



Track Meet Rules

- No Rosters are due for this event. Participants must be at Track for registration when their event is called. Track meet registration will begin 30 minutes prior to the first event.
- Three calls will be made to register for each event.
- **ORDER OF EVENTS**
 - 1 --- High Jump, Long Jump
 - 2 --- 100m Dash, Shot Put and Discus
 - 3 --- 800m Relay (4x200m)
 - 4 --- 1600m Run
 - 5 --- 400m Relay (4x100m)
 - 6 --- 400m Run
 - 7 --- 200m Dash
- Individual participants may compete in 2 individual events and 1 relay.
- Individuals and relay teams participating in track events will receive one heat for time. From all heats run in events, the individual or relay team with the best time will be declared the winner.
- Individuals participating in discus, shot put and long jump field events will receive a maximum of three attempts. The best of the three attempts will be listed as the participant's official score.
- Individuals participating in the high jump will receive a maximum of three attempts per height until the participant reaches a height that results in three misses. Female high jumpers will begin competing at a height of 3'6". Male high jumpers will begin competing at a height of 4'6".