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VAL Track and Field Event Assignments 2022

*Top 3 from each school need to be uploaded to Athletic.net by **Friday at 11:59pm**. All changes must be made by then. A list of who made the 100m, Hurdles, and Relays will be emailed by **Monday** so you can notify your kids at practice.*

Meet Directors:	Nick and Azucena (Graham)
Clerk of the Course:	Nick and Azucena (Graham)
Announcer:	Nick Van Damme (Graham)
Timer:	Hank Lawson
Starter:	Steve Kane (Blach)
Scoring: (3 people)	Kennedy
Awards/Ribbons@ finish line: (3-4 people)	Graham/Crittenden
Start/Finish Line Coordinator: (Numbering athletes, herding finishers)	Blach
Relay Judges : (3-4 people)	Crittenden
Discus: (2-3 people min)	Sunnyvale
Shot Put: (2-3 people min)	Miller
Long Jump: (3 people)	Cupertino
Triple Jump: (3 people)	Lawson
High Jump Pit 6th (1 Adult 2 kids)	Hyde
High Jump Pit 7th (1 Adult 2 kids)	Columbia
High Jump Pit 8th: (1 Adult 2 kids)	Egan
Hurdle Crew:	Athletes from all schools

Crittenden and Graham will supply all other equipment such as rakes, marking sticks, measuring tapes, flags, and cones.

VAL Track & Field League Finals 2022

Schedule & Order of Events

Graham Middle School

Start time: 3:00pm

Tuesday, May 17th

Field Events:

Boy's Shot Put 6th 3:00-4:00 / 7th 4:00-5:00 / 8th 5:00-6:00

Boy's Discus 7th 3:00-4:00 / 8th 4:00-5:00 / 6th 5:00-6:00

Girl's Long Jump 7th 3:00-4:00 / 8th 4:00-5:00 / 6th 5:00-6:00

Girl's Triple Jump 6th 3:00-4:00 / 7th 4:00-5:00 / 8th 5:00-6:00

Girl's High Jump HJ #1 6th/7th HJ #2 8th

Running

Events:

65m Hurdle Trials 6G / 7G / 8G / 6B / 7B / 8B 3:00-3:45

100m Trials 6G / 7G / 8G / 6B / 7B / 8B 3:45-4:30

1600m Run Final 6G / 7G / 8G / 6B / 7B / 8B 4:30-5:15

Wednesday, May 18th

Field Events:

Girl's Shot Put 6th 3:00-4:00 / 7th 4:00-5:00 / 8th 5:00-6:00

Girl's Discus 7th 3:00-4:00 / 8th 4:00-5:00 / 6th 5:00-6:00

Boy's Long Jump 7th 3:00-4:00 / 8th 4:00-5:00 / 6th 5:00-6:00

Boy's Triple Jump 6th 3:00-4:00 / 7th 4:00-5:00 / 8th 5:00-6:00

Boy's High Jump HJ #1 6th/7th HJ #2 8th

Running

Events:

65m Hurdle Final 6G / 7G / 8G / 6B / 7B / 8B 3:00-3:30

400m Relay Final 6G / 7G / 8G / 6B / 7B / 8B 3:30-4:00

800m Run Final 6G / 7G / 8G / 6B / 7B / 8B 4:00-4:30

100m Final 6G / 7G / 8G / 6B / 7B / 8B 4:30-5:00

1600m Relay Final 6G / 7G / 8G / 6B / 7B / 8B 5:00-5:30

The team in possession of the ball may substitute on a throw-in or corner kick. The team not in possession of the ball may substitute on a throw-in or corner kick if the team in possession of the ball substitutes.

13. Teams stand on the same sideline. Spectators opposite sideline from the teams.

14. High School Federation Guide adopted for league play modifications.

- Players MUST have numbered jerseys (tape O.K.)
- Every player on a team must have the same color jersey.
- Every player on a team must have the same color socks.
- Regulation games are 2 (30 min.) halves.
- Halftime will be 5 min. in length.
- No overtime for regular season games.
- Overtime for PLAYOFFS ONLY:

Two 5 min. periods

Two 5 min. sudden deaths (first score wins)

Five-player shootout

NO PENALTY KICKS for Championship

(Co-Champions awarded)

15. No Blow Outs: After a team has 5-goal differential, all goals by that team must be scored from outside of the Penalty Area. Also, after a 5-goal differential the team that is ahead must take off one player for each additional goal (starting with the 5th goal). There is no point loss for going over 7 goals. The team that is ahead can add player(s) back if the losing team scores.

16. Game time is 3:45pm, provided the visiting has at least a 10-minute warm-up. The latest a game should start is 4 pm with or without a 10-minute warm-up. Please try to get to away games by 3:30pm.

VAL Track & Field Rules

1. GOVERNING RULES

Track and field meets shall be conducted in accordance with the rules as defined in the National Federation Track and Field Rules Book.

2. GENERAL RULES

Order of events

1600m run
65m hurdles
400m relay
800m run
100m dash
1600m relay

Field events contested

Shot Put, Discus, Long Jump, Triple Jump, High Jump

Normal order of competition: 6,7,8

3. RUNNING EVENT RULES/PROCEDURES

4. Mile and 800m

- Waterfall (curved) start.
- Grades/genders can be combined to help with the pace of the meet.
- Numbers of runners allowed to participate are unlimited in races prior to league finals.
- Runners should be lined up closer to the inside of the track with each team being alternating their runners from faster to slower.

100m, Hurdles, Relays

- Runners/teams will be limited to the number of lanes available at a given meet in each heat.
- Sprinting and hurdle events may be limited by the host school to 3 heats per group, so long as notification is given to the visiting school(s) at least 24 hours prior to start of the meet.
- Use of starting blocks recommended.

Hurdles

Hurdle Height

30 inches

Distance for spacing the 5 hurdles in the 65m hurdle event.

65m = 14m from start to the first hurdle and last hurdle to the finish line. 9.25m between each hurdle.

400m/1600m Relay

All runners must stay in their lane for 400m relay.

All 1st runners stay in their lane for 1600m relay. 2nd 3`d and 4th runners can move in thereafter

Disqualifications (DQ's)

Each race should have a monitor at each exchange zone to check for disqualifications. Passing the baton out of the exchange zone, impeding other runners, dropping the baton out of your lane and throwing the baton down after the finish are all examples of DQ's

FIELD EVENT RULES/PROCEDURES

The actual order of field events that are contested depend on the school hosting, helpers available and the facilities available at a given meet. Please let the visiting schools know ahead of time the order of events that are going to be run for field events in order to allow for an efficient meet.

Athletes must sign in to their events at the beginning of the meet.

If you leave for a track event, you must tell the field event judge before you leave in order to be allowed to re-enter the event.

THROWING EVENTS

The legal sector lines for all throwing events should be 34.92 (35) degrees.

Competitors are allowed to enter from anywhere into the circle; Competitors must exit from the back half or the circle.

Falling down and remaining inside the circle with the throwing implement shall not be judged a foul. Athletes are allowed to re-start their event without leaving the circle.

Measuring Legal Put/Throw

The measurement of a put/tow shall be from the nearest edge of the first mark made by the shot/discus to the inside edge of the toe-board. The measurement should have a line created by the tape measure that lies through the center point of the ring.

Throwing Fouls

It shall be a foul and not measured if, after entering the circle and starting the throw, the competitor:

- a. Uses any method contrary to the definition of a legal throw;
- b. Cause the throwing implement to fall on or outside the sector lines
- c. Touch with any part of the body, before the throw is marked
 - (1) Any surface of the metal band except the inside surface, or any of the marked ring if it is painted
 - (2) Any surface of the toe-board except its inside surface
 - (3) The area outside the circle
- d. Throw an implement that does not conform to the legal size/weight requirements
- e. Wear any illegal device or illegal taping on the putting arm, wrist, and or fingers (Medical tape used for medical purposes are allowed)
- f. Leave the circle from the front half, or before the head official indicates a fair throw.

(Entering from any part of the ring is OK)

SHOT PUT

The weight of the shot put shall be;
6lbs. for 6th 7th 8th grade girls and 6th, 7th boys 8lbs. for 8th grade boys

Legal Put

A legal put shall be made from within the circle without touching the top edge (raised or painted) of the circle or the top surface of the toe-board.

A legal put must be made from the shoulder with one hand only so that, during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle.

DISCUS The weight is 2.2 pounds

Legal Throw

A legal throw in the discus is one that is thrown from the circle into the legal sector. A competitor must start from a stationary position inside the circle.

JUMPING EVENTS **LONG JUMP**

TRIPLE JUMP

HIGH JUMP

Starting Heights

6TH Girls - 3'6" (First Meet 3'4")

7th Girls - 3'8" (First Meet 3'6")

8TH Girls - 3'10" (First Meet 3'8")

6TH Boys - 3'10" (First Meet 3'8") 7th Boys - 4'0" (First Meet 3'10")

8TH Boys 4'2" (First Meet 4'0")

First meet is 2 inches lower than normal

TWO INCHES ARE ADDED TO ALL HEIGHTS FOR THE LEAGUE TRACK MEET

League/sectional track meets

- Team points (1st-6th place). (10,8,6,4,2,1)
- Top 8 fastest qualifying times from the preliminary meets will make it to the finals race for the hurdles and 100m.
- All top 8 finishers in sectional & league final will receive recognition.
- REVISED: Richard Ponce