

CYO Track & Field Championships 2015



Order of Events for Regionals, Prelims and Finals

**** "C" Events are only run in the Regionals ****

- 4 X 100 meter relay - Girls "C"
- 4 x 100 meter relay – Boys "C"
- 4 x 100 Meter Relay – Girls "B"
- 4 x 100 Meter Relay – Boys "B"
- 4 x 100 Meter Relay – Girls "A"
- 4 x 100 Meter Relay – Boys "A"
- 1600 Meter Run – Girls "B"
- 1600 Meter Run – Boys "B"
- 1600 Meter Run – Girls "A"
- 1600 Meter Run – Boys "A"
- 400 Meter Dash – Girls "C"
- 400 Meter Dash – Boys "C"
- 400 Meter Dash – Girls "B"
- 400 Meter Dash – Boys "B"
- 400 Meter Dash – Girls "A"
- 400 Meter Dash – Boys "A"
- 100 Meter Dash – Girls "B" & 50 Meter Dash Girls "C"*
- 100 Meter Dash – Boys "B" & 50 Meter Dash Boys "C"*
- 100 Meter Dash – Girls "A"
- 100 Meter Dash – Boys "A"
- 800 Meter Run – Girls "B"
- 800 Meter Run – Boys "B"
- 800 Meter Run – Girls "A"
- 800 Meter Run – Boys "A"
- 200 Meter Dash – Girls "B"
- 200 Meter Dash – Boys "B"
- 200 Meter Dash – Girls "A"
- 200 Meter Dash Boys "A"
- 4 x 400 Meter Relay – Girls "B"
- 4 x 400 Meter Relay – Boys "B"
- 4 x 400 Meter Relay – Girls "A"
- 4 x 400 Meter Relay – Boys "A"

*** 50 Meter Dash for "C" will be run at the same time as the 100 Meter Dash for "B" but on the opposite side of the track.**

Field Events

- Girls "B" Long Jump
- Boys "B" Long Jump
- Girls "A" Long Jump
- Boys "A" Long Jump
- Girls "A" Shot Put (6lb. shot)
- Boys "A" Shot Put (8lb. shot)
- Girls "B" Shot Put (6lb. shot)
- Boys "B" Shot Put (6lb. shot)
- Boys "B" Javelin Throw (300 gram javelin)
- Girls "B" Javelin Throw (300 gram javelin)
- Boys "A" Javelin Throw (300 gram javelin)
- Girls "A" Javelin Throw (300 gram javelin)
- Girls "C" Javelin Throw (300 gram javelin)
- Boys "C" Javelin Throw (300 gram javelin)

A competitor may compete in any three events. Exceptions:

A.) "A" competitors (7th and 8th grade) will have no restrictions and may compete in any three events. Both the 800 meter and 1600 meter runs are strenuous events. Running them in combination requires several weeks of training. To enter this combination of events, the athlete's coach must certify that the athlete has previously competed in this combination in a meet and did so without difficulty.

B.) If an athlete at the "B" level (5th and 6th grade) is entered in any two of the following events (400M, 800M, 1600M, 4x400M), their third event must be a field event or the 4x100 Relay. Exception: if doing the 800 meter and 1600 meter then their third event can only be a field event.

C.) "C" level athletes may only compete in three events.

****Any athlete caught violating exceptions A through C will be disqualified from all events that he/she participated in. If the violation occurs in the Finals, it will include forfeiture of any points earned and medals awarded. If the violation occurs in the regionals or prelims, the athlete will be barred from competition in the Finals.**

General Rules

- 1.) No spikes of any kind or shoes made to take spikes will be allowed. Any contestant wearing illegal shoes in any competition will be immediately disqualified from all events that he/she participated in.
- 2.) No jewelry of any kind, including Live Strong bracelets may be worn. Failure to remove jewelry will lead to immediate disqualification.
- 3.) No coaches will be allowed on the course at any time.
- 4.) Athletes who fail to report to the Clerk of the Course for their intended event will be automatically scratched from that event.
- 5.) Shot put and long jump events will be contested in flights. Jumpers who must leave for another event will be allowed to make-up a jump with the prior approval of the event judge. Contestants leaving the pit area(s) without approval from the field judge will be declared finished and not allowed to come back and complete any other jumps or throws.
- 6.) All running events will be run in heats. There will be no run-offs at prelims.
- 7.) The 800 and 1600 meter runs will begin with a waterfall start.
- 8.) The 4 x 400 Meter Relay will be run with a 2 turn stagger.
- 9.) The top eight times and marks of the day will advance to the next level.
- 10.) "C's" do not advance beyond the Regionals. If a coach wishes to have a "C" Division athlete advance, that athlete must compete as a "B" in the Regionals.
- 11.) Any athlete who qualifies for the next level in an individual event may not withdraw from that event to compete in a relay. Athletes who fail to qualify in an individual event may substitute into a relay at the next level.

12.) For any dispute not specifically detailed in the CYO rule book, the State Federation rule book will be used to settle any such disputes. All decisions will be final.

13.) “A” & “B” level for both boys and girls, may only have one relay team per division.

14.) Javelin is an official scored event. Schools may enter three competitors at the “A” & “B” level, ten competitors at the “C” level. The event will count towards the number of events for the athlete.

15.) The 9th and 10th place finishers in individual events at the Prelims will be considered alternates for the Finals. If one or two of the top 8 finishers in an event does not wish to participate in the Finals, then the alternates will be allowed to compete. A maximum of 8 competitors will be allowed for each individual event. The alternates are invited to attend the finals, but not guaranteed they will participate.