

NEW ALBANY DEANERY TRACK AND FIELD

GENERAL

1. National Federation of High School Associations (NFHSA) and Indiana High School Athletic Association (IHSAA) Official Rules will be followed for all meets, with exceptions noted below.
2. First call for all events will be 15 minutes before event start time. Second call will be 5 minutes before event start time.
3. When there is a event schedule conflict, running events take priority over field events.

FIELD EVENTS

High Jump

1. Warmup/practice for field events should take place well before event starting times. No practice will be allowed once the particular event begins.
2. Only one official practice jump without the bar at event start time will be allowed.
3. Contestants must take off on one foot.
4. 3 attempts per contestant at each height until 3 consecutive misses are accumulated at one height.
5. Established minimum heights by division: 7-8 Boys=4'2"; 7-8 Girls=3'8"; 4-6 Boys 3'6"; 4-6 Girls 3'4".

**PLEASE
MAKE SURE
EVERYONE
CLEANS UP
THEIR AREAS.
THANK YOU!**

Long Jump

1. All contestants must jump off of the board.
2. Contestants are allowed 3 attempts.

Shot Put and Discus

1. Only one official practice put or practice discus throw at event start time will be allowed.
2. Only one contestant on the pad during a throw.
3. Contestants must exit to the rear of the circle after the official has called "mark" after the throw/put is done.
4. Contestants are allowed 3 attempts.

Baseball and Softball Throw

1. No practice throws are allowed. Contestants should warm up on their own before event start time.
2. The ball must be released at the designated spot behind the line. Distance will be measured from that point.
3. Contestants are allowed 3 attempts.

FIELD EVENTS SCHEDULE (all times are estimates--events may start before or after scheduled time)

TIME	DISCUS	BALL THROW	SHOT PUT	LONG JUMP	HIGH JUMP
12:30 PM	7-8 Boys		7-8 Girls (6 lb)	7-8 Boys	7-8 Girls (3' 8")
12:50 PM	7-8 Girls		7-8 Boys (8 lb)	7-8 Girls	7-8 Boys (4' 2")
1:10 PM		4-5-6 Girls	4-5-6 Boys (6 lb)	4-5-6 Boys	4-5-6 Girls (3' 4")
1:30 PM		4-5-6 Boys	4-5-6 Girls (6 lb)	4-5-6 Girls	4-5-6 Boys (3' 6")

RUNNING EVENTS

1. New Albany Deanery Track and Field records may be broken at any meet.
2. All running events have timed finals.
3. In the shuttle relays, each runner finishing a stretch must touch the hand of the next runner before he starts his leg.
4. In all relays, the baton must be passed to the next runner with the marked passing zone on the track.
5. The 400-meter relay contestants run in lanes with a staggered start and stay in their respective lanes.
6. The 800-meter relay is run in lanes. The first 2 runners must stay in their lanes. The 3rd runner, after the baton exchange, may cut in to the inside lane as soon as clear from the other runners. The final exchange is a California Exchange (the 1st runner to reach the passing zone is given the inside lane, the 2nd runner to reach the zone is given the 2nd lane, etc.). It is up to each runner to stay clear of other runners, avoiding collisions.
7. The 600, 800, and 1600 meter runs are started on the curved starting line.
8. There will be 10 hurdles used for boys and girls. Boys' hurdles should be set at 33" in height. Girls' hurdles should be set at 30" in height.
9. Both feet must go over the top of each hurdle or the runner will be disqualified from that race.

TRACK EVENTS SCHEDULE (all times are estimates--events may start before or after scheduled time)

TIME	RACE	GRADE DIVISION			
1:30 PM	Hurdles (Girls=100M, Boys=110M)			7-8 Girls	7-8 Boys
1:45 PM	1600M Run (combined)			7-8 Girls	7-8 Boys
2:00 PM	800M Run (combined)	4-5-6 Girls	4-5-6 Boys		
2:10 PM	400M Dash	4-5-6 Girls	4-5-6 Boys	7-8 Girls	7-8 Boys
2:30 PM	200M Dash	4-5-6 Girls	4-5-6 Boys	7-8 Girls	7-8 Boys
2:50 PM	600M Run	4-5-6 Girls	4-5-6 Boys		
3:00 PM	800M Run (combined)			7-8 Girls	7-8 Boys
3:10 PM	100M Dash *	4 Girls	4 Boys		
3:15 PM	100M Dash	4-5-6 Girls	4-5-6 Boys	7-8 Girls	7-8 Boys
3:25 PM	200M (4 X 50M) Shuttle Relay *	4-5-6 Girls	4-5-6 Boys		
3:35 PM	400M (4 X 100M) Relay	4-5-6 Girls	4-5-6 Boys	7-8 Girls	7-8 Boys
3:45 PM	800M (4 X 200M) Relay	4-5-6 Girls	4-5-6 Boys	7-8 Girls	7-8 Boys

* These events count toward an individual's number of events competed in, but scoring is not included in team scores.