

TRACK & FIELD
By-Laws

SECTION I MEET ADMINISTRATION

- A Track and Field meets will be governed by the Division for Girls^o and Womens^o Sports (D.G.W.S.) rules.
- B No more than five (5) competitors from each school may enter each field event at all meets.
- C At a dual meet each school may enter 3 competitors in each track event. At a tri-meet each school may enter 2 competitors in each track event.
- D In a dual meet the home team will use the odd number lanes and visiting teams will use even numbered lanes.
- E The height of the high jump bar will start at 3' 8", raised by 2" until 4' 4" then it will be raised 1" at a time.
- F The order of track events for dual meets and tri-meets is as follows:

- 440 yd relay
- 80 yd hurdles
- 880 yd run
- 100 yd dash
- 440 yd dash
- mile run
- 220 yd dash
- 880 yd medley relay

- G The field events will be conducted concurrently with the track events. The field events include:

- high jump
- long jump
- shot put
- discus

- H The 220 yd dash will be run around a turn.
- I In dual and tri-meets the home school will provide each school with a copy of the results which shall include the date of the meet, name, schools, events and places. The home coach will send a copy to the chairman of track and field.

SECTION II OFFICIALS

- A The home school will provide all officials for the meet.
- B The starter must be an adult. The starter will be paid expenses to be shared by the participating schools.

SECTION III EQUIPMENT AND FACILITIES

- A All track starts shall be by the gun.
- B The home school provides the following equipment:
- tape measures for field events
 - finish line tape
 - stop watches
 - starting gun
 - starting blocks and mallots
 - hurdles
- C The home school will provide officially marked field event areas.
- D The track will be officially lined and marked.
- E Each school is responsible for their own batons, shots & discs.

SECTION IV AWARDS

- A The following awards shall be given at the SPGAL Meet:

1. Medals shall be awarded in all events for places one (1) through three (3).
2. Expenses for awards to be shared by participating school.

- B A perpetual trophy will be awarded to the league champion.

| | | |
|-----|---|---|
| 7-1 | 1 | 8 |
| 6-2 | 2 | 8 |
| 5-3 | 3 | 8 |

1. The league champion is the school compiling the most points on the following basis:
 - 1) Each dual meet victory:
1 point, $\frac{1}{2}$ for a tie.
 - 2) League meet winner: 3 points
Second place: 2 points
Third place: 1 point

SECTION V SCORING WILL BE DETERMINED AS FOLLOWS:

| Place | SPGAL | Dual or tri-meet |
|--------|-------|------------------|
| First | 8 | 5 |
| Second | 5 | 3 |
| Third | 3 | 1 |
| Fourth | 2 | 0 |
| Fifth | 1 | 0 |