



TRACK AND FIELD HANDBOOK

SPRING 2023

Coordinator: Mr. Tom Cunningham

Athletic Director - FDR High School - 845-229-4020 ext. 6881

TRACK AND FIELD REGULAR SEASON

Dual Meet Guidelines

Meet Time - 4:15 PM

National Federation Rules Apply

Order of Events (Regular Season)

400 Meter Inter. Hurdles

4 x 800 Relay (Combined if agreement of both coaches) 100 Meter Dash

1500/1600 Meter Run (Combined if agreement of both coaches) 400 Meter Dash

4 x 100 Relay

100/110 High Hurdles

800 Meter Run

200 Meter Dash

3000/3200 Meter Run (Combined)

4 x 400 Relay

Field Event Suggestions:

- Field events should be started a half hour before the start of running events. • Long Jump should begin the meet, followed by Triple Jump. A 45 minute open pit should be used for both events. If the number of competitors requires a longer time period, jumps will be completed in a timely manner.
- Shot Put should be followed by Discus unless situation warrants and is agreed upon by all coaches.
- High Jump should start as soon as possible. This event will begin with the girls and be followed by the boys on odd numbered years and begin with the boys and be followed by the girls on even numbered years (Ex : in 2020, the boys should jump first).
- Pole vault will be a combined event and start as soon as possible. The bar will begin at an agreed upon opening height and move up by six inch increments until competition is completed. The winning female pole vaulter will be permitted to deviate from the 6 inch progression only once during the course of the competition.

Co-Run Field Events

- Girls Shot Boys Discus
- Girls Long Boys Long
- Girls Triple Boys Triple

TRACK AND FIELD REGULAR SEASON

Dual Meet Guidelines(cont)

RUNNING EVENTS: All will run in timed sections (best time wins). There will be no prelims, semis, etc. The BEST RUNNERS from each school should run against each other in the FIRST HEAT (scoring heat). (2 teams, 6 runners - maximum). All other runners and given their time to report to their coach. It will not be recorded at the finish line. If there are 3 teams scheduled for a dual meet there will be 2 timed heats to determine scoring places.

RELAYS: One team per school. In Dual Meets, if both coaches agree, an additional team may run as a non-scoring relay. The scoring team must be designated prior to the race.

MULTIPLE SCHOOL LEAGUE MEETS: Shall be scored as separate meets between each school. Report results to Press accordingly.

TIES: (League Meets) If score is tied at conclusion of meet, the team with the greater number of First Places is the winner.

LEAGUE CHAMPIONSHIP MEET: End of season Meet held to determine All-League recipients. In case of a tie, refer to League rules for ties.

NUMBER OF ENTRIES: Entries unlimited provided the Home School arranges for qualified personnel to handle the field events. The paid officials will be assigned by the home school. It is expected that coaches would use their discretion as to the number of entries. Coaches will assist when necessary with timing chores and field events.

CHANGE OF ENTRY: A coach may change an entry up to one race prior to a given event in League Dual Meets. At the MHAL Championship Meet, if an athlete scratches from an event it is considered one of the four events allowed for the meet.

LEAGUE RECORDS: (Boys and Girls) Must be set or broken in MHAL Meet, Section IX, State Qualifying,

State Meet OR any individual involving 6 or more schools. Notify Sport Chair in writing indicating Date, Meet, Time/Distance.

The top 3 overall results for each event should be reported. If you mail a roster to each paper, it will facilitate spelling and reporting. Cases where results are not reported should be brought to the attention of Sports Chair.

TRACK AND FIELD REGULAR SEASON

Dual Meet Guidelines (cont)

ASSIGNING LANES OR POST POSITIONS:

1. *Individual running events:* Alternate positions each race. (Note: for 100 M and 100 M hurdles, the choice lanes are the middle ones.)
2. *Relays:* Choose through officials for each race (400 relay-lanes all the way; 1600 relay first leg in lanes) 200 M on straight-away - same as 100, etc.
3. *SIGN-IN:* It is expected that visiting team coaches will sign-in the names of all competing athletes upon arrival at the site.

EQUIPMENT: Host school shall provide measuring tapes, score sheets, shots, discuses, finish yarn, stop watches, batons. Visiting coaches provide backup materials. Throwing implements will be verified by a coach from both schools prior to competition.

ALL-WEATHER TRACKS: Each team must provide own blocks. Unless all runners have blocks available, no blocks may be used. Check with AD as to the use of spikes.

PERSONNEL: In order to provide "unlimited entries" and to facilitate the smooth operation of a meet, the Home School should have Qualified, Knowledgeable, Unbiased personnel to conduct the field events & time. Visiting coaches should assist.

GAMES COMMITTEE - MHAL CHAMPIONSHIP MEET: Established for the purpose of providing input and assistance in the planning and administration of the meet. Each school will assign one individual and an alternate to serve on this committee.

2023 MHAL TRACK & FIELD CHAMPIONSHIP

Friday May 19th 4:00 PM at Rondout Valley HS

Rain Date is Saturday 5/20

Meet Entry Instructions

1. Entries will be done using ny.milesplit.com.
2. An athlete can be entered in 4 events for the meet. If you enter an athlete on a relay and they have competed in 4 events, then they are ineligible to run a relay and you cannot enter another athlete as one of your **8** relay entries. **Each team can enter 3 individuals per event.**
3. Any substitutions to the entries can be done only for injury on the day of the meet and the injured runner cannot participate in the meet.
4. The Scratch Rule: Athletes scratched from an event shall have that event count as one of the 4 events the athlete is able to compete in for the meet.
5. Any changes due to illness or injury and scratches will be done at the meet beginning 1 hour before the meet and ending 20 minutes before the scheduled start of the meet.
6. If there are any problems with the entries, Tom Cunningham will contact the appropriate school's Athletic Office the day before the meet and request an email of that school's entries.
7. The deadline to enter athletes:

WEDNESDAY, MAY 17, 2023 @ 11:00 PM

2023 MHAL TRACK & FIELD CHAMPIONSHIP

Meet Entry Guidelines

Each team can enter 3 individuals per event. Any coaches who have entered athletes in violation of these guidelines will be contacted as outlined in Item #6 above.

MHAL TRACK & FIELD CHAMPIONSHIPS

Order of Events

100/110 PENT. HURDLES G/B

3000/3200 METER G/B SEEDED

400 METER DASH G/B FINAL ON TIME (FAST TO FASTEST)

100 METER DASH G/B SEMI TOP 32 SEEDED

WINNERS AND NEXT FOUR FASTEST ADVANCE TO FINAL.

RUNNERS NOT IN THE TOP 32 WILL STILL RUN BUT CANNOT ADVANCE

110/100 METER HURDLES B/G SEMI TOP 32 SEEDED

WINNERS AND NEXT FOUR FASTEST ADVANCE TO FINAL.

RUNNERS NOT IN THE TOP 32 WILL STILL RUN BUT CANNOT ADVANCE

3000/3200 METER G/B UNSEEDED

800 METER RUN G/B FINAL ON TIME (FAST TO FASTEST)

100 METER DASH G/B FINALS

100/110 METER HURDLES G/B FINAL

2000 METER STEEPLECHASE GIRLS FINAL ON TIME (FAST TO FASTEST)

3000 METER STEEPLECHASE BOYS FINAL ON TIME (FAST TO FASTEST)

200 METER DASH G/B SEMI TOP 32 SEEDED

WINNERS AND NEXT FOUR FASTEST ADVANCE TO FINAL.

RUNNERS NOT IN THE TOP 32 WILL STILL RUN BUT CANNOT ADVANCE

400 METER INTERMEDIATE HURDLES G/B FINAL ON TIME (FAST TO FASTEST)

1500/1600 RUN G/B SEEDED (FAST TO FASTEST)

200 METER DASH G/B FINAL

PENT. 800/1500 (WHEN IT CAN BE FIT IN)

FROSH/SOPH SPRINT MEDLEY G/B FINAL ON TIME (NON-SCORING) ½ HOUR BREAK

MEDAL PRESENTATIONS IF NO DELAYS IN MEET 3200 METER RELAY G/B FINALS ON

TIME (FAST TO FASTEST) 400 METER RELAY G/B FINALS ON TIME (FAST TO FASTEST)
1600 METER RELAY G/B FINALS ON TIME (FAST TO FASTEST)

Nine will come back to the finals for LJ/TJ/Shot/Discus

TRIPLE JUMP B/G

LONG JUMP B/G

**HIGH JUMP GIRLS- USING BOTH PITS to start with pent group jumping in second pit
after hurdles- BOYS TO FOLLOW**

POLE VAULT GIRLS- BOYS TO FOLLOW

BOYS SHOT PUT - GIRLS TO FOLLOW

GIRLS DISCUS - BOYS TO FOLLOW

PENTATHLON HIGH JUMP TO GO WITH OPEN HIGH JUMP

**PENTATHLON SHOT PUT TO BE WORKED IN BETWEEN
FLIGHTS-**

PENTATHLON LONG JUMP ON SEPARATE RUNWAY