

Proposed Rules for the League Meet

Trials Day (April 29)

Seeding for the trials will be based on entered time and will try to keep all of a school entrants from being in the same heat.

Trials will be held in the 100m, 200m, 400m, 100H/110H/65H and 300H if more than 8 competitors check in.

Only the heat winners will be automatic qualifiers. The rest of the finalist will be determined by time. Therefore, if there are 2 heats: the winner of each heat and the next 6 fastest times will qualify for finals. If there are 3 heats: the winner of each heat and the next 5 fastest times will qualify for finals.

Seeding for the finals will be based on time only.

Finals for the JV boys 3200m and JV girls 3200m will be held on Trials day.

All JV boys and JV girls field events will compete on Trials day. They are allowed only 4 attempts. If the field for an event is too large, the field will be split into 2 flights with the top competitors competing in the second flight.

In the Discus, stakes can be used and the best throw measured. A maximum 12 athletes can compete in each flight. This method will only be used for the Boys JV and Girls JV competition.

Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check in. The bar will move up in 2 inch increments.

Finals Day (May 41)

If there are more than 16 entrants in the 800 and 1600, we will split the field evenly with the slow group running first and the fast group running second. The combined times from both heats will be used to determine the overall places. If there are an odd number of runners in the 800 or 1600 when two heats are being run, the additional runner will be placed in the fast heat.

Running Events

800m – 1 turn stagger
1600m – waterfall start
3200m – waterfall start
1600m Relay – 3 turn stagger

Field Events

The Varsity boys and Varsity girls field events will compete on Finals Day. They will be allowed 3 attempts (LJ, TJ, SP and Discus) with the top 8 receiving an additional 3 attempts. The top 8 will compete in reverse order of their place. Therefore, the competitor with the highest

mark will compete last. If the field is too big, flights will be used with the top competitors in the second flight.

In the Discus, every legal throw will be measured.

Starting height for the high jump will be set 2 inches below lowest entered height of athletes who check in. The bar will move up in 2 inch increments.

Rules for both days

The high jump bar should not be moved up more than one increment above the height that an athlete has cleared while he/she is away competing in another event.

All field event athletes may check out no earlier than 10 minutes prior to the start of a track event in which they are entered and must report back within 10 minutes of the end of the track event. They must notify the event official when they check out and when they report back. The event official should allow them multiple attempts prior to the athlete checking out of the event if the athlete desires to make multiple attempts.

If an athlete is participating in two field events at the same time, he/she should go back and forth between the two events as quickly as possible.

All discus and shots will be weighed before competition.

Any clerical or scoring issues should be reported within 48 hours of the end of the meet. Therefore, Sunday, May 3 at midnight will be the deadline for reporting errors to the meet director. Please email corrections to jolheureux@aol.com.

All athletes are limited to four events. Entries are determined as of 10:00pm on 4/25/26. You should submit your extra entries for consideration at the same time as regular entries.

No competitor may be added to an event after 10:00pm on 4/25/26 without the agreement of a majority of the schools competing in the meet. The additions should be made only under unusual circumstances.

Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been announced or made official in that event. The head coach will first protest to the starter. The decision of starter is appealable if the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted. The appeal shall be reviewed by the Jury of Appeals. A final written appeal can be made to the League Commissioner as an avenue of last resort for the head coach.