

Track and Field By-Laws (3/23/98)

I. **Sport: Track and Field**

II. **Preface**

- A. The by-laws are written in accordance with CVAC procedures. It is important that all schools be aware of and follow them. This will insure a smoother running schedule and will help to provide the athletes with a well organized, positive experience.

III. **Rule Book**

- A. The NATIONAL FEDERATION OF STATE AND HIGH SCHOOL ATHLETIC ASSOCIATION shall be the operative document unless conference, section or state rules apply.

IV. **Time of Contest**

- A. Weekday contests are to begin at 4:30 p.m. unless a change is mutually arranged.

V. **Official Equipment**

- A. All equipment shall comply with official rulebook.

VI. **Uniforms**

- A. As required by the rulebook. All uniforms conform to rulebook and New York State regulations.

VII. **Eligibility and Participation Limitations**

- A. As covered in the CVAC General Sports by-laws. **Girls** may participate in 4 events; **Boys** may participate in 4 events, as per state rules.
- B. Each team will declare 3 participants as scorers; only they will be able to score a place for their team. Each team may declare and alternate who will substitute for a scorer. This substitution must be made before the start of race/event. All other athletes will be able to compete in the race/event but as non-scorers. In races with heats, one heat will be formed with the scoring athletes from each school, all other athletes will compete in subsequent heats. In relays, 6 participants may be entered only 4 of which may actually participate. The relay team (4) must be declared at the start line before the start of the race. It is the home teams responsibility to declare their relay team first to the Finish Official.

VIII. **Home (Host) Team Responsibilities**

- A. The home team (of host team) is responsible for setting up a proper meet site (min. 6 lane track, when physical plant allows, high jump area, long and triple jump area, shot put area, discus area, according to the rule book specifications), security and adequate help to expedite a smoothly run meet, this includes timers, scorekeepers and people to oversee the field events. The host team is also to provide officials with a separate set of heat sheets to facilitate the smooth and accurate running of a meet. Due to the nature of the sport, the visiting coach will make himself/herself available to assist in the running of the meet. As per NYSPHSAA handbook: If host school's facilities are not adequate, all points forfeited.
- B. For Duel meets, the events are divided into two groups to determine lane assignments (pole), and order of participation for field events.
GROUP 1 – 100, 200, 400 hurdles, 800, 1600 (1500), 3200 relay, shot put, long jump
GROUP 2 – 110 (100) high hurdles, 400, 400 relay, 1600, relay, 3200 (3000), discus, triple jump, high jump

The home team has the choice of groups; this choice is made prior to the visiting team's posting of entries.

Lane assignments will be 1, 3, 5 or 2, 4, 6.

If the home team chooses group 1 they will have lane choice in the events within that group. Therefore the visiting team would have lane choice in the events within group 2, and vice versa.

For double duel meets (three teams scored as the three duel meets) the group assignment will be as follows.

Group 1- 110 (100) high hurdles, 800, 1600 relay, 400 hurdles, discus, long jump

Group 2- 100, 200, 1600 (1500), 3200 relay, triple jump

Group 3 – 400, 400 relay, 3200 (3000), shot put and high jump

High jump will begin at 5' and go up 2" at a time to 5'10" then will go up 1" at a time for boys. High jump for girls will begin at 4' and go up 2" at a time to 4'4" and then go up 1" at a time.

In other field events the contestants will be allowed 4 jumps or throws, with no finals.

The 400, 400 relay, and 400 hurdles must be run in lanes.

The 800, 1600 (1500), 3200 (3000), 3200 relay should be started on curved line.

The 1600 relay should be started on a stagger.

- C. The home (host) team coach will be responsible for reporting to the media the final score and the first three places in each event.
- D. Home team is to put entries on heat sheet first then visiting team will enter athletes. After this all entries are final. This includes field events.

IX. Postponements and Cancellations

- A. Postponements and/or cancellations will be determined by and rescheduled by Athletic Directors. On site decisions regarding postponement or cancellations of a meet in progress will be made by the officials assigned to the contest, and/or Athletic Director.
- B. Meets which are forced to discontinue, shall recommence at the point of the last completed event. No substitutions shall be allowed at the rescheduled meet unless an entered participant has withdrawn from school, is ill, or injured. All substitutions must have been previously listed as alternates for that contest.

X. Officials

- A. Officials shall be assigned by the official's organization(s) and shall be certified. All other meet personnel shall be supplied by the home (host) school and shall be directly supervised by the certified officials. Officials shall be paid according to the contract with the Section and League.

XI. Tie Breakers

- A. In a tied meet the winner shall be determined by:
 - 1. Most number of first places,
If still tied,
 - 2. Most number of second places (excluding relays)
If still tied,
 - 3. Most number of third places
- B. The winner shall be declared the winner by one point.

XII. CVAC DIVISIONS

- A. CVAC (league) is divided into Division I and Division II.
Division I schools are: Beekmantown, Northeastern, Peru, Plattsburgh, Saranac, Saranac Lake.
Division II schools are: AuSable Valley, Lake Placid, Seton, Ticonderoga, EKMW and Tupper Lake.
- B. Class B is the division for state meet qualifiers.
All schools in Section 7 are in the B division: Beekmantown, Peru, Plattsburgh, Saranac Lake, Saranac, Northeastern, EKMW, AuSable Valley, Lake Placid, Ticonderoga, Seton, and Tupper Lake

XIII. Playoffs(not applicable)

XIV. League Championships

- A. League championships will be determined by best league won/loss record. (Boys/Girls, Division I and Division II)

XV. Awards- Distribution

- A. Ribbons for first through eighth place will be awarded at the Sectional Track and Field Championship Meet and the top three for State Qualifier meet.

XVI. Additional

- A. Section VII records can be set at the sectional meet, the state qualifying meet, the state meet, sanctioned post-season all-star meet, or any meet with five or more schools.
- B. All distances shall be run in metric and measured in feet and inches.
- C. Conduct of coaches and participants will be professional and sportsmanlike.
- D. Where one team meets another team more than once during the season, the first meeting is the official meet (scored) unless another agreement is reached between the schools involved.
- E. For individual events the winner of the state qualifying meet and a second place competitor who has met the state qualifying time at the sectional meet, the state qualifying meet or any meet with five or more teams (beginning the last weekend in April) will be eligible to represent Section VII at the NYSPHSAA meet. This does not include relay teams.

XVII. Meeting of Coaches

- A. A preseason meeting shall be called to prepare for the coming season, to review By-Laws, and review changes at the state level.
- B. Meetings will also be held before Individual Championship Meet and the Sectional Meet for organizational purposes. It is important that all be present to avoid conflicts.
- C. A majority vote of those present will be necessary in making decisions.

XVIII. Method of Selecting All-Star Team

- A. Those athletes who qualify for the State Meet will compose the All-Star Team.

XIX. Method of Revising By-Laws

- A. See General By-Laws.

XX. Coaches/Officials Listing

- A. Sectional Meet entry and State Qualifiers procedures.
 - 1. At the state qualifier meet schools may submit seeds for up to three individuals or one relay team. For all track events the top 6 seeds will qualify to enter the meet.

2. For field events, the entrants shall number one more than the number of lanes on the track or the host school.

Sites for sectional and State Qualifier must have 400m track and appropriate facilities.

B. State-meet qualifier

1. Coordinators will set entry deadline at the pre-season meeting. Coaches may not enter athletes or additional athletes in other events after the deadline.
2. Schools may enter up to three athletes per individual event and one relay team. Alternates may not be designated for individual events. Coaches may list up to six athletes for relays. Athletes may not be entered in more than four events, including relays.
3. At the initial seeding meeting (two to four days before the meet) athletes who are scratched from one event will be scratched from all events. The alternate(s) with the best mark or time will replace any scratches.
4. At the scratch meeting on the day of the event, an athlete scratched from one event will be scratched from all other events. This does not apply to relay alternates. If an entire relay team scratches at the scratch meeting or **after** checking in with the clerk, all athletes will be considered scratched from the meet.
5. The games committee will consist of the boys' coordinator, girls' coordinator (or their designees) and three members selected by the host school. The games committee will make all decisions regarding the execution of the meet beginning at the initial seed meeting.
6. The jury of appeals will consist of the boys' coordinator, girls' coordinator (or their designees) and three members selected by the host school. Appeals to the jury must be made within 30 minutes after the completion of the event for which the appeal concerns.
7. The number of entries will be based on the size of the track:
 - A. If a six-lane track is used, for races run in lanes, the six fastest athletes entered by the deadline will qualify. In races that are 800 meters or longer and all field events, the seven fastest (or longest/highest, etc., for field events) athletes entered by the deadline will qualify.
 - B. If an eight lane track is used, for races run in lanes, the eight fastest athletes entered by the deadline will qualify. In races that are 800 meters or longer and all field events, the nine fastest (or longest/highest, etc., for field events) athletes entered by the deadline will qualify.

NOTES:

1. **Ten (10) practices are required prior to the first meet. (Modified 15).**
2. **Six (6) meets are required for entry into the sectional and state qualifier meets.**
3. **Modified athletes that are selectively classified must be moved up by the mid-point of their modified season, before they have concluded 50% of the modified schedule.**
4. **All home schools are responsible for setting up entry sheets. Be aware of the groups and how they work. If possible call the day before the meet to find out about groups and lane assigned. KNOW YOUR RULES AND FOLLOW THEM.**

5. Take the time to read and understand the by-laws.
6. Make any schedule changes through your athletic director and notify the officials as soon as possible.
7. When proposing any changes to the schedule or rules of our section, please make sure it is for the good of all schools and athletes.