

TRACK

1. **FORMAT OF COMPETITION**

The league shall be divided into three 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 placement shall be reviewed every year.

2. **RULES**

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

3. **NUMBER OF CONTESTS**

3.1 Fifteen (15) meets, regardless of number of entrants to be held in Varsity and Frosh/Soph boys and girls (invitationals, multi-meets, etc.), excluding PAL Finals, CCS, and State meet. One non-scoring time trials 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**

4.1 Starting practice dates shall be determined by the CCS.

5. **DEFINITION OF PRACTICE**

5.1 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 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 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 Trials, Semi-Finals and Finals, and the State meet shall be determined by CCS and CIF competition. Current CCS bylaws allow for the top five in each event from the PAL finals.

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 Each school shall be allowed one to three maximum entries per event, matching standards. In Varsity only, as school may enter a fourth entrant to an event, provided that entrant meets the super standard mark, as was pre-determined prior to the start of the season and that the coach provides proof of marks. For races, all marks must be automatic times. FS only: each school gets up to three entrants per event maximum with no standards.

12.1.3.1 In the event that there are not 51 (3 each per 17 schools) entries for a running event, schools may be allowed to enter athletes beyond the allotted 3 provided they have met the PAL Standard. Each team is still allowed 1 entry per event regardless of the athlete's mark.

Preference/Priority for filling the field of 51 athletes for running events will be based on the following:

1. For a 4th or subsequent entry – any athlete who has hit the “super standard”.
2. After processing the 3 or less entries for each school meeting the regular standard and entering 4th and additional athletes meeting “super standard”, coaches can apply for 4th, 5th, and additional entries for any athlete who has met the regular standard.
3. In the event that there are more than 51 entries, participants will be determined based on fastest times.

**Coaches must bring proof of all entries FAT times if they apply for more than the 3 allotted entries.

12.1.4 Times and marks made at any time can be used for PAL seeding.

12.1.5 Seeding procedures shall be determined by the games committee.

12.1.6 The 3200m shall be a finals event only.

12.1.7 In relays, a slow/fast section will be run with the slow heat first only.

12.1.8 Field events: (implements shall be weighed-in).

12.1.8.1 In the shot put, discus, long jump, and triple jump, twelve athletes shall go into the finals.

12.1.8.2 A reasonable opening height should be considered by the games committee at the seeding meeting for the pole vault and high jump.

12.1.9 Lane preference will be based upon section format:

12.1.9.1 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.).

12.1.9.2 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.

12.1.9.3 In all other races, the lanes in order will be: 4, 5, 3, 6, 2, 7, 1, 8, and 9.

12.1.10 The awarding of awards in races with contested results will be held up until final judgment has been determined.

12.1.11 If a special hardship possibility arises from the PAL finals to the CCS trials, it will be considered by the games committee.

12.1.12 Scoring:

12.1.12.1 Individual scoring: 10-8-6-4-2-1.

12.1.12.2 Relay scoring: 10-8-6-4-1.

12.3 Unattached competition:

12.3.1 Any athlete competing in a pre season indoor/outdoor meet, road race, shall compete unattached and not wear their school uniform.

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 uniforms. Relay members need to be in identical uniforms.
- 14.2 It is expected that the host school shall provide adequate working equipment, such as starting blocks.
- 14.3 That the conduct and deportment of individual and team members shall be courteous and reasonable.
- 14.4 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.

ORDER OF EVENTS

RUNNING EVENTS: (Begin at 2:45 PM or by mutual consent of the coaches – home team even lanes)

PAL Order of Running Events

<u>Event</u>	<u>Divisions</u>
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	Varsity Boys 39', F/S Boys 39', Varsity Girls 33', F/S Girls 33'

(Boys 110 Meters Girls 100 Meters)

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
200 Meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
3200 Meters	Combined Boys, Girls, F/S (use separate lap counter for girls and boys)
4 x 400 Relay	F/S Girls, F/S Boys, Varsity Girls, Varsity Boys

PAL Order of Field Events – Sign-ups at 2:45 PM, begin 3:00 PM 4 efforts – 3 attempts if numbers warrant.

- Long Jump Open Pit... until 4:30 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.)
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| Shot Put | Varsity Boys, F/S Boys, Varsity Girls, F/S Girls |
| Discus Throw | Varsity Boys, F/S Boys, Varsity Girls, F/S Girls |
| High Jump | Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
(can be run as an "open" event at the discretion of meet management) |
| Pole Vault | Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
(can be run as an "open" event at the discretion of meet management) |

FIELD EVENTS:

Sign-ups at 2:45 PM

Competition to begin at 3:15 PM All legal efforts will be measured. LJ ends at 4:10 PM, only jumpers in line may take their last attempt. TJ 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 (3 attempts if numbers warrant).

4 Jumps - long jump & triple jump

4 Throws – shot put & discus

NOTE: Each school is allowed three scoring entries in the sprints & hurdles. 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.

Staggers: 200m, 400m (2-turns), 800m (1-turn), 4 x 100m & 4 x 400m (2 turns), 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.