



## TRACK MEET

**Event time is forfeit time.** If a participant is entered in both a field event and a running event, running events take precedence. The participant may leave the field event, after notifying the event supervisor, to participate in the running event (if they should overlap). Participants who leave a field event to participate in a running event must report back to the field event immediately following their running event.

Intramural track competition will be governed by the official interscholastic rules, except where intramural rules allow for variations.

### 1. Team Requirements

**1.1** All teams may enter a maximum of 2 contestants in each event.

**1.2** No contestant is permitted to enter in more than three events and no more than one relay event.

**1.3** Substitutions: There will be no substitutions in running or field events once entries are submitted. Substitutions may be made at the event from 5:00pm to 6:00pm using the alternates or another participant on the team's registration form. In the exception of injury while participating in the track meet or if a substitute is needed in the relay event substitution will be allowed beyond 6:00pm.

### 2. Equipment

**2.1** All equipment will be supplied.

**2.2** Regulation track shoes will be allowed (spikes may not be longer than 1/4 inch long). Should spikes tear up the track and it is noticed by a track official, the participant will not be allowed to wear those shoes. Refusal to adhere to this policy will result in automatic disqualification.

**2.3** All participants must wear athletic shoes.

### 3. Order of Events

**3.1** Running events are as follows:

- 3000 meters
- 4 x 200 meter relay
- 100 meters
- 400 meters
- 1500 meters
- 4 x 100 meter relay
- 800 meters
- 200 meters

**3.2** Field events are as follows:

- Long Jump
- High Jump
- Shot Put
- Triple Jump

### 4. False Starts

False starts are not allowed in intramural competition. Any individual who false starts will be disqualified.

5. **Scoring**

**5.1** All running events will be held as finals. Places will be determined by time. All events will be run in heats except for the 1500 and 3000 meters. Heats will be assigned at random. In the 1500m and 3000m, runners will begin on the curved starting line and may break on the gun. In the 400m relay, all baton exchanges must take place in the designated exchange zone marked by the blue triangles. In the 800m, runners will start in lanes and may break after the first turn marked by orange cones.

**5.2** In the long jump, triple jump, and shot put each participant will be allowed three (3) attempts for the competition.

**5.3** In the high jump each participant will only be allowed three (3) misses during the competition. Participants may pass on any height they wish, however, the bar will never be lowered.

**5.4** Point System for individual events are as follows:

1st place 6 points

2nd place 4 points

3rd place 3 points

4th place 2 points

5th place 1 point

Points are doubled for the relay event.