

## 2011 CAA TRACK MEET GUIDELINES

1. No starting blocks or track spikes will be allowed.
2. Team trophies will be awarded to the 1st - 2nd & 3rd place teams.
3. Ribbons will be awarded to the 1st through 8th place finishers in each event.
4. A School may enter Three (3) participants in each event except relays - in which it may enter one team. Exception - 50 Meters which is 6th Grade and under there will be unlimited entries per School.
5. An individual may enter four (4) events providing that one must be a field event.
6. No Coaches or non-participants will be allowed out of the stands while the meet is going on.
7. The starting heights for the High Jump will be four feet for Boys and three feet for Girls.
8. Three (3) attempts will be allowed for the Long Jump and Shot put.
9. Team points will be awarded on a 10 - 8 - 6 - 4 - 2 - 1 basis.
10. In all races through the 400 participants must run in their assigned lanes all the way, including the 400 meter relay.
11. All runners must remain on the track in their lanes until they are dismissed by the finish judge - so the names may be properly recorded.
12. Two false starts will result in a disqualification.
13. all exchanges of the baton in the relays must take place within the 20 meter exchange zones marked on the track. The runners must not cut in and after exchanging they must stay in their own lanes until all runners have passed. Illegal exchanges, interference and throwing the baton will result in disqualification.
14. all scratches and adds must be done at the scratch meeting before the meet (8:00 AM) - no changes will be allowed after that time.

50 meter run is for 6th Grade and under only and you may have unlimited entries.

All other individual events are 3 entries per team

Relays are one entry per team