

TRACK

1. RULES

Except as modified in these bylaws, as well as the CCS and CCS bylaws, the National Federation of State High School Athletic Association shall be the official track and field rule book.

2. FORMAT OF COMPETITION

2.1. The league shall be divided into two divisions, Bay, Ocean, and Lake. The divisions shall be determined by strength of program, recommend by the coaches, and approved by the Board of Managers. The determination of League Division placement shall be reviewed every year.

2.2. League meets shall be contested in Varsity and Frosh/Soph meet divisions

3. NUMBER OF CONTESTS

3.1. Per CCS Bylaws up to fourteen (14) meets (invitationals, multi-meets, etc.), regardless of number of entrants may be contested in boy's and girl's divisions, excluding PAL Finals, CCS, and State meets.

3.1.1. One non-scoring time trial without uniforms may be held.

3.2. Track is an "open roster" sport. Athletes may move between divisions from meet to meet.

3.3. An athlete may compete in only one PAL Championship meet, either Varsity or FS.

4. STARTING DATES

Starting practice dates shall be determined by the CCS.

5. DEFINITION OF PRACTICE

See PAL Bylaws, Article IV, Section 2.

6. STARTING TIME OF CONTESTS

6.1. Except by mutual agreement, starting time for dual meets shall be 3:00 PM.

6.1.1. If the principals involved can reach no mutual agreement on the changing of meet times and/or sites, the schedule stands as approved.

7. REQUIRED SCORING AND/OR TIMING PERSONNEL

7.1. Scoring for meets:

- Dual and Double Dual meets: 5-3-1, 5-0 for relays,
- PAL finals 10-8-6-4-2-1, including relays,
- Three way meets: 5-3-2-1, relays 5-3,
- Four way meets: 6-4-3-2-1, relays 6-4-2

7.2. The maximum number of scoring entries for a school in an individual event is three

7.3. Whenever possible, it is recommended to have adult personnel officiating at the meets. Adults should be passing lane judges in relays.

8. CHAMPIONSHIPS AWARDED IN DIVISIONS

Championships will be awarded in two categories: dual meet champions and league meet champions. In event of a tie, co-champions will be declared.

9. POST SEASON MEETS

9.1. Neither pre or post season meets shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers.

9.1.1. These meets also need CCS/CIF approval.

9.2. Qualifying from the PAL to the CCS Semi-Finals and Finals, and the State meet shall be determined by CCS and CIF competition.

9.3. Unattached competition:

Any athlete competing in an out of season indoor/outdoor meet or road race shall compete unattached and not wear their school uniform.

10. ALL-LEAGUE SELECTION PROCEDURE

The top six finishers in each division in the PAL finals shall be declared "all-league".

11. AWARDS

Authorized Peninsula League awards include:

11.1. Certificates and medals recognizing "all-league selections", to be made available by the Peninsula Athletic League Commissioner's office, in addition perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception will be awarded to division champions.

12. SPECIAL RULINGS - PAL FINALS

12.1. Events

12.1.1. The PAL trials and finals shall be conducted on a two-day schedule.

12.1.2. The PAL trials and finals shall be under the supervision of co-meet directorship and approved by the commissioner.

12.1.3. The maximum field size per running event shall be 48 and the minimum field size shall be 24

12.1.4. **Running Events:** Coaches may enter any number of athletes into championships.

Athletes will be accepted into the meet in the following priority:

1. The top entry from each school,

2. Any athlete meeting the "automatic qualifying standard" (the 3-year average 6th place finish),

3. Each athlete meeting the "PAL provisional qualifying standard" (10% worse than the 3-yr avg. 6th place mark) until the maximum field size is met.

12.1.4.1.1. If the minimum field size is not met after accepting provisional qualifiers, entered non-qualifiers, will be accepted in rank order until the minimum field size is met.

12.1.4.1.2. In event something not covered in the bylaws occurs in the acceptance procedure, the assembled coaches should come to an agreement.

12.1.5. **Field Events:** Coaches may enter any number of athletes into championships. Athletes will be accepted into the field events in the following priority:

1. The top entry from each school,
 2. Any athlete meeting the “automatic qualifying standard” (the 3-year average 6th place finish),
- 12.1.5.1. The maximum field size for field events shall be 24. In the event fewer than 24 athletes have met the qualifying standard, the athletic.net season PAL ranking list may be used to add additional athletes up to a 24th entry, including ties. Each school will automatically get one entry.
- 12.1.6. **F/S Championships only:** Each school get up to 3 entrants per individual event maximum with no qualifying standards.
- 12.1.7. Times and marks made at any time during the current season can be used for PAL seeding.
- 12.1.8. Seeding procedures shall be determined by the Games Committee.
- 12.1.9. The 3200m shall be a finals event only.
- 12.1.10. In relays, slow/fast sections will be run, with the slow heat first
- 12.1.11. Field events: (implements shall be certified).
- 12.1.11.1. In the shot put, discus, long jump, and triple jump, twelve athletes shall advance into the finals
 - 12.1.11.2. A reasonable opening height should be considered by the Games Committee at the seeding meeting for the pole vault and high jump.
 1. The opening height will not be less than the lowest qualifying height. Under no circumstances will the opening height be higher than the 40th percentile of entry marks.
 2. High jump: The increments will be at least 2 inches until there is 1 jumper remaining in the competition.
 3. Pole vault: The increments will be at least 6 inches until there is 1 jumper remaining in the competition.
 - 12.1.11.3. Ties for 5th place shall be broken during the Finals using the appropriate tie breaking procedure (standard event tie breaks, then, if needed, jump off for high jump and pole vault).
- 12.1.12. Lane preference will be based upon CCS format:
- 12.1.12.1. 1600m & 3200m run: Olympic scratch start or alley start, or runners will be seeded two to a lane from inside out. (1, 1a, 2, 2a, etc.).
 - 12.1.12.2. 800m will be a one turn stagger. It will be a 12-person final with modified seeding of qualifiers 9-12 so the top four seeds will have lanes to themselves.
 - 12.1.12.3. In all other races, the lanes in order will be: 4, 5, 3, 6, 2, 7, 1, 8 and 9.
- 12.1.13. The awarding of awards in races with contested results will be held up until final judgement has been determined.
- 12.1.14. If a special hardship possibility arises from the PAL finals to the CCS trials, it will be considered by the Games Committee
- 12.1.15. Scoring:
- 12.1.15.1. Individual and relay scoring: 10-8-6-4-2-1 (see 7.1).

13. SPORTS CHAIRPERSONS

- 13.1. The track chairpersons shall serve for a minimum of two (2) years.
- 13.2. The duties of the chairpersons:
 - 13.2.1. Shall notify the commissioner of all sport committee meetings.

- 13.2.2. Shall call a meeting of all the league track coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season.
- 13.2.3. Shall call a meeting of all league track coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.
- 13.2.4. Will coordinate the evaluation of team placements and will give the new division assignments to the league commissioner.
- 13.2.5. Shall compile the season results and send to the league commissioner and to all league schools.
- 13.2.6. Shall represent their league on the CCS Track Committee

14. MISCELLANEOUS

- 14.1. All team members shall wear school-issued or school-approved uniforms. Relay members need to be in identical uniforms. Relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.
- 14.2. It is expected that the host school shall provide adequate working equipment, such as starting blocks.
- 14.3. It is expected that the conduct and deportment of individual and team members shall be courteous and reasonable.
- 14.4. It is expected that the coaches be understanding, mature, and professional in handling any problems arising during the course of the meet.
- 14.5. The coaches will not permit their athletes to engage in the use of frisbees, footballs, radios, electronic devices, etc. during the course of the meet.
- 14.6. Scores should be available at the conclusion of all meets.

15. ORDER OF EVENTS

- 15.1. **RUNNING EVENTS:** (Begin at 3:00 PM or by mutual consent of the coaches – home team even lanes)

PAL Order of Running Events

Event	Divisions
4 x 100 Relay	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
1600 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
Sprint Hurdles (Boys 110 meters; Girls 100 meters)	Varsity Boys 39", F/S Boys 39", Varsity Girls 33", F/S Girls 33"
400 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
100 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
800 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
300 Intermediate Hurdles	Varsity Boys 36", F/S Boys 36", Varsity Girls 30", FS Girls 30"
200 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
4 x 800m Relay	Combined Boys, Girls, F/S, Varsity
3200 meters	Combined Boys, Girls, F/S, Varsity

	(use separate lap counter for girls and boys)
4 x 400 Relay	F/S Girls, F/S Boys, Varsity Girls, Varsity Boys

15.2. **FIELD EVENTS** – Sign-ups at 2:45 PM, begin 3:15 PM

PAL Order of Field Events

Event	Divisions
Long Jump	Open Pit... until 4:10 PM (may be run in flights at the discretion of meet management. If two pits available, coaches will agree on protocol.)
Triple Jump	Open Pit ... until end of 4 X 4 (may be run in flights at the discretion of meet management. If two pits available, coaches will agree on protocol.)
Shot Put	Varsity Boys, F/S Boys, Varsity Girls, F/S Girls VB: 12lbs; F/S B: 10lbs, VG & F/S Girls: 4kg
Discus Throw	Varsity Girls, F/S Girls, Varsity Boys, F/S Boys Boys: 1.6kg, Girls: 1kg
High Jump	Varsity Boys, F/S Boys, Varsity Girls, F/S Girls (can be run as an “open” event at the discretion of meet management)
Pole Vault	Varsity Boys, F/S Boys, Varsity Girls, F/S Girls (can be run as an “open” event at the discretion of meet management)

15.2.1. Competition to begin at 3:15 PM. All legal efforts will be measured.

15.2.2. Four (4) efforts – three (3) attempts if numbers warrant.

15.2.3. Long Jump ends at 4:10 PM, only jumpers in line may take their last attempt.

15.2.4. Triple Jump ends at start of 4 x 400m relay, only those jumpers standing in line may take their last attempt. No sign-ups/practice runs/throws after start of event.

NOTE: Each school is allowed three scoring entries. There may be extra heats in the sprints & hurdles if necessary and will be non-scoring. If less than six lanes, then two heats will score top three marks.

Stagers: 200m, 400m and 4 x 100m (2-turns), 4 x 800m, and 800m (1-turn), & 4 x 400m (3 turns if marked, 2 turns otherwise), 1600m/Mile & 3200/2-Mile scratch start.

False start: one false start = disqualification

Lane assignments: visiting school - odd lanes, home school - even lanes. For three way meets, lanes are to be assigned equally