

RITCA Boys Indoor Track & Field Rules

1. Junior Varsity Meets

- a. **Coaches are expected to work at these meets. Events will be canceled if they are not properly staffed.**
- b. The goal of these meets is to give Junior Varsity athletes an opportunity to compete, and for the athletes and their coaches to obtain performance data. Every meet will accomplish this goal.
- c. Rounds of the 55m dash/hurdles will be held at the discretion of the meet director.
- d. Awards/written results will be provided at the discretion of the meet director. **These amenities require volunteers to provide consistent, accurate clerking and awards table staffing.**
- e. Separate freshman and JV races will be held at the discretion of the meet director. This format **requires volunteers to provide consistent, accurate clerking.**
- f. Athletes may only compete in 4 events.
- g. Opening height for HJ – 4'6
- h. Order of events (assuming a manageable amount of participants and **volunteer clerks**):
 1. 4x200
 2. 3000m
 3. 55HH Trials (Fr then JV)
 4. 55 Dash Trials (Fr then JV)
 5. 1500 Freshmen
 6. 55HH Semis (Fr then JV) - if needed
 7. 55 Dash Semis (Fr then JV)
 8. 1500 JV Unseeded
 9. 55HH Finals (Fr then JV)
 10. 55 Dash Finals (Fr then JV)
 11. 1500 JV Seeded
 12. 600m
 13. 300m
 14. 1000m
 15. 4x400m

2. Junior Varsity State Championship Meet

- a. **Coaches are expected to work at this meet. Jobs will be assigned. Events will be canceled if they are not properly staffed.**
- b. **Any athlete ranked in the top 14 on the performance list is ineligible for this meet.**
- c. This meet will follow a Varsity State Meet order of events
- d. Athletes ranked # 15-18 on the performance list may choose to compete in the JV State Meet. Competing in the JV State Meet makes them ineligible for the Varsity State Meet. The only exception is relays.
- e. Athletes who are alternates for the Varsity State Meet are eligible to compete.
- f. Athletes may compete in any 4 events
- g. 8 athletes will go to finals in all field events
- h. Min. marks / opening heights - shot – 25' / weight – 30' / HJ -5'0 / LJ -14'0 (1st legal mark will always be measured)
- i. Awards – top 6 in each event receive medals, top 2 teams receive plaques
- j. Entries will be done through Hy-Tek
 - i. **ABSOLUTLEY NO LATE ADDITIONS OR CHANGES (besides scratches) ON THE DAY OF THE MEET.**
 - ii. **'Writing in' an athlete at a field event is not allowed and will result in disqualification.**
- k. **Director's request** – Please respect this event as a championship meet. Do not enter athletes in 4 events just because it is allowed.

3. Freshman State Championship Meet

- a. **Coaches are expected to work at this meet. Jobs will be assigned. Events will be canceled if they are not properly staffed.**
- b. **9th graders only are eligible for this meet**
- c. This meet will follow a Varsity State Meet order of events
- d. Athletes may compete in any 4 events
- e. 8 athletes will go to finals in all field events
- f. Opening height for HJ – 4'6
- g. Awards – top 6 in each event receive medals, top 2 teams receive plaques

4. Division Championship Meet

- a. **Coaches are expected to work at this meet. Jobs will be assigned. Events will be canceled if they are not properly staffed.**
- b. This meet will follow a Varsity State Meet order of events
- c. Two divisions compete at the same time, but there are two separate meets ongoing.
- d. There will be separate races, but some events and unseeded heats may be combined (4x800, HJ).
- e. Athletes may compete in any 4 events.
- f. There is a limit of 4 athletes per school per event.
- g. Only performances from the RILL performance list will be honored. Non-performance list entries will be entered as 'NT' or 'ND' and be seeded accordingly.
- h. 8 athletes will go to finals in all field events
- i. Min. marks / opening heights - shot – 25' / weight – 30' / HJ -5'2 / LJ -15'0 (1st legal mark will always be measured)
- j. Awards – top 6 in each event receive medals, top 2 teams receive plaques
- k. Entries will be done through Hy-Tek

5. Sweeney 'Last Chance' State Qualifier Meet

- a. This meet is not scored and provides no awards.
- b. This meet is not an all-comer or JV meet
- c. Strict entry standards will be distributed prior to the meet.
- d. No 'B' relays
- e. Entries will be done through Hy-Tek

6. RITCA Invitational

- a. See information posted on RITCA.com

7. Injury Fund

- a. This meet will be divided into 2 sessions: small and large schools – large will compete first.
- b. Please arrive with entries and seed times on notecards. Fastest seed times will run first.
- c. Entry limitation is 3 events per athlete. Field event relays are teams of 3 athletes
 - i. Incomplete field event teams can compete and score
 - ii. HJ will open at 5'0 and each athlete is allowed 3 misses total (not per height)
- d. There will be ribbons for the top 6 finishers in every event
- e. Order of events:

Running:

Sprint Medley (200-200-400-800)

4x800

Shuttle Hurdle Relay (Need an expert to set this up)

4x200

Distance Medley (1200-400-800-1600)

4x400

Field events:

LJ

HJ

Shot

Weight