

Catholic Schools Activities League Track Rules

AGE REQUIREMENTS:

8th grade - must not have reached his/her 15th birthday by Sept 1st of current school year.

7th grade - must not have reached his/her 14th birthday by Sept 1st of current school year.

6th grade - must not have reached his/her 13th birthday by Sept 1st of current school year.

Before the first track meet, a complete eligibility list and roster of participants will be submitted to the track chairman consisting of the following: Player, Grade, Date of Birth

PARTICIPATION RULES:

- All participants are limited to 3 events. Distance runners are limited to two of their events over 800m. (It is ok to do the 1600m, 3200m and 400m but not 800m, 1600m, 3200m)
- Each school can enter only 3 participants per event and 2 relay teams per event.
- Athletes may compete in a higher grade level, except for the 3200m. 3200m is limited to 8th graders only.

HEATS:

- No preliminaries will be run for any events. Heats will be determined by qualifying times reported through registration. PLEASE make sure you put in qualifying times.
- We plan to use electronic timing for all races in 2014.

TRACK SHOES:

Spikes may be worn, however, they are limited to 1/4 inch in length needle and make sure that they are spikes intended for track use. (No Christmas tree spikes allowed.)

EVENT SPECIFIC NOTES:

- Boys shot put – 4kilo (8.81lbs) shot put (high school boys throw 12lb)
- Girls shot put - 6lbs shot put (high school girls throw 4kilo)
- Discus - 1kilo (same as high school girls) for both genders
- Hurdles – all hurdle races height is 33" (lowest level).
- 3200M – due to KSHAA rules this is for 8th graders only. No 6th or 7th graders. We will combine genders for event unless participation warrants two separate races.
- Long Medley Relay 800M – Legs: 100M, 100M, 200M, 400M
- Team Relay (league meet only) 400M- 2boys/2girls - any order - each leg 100M - participation in this event does not count against 3 event maximum.

Event Check-In:

- 2 calls made for each event.
- If there is a conflict between running and field events check in at field event and go run the running event. Priority should always go to the running event. No races will be held up.

Protests:

- Every effort will be made to enforce rules as outlined above. Much of this is on your honor. If a school has a protest or complaint the designated HEAD coach should approach one of the two MEET DIRECTORS to identify the complaint and together determine the resolution. Meet day decision by the MEET DIRECTOR is deemed to be final. Protests about that decision should be addressed with Denny Peak, CSAL Athletic Director.