

San Jose Middle School Athletic League 2019

Willow Glen Middle School
2105 Cottle Ave. 95125

Running Events Start: 3:30pm
Field Events Start: 3:30pm

Rules: We will follow the SJMSAL Constitution and Bylaws plus the additional rules listed below.

- * Only coaches and athletes who are warming up will be allowed on the track or the infield
 - * All spectators must stay off of the field. They must remain behind the fence and away from the officials
 - * Coaches, athletes, and other team supporters must stay away from the timing & scoring area
 - * You must bring your own batons and first aid kits
 - * At least 2 adults should be in charge of each school's meet duties 1/4" spikes or less
 - * The equipment, including event sheets, will be provided
 - * Send results to the scoring table as soon as each event/flight finishes
 - * Protests must be made immediately following the event being protested

Job Assignments:

| | | |
|---------------------------|--|-----------------|
| Starter | Starts each event/heat (coordinates with clerk) | Leroy |
| Starting Blocks | Makes sure blocks are where they need to be before each race | Crosby |
| Clerk | Organize athletes for events & coordinate with starter | Crosby |
| Announcer | Makes calls for events and announces meet information | Crosby |
| Timing | F.A.T. (events may be hand timed if we can't get a timer) | Hank |
| Finish Line | Organize athletes at the end of each race | WG |
| Scoring/Results | Compile results and calculate the score | Castillero |
| Hurdle Crew | Places and removes hurdles, checks them after each race | Bret Harte |
| Zone Judges (Both Relays) | Check for lane and zone violations and report to finish line | Hoover |
| Shot Put | Coordinate athletes, measure, and record results | Castillero |
| Discus | Coordinate athletes, measure, and record results | Almaden Country |
| Long Jump | Coordinate athletes, measure, and record results | WG |
| Triple Jump | Coordinate athletes, measure, and record results | WG |
| High Jump | Coordinate athletes, measure, and record results | WG/BH |
| Meet Director | Coordinates with officials & coaches about the meet | Crosby |

Entries: Entries are to be done on Athletic.net 2 days before each meet

<http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=265485#/44170>

*Seeding will be done based on FAT marks from Athletic.net.

*Lane Assignments for relays and sprints will be 4, 5, 3, 6, 2, 7, 1, 8

*Lane Assignments for distance events will be slowest in lane 1 to fastest in lane 8

*Some distance events or relays may be combined to provide competition or to save time.

*Please be sure your athletes know how to do their events & are familiar with the rules before competing

*Please do not experiment with your athletes (meets are not the place to try something for the first time)

*Athletes can compete in a maximum of 4 events

Meet #1 Tuesday April 16th @ Willow Glen All events start at 3:30pm

Meet #2 Wednesday May 1st @ San Jose HS All events start at 4pm

Order of Events: Girls 6, 7, 8 Boys 6, 7, 8

Athletes must report to the starting area before their event (no tags needed)

Running events begin at 3:30pm. This schedule is approximate and we will try to hold to it if we can

TRACK EVENTS

3:30 65M Hurdles Fastest runners should be in the first heat (2 max per school in 6th & 7th, 3 max per school in 8th)

4:00 1600M (Girls) Waterfall or alleys (4 max per school, per division)

4:20 4x100M Relay With Zone Judges (1 team per school in 6th & 7th, 2 per school in 8th)

4:40 1600M (Boys) Waterfall or alleys (4 max per school, per division)

5:00 100M Fastest runners should be in the first heat (2 max per school in 6th & 7th, 3 max per school in 8th)

5:20 800M Waterfall or alleys (4 max per school, per division)

5:40 4x400M Relay 2 Turn Stagger (1 team per school, per division)

There are no trials and finals.

FIELD EVENTS: 3 athletes per event per division per school

Once a group has finished, the next

group should be called for competition. Each group is limited to 45 minutes. The next group can begin early if the previous group finishes early

If you have not checked in by the time all other competitors finish, you will not be allowed to sign in

All athletes will get 3 attempts. HJ gets 3 attempts per height

Athletes must check (out) with the field event official when reporting for another event. If it is a track event, they will have 10 minutes to report back upon completion of the track event. When doing multiple field events, each athlete must rotate between those events and complete all trials before their group completes competition. Any Missed trials will be forfeited

Throwing events: Shot: All Girls-3:30-4:45 All Boys-4:45-6:00 Disc: All Boys-3:30-4:45 All Girls-4:45-6pm

Throwers may complete all 3 attempts in succession, elect to throw 2 in succession and wait on the third, or take 1 throw at a time.

8th Grade Boys use the 8 lb shot, all others use the 6 lb shot

Jumping Events:

Long Jump: All Girls-3:30-6pm All Boys-4-6pm Triple Jump: OPEN Boys and Girls- 3:30-6pm

A tape measure will be available on each runway for athletes to get their marks before the jumps begin

High Jump: Start time: 3:30pm

Girls 6, 7, 8 Boys 6, 7, 8

| <u>Starting Heights for High Jump</u> | |
|--|----------------|
| Girls 8th 3'10" | Boys 8th 4'2" |
| Girls 7th 3'8" | Boys 7th 4'0" |
| Girls 6th 3'6" | Boys 6th 3'10" |

Height increases by 2 inches every time it is raised until there is only 1 jumper left

Once the bar has gone up, it should not be lowered unless there is a need for a jumpoff due to a tie for first

From the timer, Hank Lawson:

Results will be streamed live and can be found at:

http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2019/CurrentMeet/Track___Field.htm

Athletes in the 800/1600 races will have their LANE # written on the back of their hand with a Sharpee (black for 1600, red for 800) and will need to stay in their finish order until their race # has been recorded at the finish.

Turn field results into the timer (Hank) as soon as a grade/gender is completed so I can enter the results.