

Pete Shockey Middle School City Track Championships
April 10, 2024

1. Register athletes no later than **Tuesday, April 9, 2024 by Noon**. Please enter entries on www.runnercard.com
2. **Scratch Meet: 3:00pm** – High School Concession Stand.
3. **The meet will be using the triangle scoring system since there are only three teams. Individuals are scored through 4th place and only the top two relays receive points as follows:**

Scoring: **Individual: 5-3-2-1** **Relays: 5-3**

4. **However, 1st-6th place will still receive ribbons.**
5. **Athletes may enter in four (4) events, but no more than three (3) may be running or field events.**
6. **Athletes can not have more than two running events that can be 400 meters or longer.**
7. We use the label system. So please write the athletes name, school, gender, and event on the label.
8. In all running events, please seed all runners to ensure they are in the appropriate heat.
9. Schools can enter more than one relay. However, only the fastest relay from each school will be scored.
10. Running events have precedence over field events, but we ask that field event participants check in and out with the judge when a running event conflicts with the field event. **Please report back to the field event no later than 10 minutes after the completion of your track event.**
11. All high jump participants will be allowed three (3) jumps at each height attempt. Opening height for the girls' high jump is 3'10" and boys' is 4'4". The height will increase by 2" thereafter.
12. All long jump and triple jump participants will be allowed three (3) jumps.
13. All shot and discus participants will be allowed three (3) throws.
14. All jumping marks must be marked by 4 PM. If you are not marked by 4 PM, you will have to wait until the end of the event.
15. We will measure every first attempt but then the following scratch marks for field events are in effect.

Girls Shot	15 ft	Girls Long Jump	8' 0"
Boys Shot	25 ft	Boys Long Jump	10' 0"
Girls Discus	40 ft	Girls Triple	No Mark
Boys Discus	50 ft	Boys Triple	No Mark

16. No spikes longer than $\frac{1}{4}$ " will be permitted. Athletes will be disqualified from further participation in the meet for wearing longer spikes or abusing the track or runways in any way. **Takeoff marks for relays should be marked with tennis balls and not scratched into the track.**
17. To avoid congestion on the infield, the following rules have been established:
 - (a) Participants will enter the infield **only** after the first call for his/her event.
 - (b) Coaches will be allowed on the field.
 - (c) Each team will be allowed only two (2) managers on the field.
 - (d) Athletes should remain in the stands unless they are preparing for an event.
 - (e) **NO CAMPS ON THE FIELD.**
18. **No** athlete will be permitted in the bleachers with spikes on.
19. Ribbons will be sorted at the press box. Coaches please pick up your ribbons before you leave. Team scores will be made available as soon as possible. All results will be posted on Runnercard.

Pete Shockey Middle School City Track Championships
Track Meet Schedule
April 10, 2024

Scratch Meet: 3:00

Running Events: 1st Call 4:30

4:45

- 1600 Meter Run (Girls)
- 1600 Meter Run (Boys)
- 400 Meter Relay (Girls & Boys)
- 100 Meter Hurdles (Girls)
- 110 Meter Hurdles (Boys)
- 100 Meter Dash (Girls & Boys)
- 800 Meter Run (Girls & Boys)
- 800 Meter Relay (Girls & Boys)
- 400 Meter Dash (Girls & Boys)
- 300 Meter Hurdles (Girls & Boys)
- 1600 Meter Medley Relay (Girls & Boys)
- 200 Meter Dash (Girls & Boys)
- 1600 Meter Relay (Girls & Boys)
- 400m Weight Men/Women Relay (NO POINTS)

Field Events: 1st Call 3:45 (Jumps) and 4:15 (Throws)

High Jump: 4:00 (Girls)
4:30 (Boys) or immediately following Girls High Jump

Shot Put: 4:30 (Boys)
5:30 (Girls) or immediately following Boys Shot Put and Girls Discus

Discus: 4:30 (Girls)
5:30 (Boys) or immediately following Girls Discus and Boys Shot Put

Long Jump: 4:00 (Boys)
4:30 (Girls) or immediately following Girls Triple Jump

Triple Jump: 4:00 (Girls)
4:30 (Boys) or immediately following Boys Long Jump