Points will be awarded to places as follows:

Individual Running and Field Events (except for OPEN events)	10-8-6-5-4-3-2-1
Major Relays	10-8-6-5-4-3-2-1
400-m Minor Relay/800-m Medley	4-3-2-1-0-0-0-0
OPEN Events:	2-1-0-0-0-0-0-0

E. Team Awards. Team awards are earned by event points.

1. Trophies awarded to First, Second, and Third places in each of four (4) competing groups:
JV Boys (GR. 5, 6) Varsity Boys (Gr. 7,8)
JV Girls (GR. 5, 6) Varsity Girls (Gr. 7,8)
2. The Ray Morello “traveling” Trophy is awarded to the school scoring the greatest overall point total -- (all 4 groups combined) in League Finals meet.

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

G. High Jump.

1. 5th grade girls high jump begins 15 minutes earlier than other events to help keep the track meet “on time”.
2. 7th grade girls high jump official tries begin immediately after hurdles finals are run for 7th grade girls. “Practice” jumps occur before & during hurdles.
3. Starting height is 1 inch below the best height cleared by the 13TH best jumper in the DIVISIONAL FINALS meets.
4. The crossbar will be raised two (2) inches for JV and three (3) inches for Varsity when each round is completed until six (6) competitors are remaining. Then the bar will be raised two (2) inches at both JV and Varsity per round until three (3) competitors are remaining. Then the bar will be raised one (1) inch per round until the competition is over.
5. “Passing” at lower heights is encouraged as it saves jumper energy, speeds the event, and is a tiebreaker.

H. Lane Assignments and Field Event Forms

Lane Assignment and Event Line-up Forms, noting team and individual contestant names, including participating sequence, are to be given to: Head/Assistant Starter, Staging Director, lane & relay judges, Head Finish Judge, & field event judges.

1. Intent is to assign preferred lanes/participation sequence to best qualifiers.
 - a. Lanes 4 & 5 are assigned to 1st Place qualifiers for 75m dash, 100m dash, and Hurdles.
 - b. Lanes 3 & 4 are assigned to 1st Place qualifiers for races than run one or more curves (200, 400, etc)
 - c. 1st Place qualifiers will not have another runner assigned to their same lane.
2. For equity, alternate the 2 divisional qualifiers from race to race; i.e., lane 1, then 2, then 3.
3. Starters should try to maintain assigned lanes in all events.

I. Staging.

Staging area, with sufficient workers, is important contributor to efficient Meet Administration.

J. Meet Information Letter.

Meet Information Letter will be sent to all SPL member schools no later than two weeks prior to LEAGUE FINALS Meet, to include track location and meet worker assignments.

1. To avoid error and confusion, the Meet Information Letter will not include information on events, calling order, or events procedures, since these are already described in SPL official documents such as this one.

K. Finish Line Area

1. 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.

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	
TRIPLE JUMP (Hop, Step, Jump)	6,5	
SHOT PUT (6 lbs)	6,5	
HIGH JUMP	5,6	
JAVELIN	5,6	
OPEN SHOT PUT	6,5	

BOYS - RUNNING EVENTS

Event	SEQ	Special Instructions
75m. Dash <u>PRELIM</u>	5,6	Eight runners in each of 2 heats. Four from each of 2 PRELIM heats qualify to FINALS.
<u>OPEN 100m. Dash PRELIM</u>		Run concurrently with 75M Dash PRELIM on opposite straightaway. Heats formed randomly.
600m. Run	5,6	All 12 runners in one race. Set-up on 200-m start line. Stay in lane 1st curve only. Cut-in at break line.
100m. Dash <u>PRELIM</u>	5,6	Same as 75 PRELIM 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 <u>FINAL</u>	5,6	
<u>OPEN 100-m Dash FINAL</u>	5,6	Lanes assigned randomly.
200m. Dash		All 12 runners in one race. Normal 1-curve stagger-start. Stay in lane for entire race.
<u>OPEN 600-m Run</u> (Only for runners who did not qualify)	5,6	Set-up on 200-m start line. Stay in lane 1st curve only, cut-in at break line.
100m. Dash <u>FINAL</u>	5,6	
800m. Run	5,6	All 12 runners in one race. 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	
TRIPLE JUMP (Hop, Step, Jump)	6,5	
SHOT PUT (6 lbs)	6,5	
HIGH JUMP	5,6	
JAVELIN	5,6	
OPEN SHOT PUT (6 LBS)	6,5	

GIRLS - RUNNING EVENTS

Event	SEQ	Special Instructions
75m. Dash <u>PRELIM</u>	5,6	Eight runners in each of 2 heats. Four from each of 2 PRELIM heats qualify to FINALS.
<u>OPEN 100m. Dash PRELIM</u>		Run concurrently with 75M Dash PRELIM on opposite straightaway. Heats formed randomly.
600m. Run	5,6	All 12 runners in one race. Set-up on 200-m start line. Stay in lane 1st curve only, cut-in at break line.
100m. Dash <u>PRELIM</u>	5,6	Same as 75 PRELIM 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 <u>FINAL</u>	5,6	
<u>OPEN 100-m Dash FINAL</u>	5,6	Lanes assigned randomly.
200m. Dash	5,6	All 12 runners in one race. Normal 1-curve stagger-start. Stay in lane for entire race.
<u>OPEN 600-m Run</u> (Only for runners who did not qualify)	5,6	Set-up on 200-m start line. Stay in lane 1st curve only, cut-in at break line.
100m. Dash <u>FINAL</u>	5,6	
800m. Run	5,6	All 12 runners in one race. 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 7,8)

GIRLS - FIELD EVENTS

Event	SEQ	Special Instructions
LONG JUMP	7,8	
TRIPLE JUMP (Hop, Step, Jump)	8,7	
SHOT PUT (8 lbs)	8,7	
HIGH JUMP	7,8	
DISCUS	7,8	
OPEN SHOT PUT (8 LBS)	8,7	

BOYS - RUNNING EVENTS

Event	SEQ	Special Instructions
75m. Hurdles <u>PRELIM</u>	Boys 7,8	2 Heats
Total Runners:		16 15 14 13 12
Heat:	A	8 8 7 7 6
	B	8 7 7 6 6
<i>Qualifiers run in Today's FINAL</i>	A	4 4 4 4 4
	B	4 4 4 4 4
		Hurdles "set-up": 30-inches height. - From start to #1 hurdle = 12.5 m. - Between the six hurdles = 8.5 m. - Last hurdle to finish line = 20 m.
OPEM 100m. Dash <u>PRELIM</u>		Run concurrently with 75M Hurdle PRELIM on opposite straightaway. Heats formed randomly.
75m. Hurdles <u>FINAL</u>	Boys 7,8	Final will begin 5 minutes after the last prelim is run.

Event	SEQ	Special Instructions
200-m Dash <u>PRELIMS</u>	7,8	# Of runners per heat depends upon total.
Total Runners:		16 15 14 13 12
Heat:	A	8 8 7 7 6
	B	8 7 7 6 6
		The top four (4) runners in each heat qualify to run in today's final. Seed prelims by alternating finishers from 3 DIVISIONAL FINALS meets in order of finish.

AFTERNOON SESSION 1 (cont'd) :

BOYS - RUNNING EVENTS

Event	SEQ	Special Instructions
75m. Dash <u>PRELIM</u>	7,8	Eight runners in each of 2 heats. Four from each of 2 PRELIM heats qualify to FINALS.
800m. Run	7,8	All 12 runners in one race. Set-up for universe start.
100m. Dash <u>PRELIM</u>	7,8	Same as 75 PRELIM above.
800m. Relay (4 x 200)	7,8	Normal 4-curve stagger-start. Stay in lane for entire race.
75m. Dash <u>FINAL</u>	7,8	
OPEN 800-m Run (Only for runners who did not qualify)	7,8	Set-up for universe start.
OPEN 100-m Dash <u>FINAL</u>		Lanes assigned randomly.
200m. Dash <u>FINAL</u>	7,8	Normal 1-curve stagger-start. Stay in lane for entire race.
400m. Dash	7,8	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
100m. Dash <u>FINAL</u>	7,8	
1600m. Run	7,8	All 12 runners in one race. Set-up for universal start.
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.

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
LONG JUMP	7,8	
TRIPLE JUMP (Hop, Step, Jump)	8,7	
SHOT PUT (8 lbs)	8,7	
HIGH JUMP	7,8	
DISCUS	7,8	
OPEN SHOT PUT (8 LBS)	8,7	

GIRLS - RUNNING EVENTS

Event	SEQ	Special Instructions
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Total Runners:		16 15 14 13 12
Heat:	A	8 8 7 7 6
	B	8 7 7 6 6
<i>Qualifiers run in Today's FINAL</i>	A	4 4 4 4 4
	B	4 4 4 4 4
		Hurdles "set-up": 30-inches height. - From start to #1 hurdle = 12.5 m. - Between the six hurdles = 8.5 m. - Last hurdle to finish line = 20m.
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Total Runners:		16 15 14 13 12
Heat:	A	8 8 7 7 6
	B	8 7 7 6 6
		The top four (4) runners in each heat qualify to run in today's final. Seed prelims by alternating finishers from 3 DIVISIONAL FINALS meets in order of finish.

AFTERNOON SESSION 2 (cont'd) :

GIRLS - RUNNING EVENTS

Event	SEQ	Special Instructions
75m. Dash <u>PRELIM</u>	7,8	Eight runners in each of 2 heats. Four from each of 2 PRELIM heats qualify to FINALS.
800m. Run	7,8	All 12 runners in one race. Set-up for universe start.
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400m Major Relay (4x100)	7,8	Normal 2 curve stagger-start. Stay in lane entire race.

Revision History

Date	Change
2017-05-01	Moved Open 600 between 200 and 100 Meter Finals for JV Meet.
2015-06-30	Revised wording of the Substitution Rule - Section A.2, A.2.a, A.2.b, and B.2.d
2015-04-14	Added Section K for meet management and Head Finish Line Judge to create a segregated are for finish line judges and timers.
2015-04-11	Moved Open 100m Dash prelim to run concurrently with 75m Hurdle prelims for Varsity meet. Previously, ran concurrently with the 75m Dash prelims.