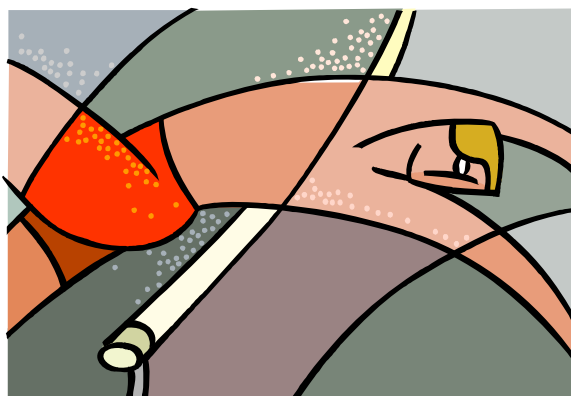


2016
CYO TRACK & FIELD
PACKET



Catholic Youth Organization
Archdiocese of Philadelphia

2016
CYO Track & Field Program
Coaches' Packet

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CYO Athletic Ministry Program

Mission Statement

CYO Sports is one component of a parish's comprehensive youth ministry program which enables the partnership of parents, coaches, priests, religious, teachers, and adult leaders to manage and support a sports program that allows youth to grow in their relationship with God and come to better understand themselves and the Catholic Faith.

Such a program.

- ñ employs healthy and enjoyable competition to promote the sharing of gospel values among athletes, parents, and coaches.*
- ñ assists parish leadership in nourishing the emotional, spiritual, social and physical needs of young people.*
- ñ encourages young people to appreciate the gifts that they possess, and challenges them to share these gifts with their community.*
- ñ allows youth to witness the life of Christian discipleship in their coaches and adult leaders.*
- ñ encourages youth to become responsible members of their faith community.*

CYO Track & Field Program

Organizational Structure

The CYO Track & Field Program is organized using the geographical designation of "AREA". There are three areas, within areas there are regions and or divisions.

Area Organization

Area A	Regions: 1, 3, 5, 6, 8,10,17
Area C	Regions: 11, 19, 20
Area D	Regions: 25, 30,18-21,32

Archdiocesan Track & Field Committee

Area Commissioners

Area A	Dan Danifo /George O'Connell *
Area C	Mary Ellen Malloy
Area D	Martha Shields

Other Members

Doug Bartlett
Michael Curry
Gary Heuring
Judy Putsch
Mike Shive
Terry O'Connell

* Archdiocesan Track & Field Coordinator

CYO Track & Field Coaches Reference Guide

2016 CYO Track & Field Calendar

March 1, 2016	Start of Season
March 24-27, 2016	Easter Triduum practice and meets prohibited
See Page 8	Penn Relays Roster Deadline
April 11, 2016	Deadline for Roster to Division/Region Commissioner
April 25, 2016	Deadline for Rosters to: <ul style="list-style-type: none">○ Area Commissioners○ AOP Track & Field Coordinator○ The Archdiocese of Philadelphia
April 26, 2016	CYO Night at Penn Relays
April 29, 2016	Penn Relays Championship Races
May 5, 2016	Ascension Thursday, practice and meets prohibited.
May 14 or 15, 2016	Division/Regional Championship Meets
May 21-22, 2016	Area Championship Meets
June 4, 2016	Archdiocesan Championship Meet

Eligibility Guidelines

Coaches' Eligibility - In order to coach in the CYO Track & Field Program, an individual must meet the following criteria:

- 1) A Head Coach must be a mature adult of at least twenty-one (21) years of age prior to March 1, 2016. Assistant Coaches have no minimum age requirement, unless specified by their parish.
- 2) All coaches, including assistant coaches **MUST** have attended the CYO Coaches' Orientation Program prior to the start of their second year of coaching. **An assistant coach is defined as anyone who works with and/or instructs members of the track team one hour a week or more.**
- 3) All coaches must meet any additional requirements of their parish.
- 4) All coaches must provide their Parish with an updated Police Check Form every fifth year.
- 5) All coaches must be listed on the "Coaches Eligibility Affidavit" which is submitted with the team roster.

The Archdiocese of Philadelphia is committed to the implementation of the Charter for the Protection of Children and Young People. Therefore, all adults involved in ministry and service to children must provide required background checks and proof of attendance at the Safe Environment training to their parish.

Athlete Eligibility - Each athlete in the CYO Track & Field Program must meet all eligibility guidelines outlined in the most current CYO Athletic Ministry Handbook. This includes the following:

- 1) Athletes must have been born between September 1, 2000 and December 31, 2006.
- 2) Athletes must be registered members of the parish or attend the parish school, the regional school sponsored by the parish or attend a participating private Catholic grade school.
- 3) All athletes must be listed on the parish/school's official CYO Track & Field Roster in alphabetical order.
- 4) No individual who has graduated 8th grade or the equivalent is eligible to compete, regardless of age
- 5) One athlete constitutes a team; therefore there can be no small parish mergers for CYO track & field.

Age Divisions

Novice	Born in 2005 or 2006
Minor	Born in 2003 or 2004
Cadet	Born in 2001 or 2002, or on or after September 1, 2000

*A boy or girl may move up one age group for their Region/Division Championship Meet, but must remain in that age group for the entire meet and the rest of the Championship season.

Athletes who move up an age group:

- 1) If a minor moves up to cadet he/she may not participate in triple jump.
- 2) If a minor boy moves up to cadet he/she may not participate in shot put. A minor girl who moves up to cadet may participate in shot put because the weight of the shot is the same.

***No athlete may move down an age group.**

Official Events

Track

100m dash
200m dash
400m dash
800m run
1600m run
4 x 100m relay
4 x 200m relay
4 X 400m open relay
4 x 800m open relay

Field

High Jump
Long Jump
Shot Put
Triple Jump (Cadets Only)

Participation Limits for Championship Meets:

- ñ Novice & Minors – each participant is limited to three events
- ñ Cadets – each participant is limited to four events.
- ñ The total distance for any participant may not exceed 3000m.

Equipment Notes:

- ñ Starting blocks may not be used
- ñ Spikes and shoes that take spikes will be permitted in CYO competitions if the track facility permits spikes. On an all-weather track, spikes no longer than ¼ inch will be permitted. If the track facility chooses to make the restriction on spike length greater (that is, no spikes longer

than 1/8 inch) the teams must abide by the rule or risk disqualification from the meet. On cinder or dirt tracks, spike lengths are to be determined by the individual competitor. **Spikes should not be worn in the grandstand.**

2016 Team Roster Information

Fees: \$12.00 per athlete per team.

Roster fees have been designed to minimize the effect on smaller parish teams, while slightly increasing the contributions of teams who have a larger number of participants benefiting from the program. Any parish who feels that the roster fee may prohibit them from participating in the program may contact the Archdiocesan Track & Field Coordinator.

The roster fee refers to the per team fee. A “team” is either a “boy’s track team” or a “girl’s track team,” The most teams a parish can have is two (2).

Roster fees must be paid by check. A single check can be used or a separate check for the boys team and the girls team.

Deadlines: The team roster and coaches affidavits with necessary signatures must be submitted to the Division/Region Commissioner by April 11, 2016.

A Division/Region may require athletes to be listed on a completed roster (one with all the necessary information and signatures) prior to April 11, 2016 in order for them to be eligible to participate in non-championship meets.

- ñ Failure to deliver a completed roster with the appropriate fee will jeopardize your team’s ability to participate in Divisional/Regional, Area, and Archdiocesan Meets.
- ñ A computer generated roster is acceptable; however it must be an exact duplicate of the original (See Appendix I) and must have all the required signatures.
- ñ Four copies must be submitted to the Division/Region Commissioner.
- ñ Boy’s teams and girl’s teams MUST be on separate roster forms.
- ñ Roster names must be in alphabetical order, without regard to age or division.
- ñ Coaches Eligibility Affidavit must accompany all rosters. Anyone working with the track and field team for one hour a week or more must be listed on this form (See Page 2)
- ñ Rosters are frozen on April 11, 2016.

Championship Meets

- ñ Fully Automatic Timing (FAT) provided by a vendor approved by the AOP Track & Field Committee must be used.
- ñ The meet set-up provided by the AOP Track & Field Committee must be used (without any modifications) at all championship meets except as necessary to indicate the number of lanes available at the track being used. Most tracks are either six or eight lanes.

- ñ **The Division/Region Championship Meets will take place on May 14 or 15, 2016**, for the exact details contact your Division/ Region Track Commissioner. Division/Region meets must be run identically to the Archdiocesan Meet.
- ñ **The Area Championship Meets will take place on May 21 or 22, 2016**, for the exact details contact your Area Track Commissioner. Area meets must be run identically to the Archdiocesan Meet.
- ñ **The Archdiocesan Championship Meet will take place on June 4, 2016**, for details check <http://philacyotrack.blogspot.com/>

Uniforms – For CYO Night at the Penn Relays and CYO Championship Meets every athlete is required to wear a shirt/singlet which clearly identifies the team for whom they are competing.

Championship Meet Roster

Each team will be required to complete a roster form indicating the athletes to participate in each event at the Division/Region Championship Meet.

Relay Teams Roster & Alternates

When completing your team's roster for the Division/Region championship meet you may list up to eight athletes (8) for each relay event. These eight athletes are the only members of your team who can compete in the 4x1, 4x2, 4x4 and 4x8 at the region or division meet, the area meet and archdiocesan meet. Any athlete listed in a relay event is eligible to compete on that relay as long as their participation in the event does not cause them to exceed the CYO event and distance limitations.

For the 4x4 and 4x8, the first runner must be a novice, the second runner must be a minor, the final two runners can be from any age group.

Advancing

Division/Region Meets

- ñ Advancers to the Area Championship Meet in individual and relay events will be determined by each Area.

Area Meet

- ñ Eight athletes will advance from the Area Meet to the AOP Championship Meet in individual events.
- ñ Five 4x1, 4x2, 4x4 and 4x8 relay teams will advance from the Area Meet to the AOP Championship Meet.

Scoring and Medals

- ñ **Division/Region Championship Meets**
 - Scoring and medals are determined by the Division/Region
- ñ **Area Championship Meets**
 - All individual athletes and relay teams who advance to the AOP Championship meet are included in scoring.
 - Scoring in individual events will be 10-8-6-5-4-3-2-1
 - Scoring in relay events will be 10-8-6-4-2
 - Medals are awarded to the top six individual athletes and top five relay teams.
- ñ **AOP Championship Meet**
 - The top six individual athletes and top six relay teams are included in scoring and receive medals.
 - Scoring will be 10-8-6-4-2-1.

The events listed on page three are all scoring events and are the only scoring events for Division/Region, Area and Archdiocesan Championship Meets.

Order of Events - (Area and Archdiocesan Meet)

Girls will run first, followed by the boy's races.

1. 4 X 200m relay **
2. 4 X 800m open relay (1st leg novice, 2nd leg minor, 3rd leg & 4th leg are open)
3. 100m dash trials
4. 1600m run (Novice Girls & Boys/Minor Girls)
5. 100 m dash semi-finals (only run if using hand timing)
6. 1600m run (Minor Boys /Cadet Girls & Boys)
7. 400m run
8. 4 x 100m relay
9. 100m dash finals
10. 800m run
11. 200m dash
12. 4 x 400m open relay (1st leg novice, 2nd leg minor, 3rd leg & 4th leg are open)

*Long jump, Triple jump, Shot Put, and High Jump - Will follow a printed schedule.

**4 X 200 Meter Relay will be run using a two turn stagger at all championship meets.

***** Information about the time schedule, qualifiers and results will be available online at the Philadelphia CYO Track & Field Blog: philacyotrack.blogspot.com**

Archdiocesan Track & Field Championship Meet Race Schedule

<u>Event</u>	<u>Age Group</u>	<u>Time</u>
4X 200m RELAY	Novice (Girls/Boys)	9:30 am
	Minor (Girls/Boys)	9:50 am
	Cadet (Girls/Boys)	10:10 am
4X800 Open Relay	Open Girls	10:30 am
	Open Boys	10:45 am
100m Trials	Novice (Girls/Boys)	11:00 am
	Minor (Girls/Boys)	11:10 am
	Cadet (Girls/Boys)	11:15 am
1600m	Novice (Girls/Boys)	11:25 am
	Minor (Girls/Boys)	11:45 am
	Cadet (Girls/Boys)	12:00 pm
400m	Novice (Girls/Boys)	12:15 pm
	Minor (Girls/Boys)	12:25 pm
	Cadet Girls/Boys	12:40 pm
4X 100m RELAY	Novice (Girls/Boys)	1:00 pm
	Minor (Girls/Boys)	1:10 pm
	Cadet (Girls/Boys)	1:20 pm
100m FINALS	All Age Groups	1:30 pm
800m	Novice (Girls/Boys)	1:40 pm
	Minor (Girls/Boys)	1:50 pm
	Cadet (Girls/Boys)	2:00 pm
200m	Novice (Girls/Boys)	2:15 pm
	Minor (Girls/Boys)	2:25 pm
	Cadet (Girls/Boys)	2:35 pm
4X 400m Open Relay	Open Girls	2:45 pm
	Open Boys	2:55 pm

Important Note: The times listed are approximate times for races. The meet may run ahead of schedule, it is the responsibility of the participants to be available and ready when called.

*Field Events will not start prior to schedule times; however they may run behind schedule.

** The Shot Put open pit will be for athletes in all age group, from 9:00 am to 9:30 am, for those Shot Put athletes who have conflicts with events held at the track.

	<u>High Jump</u>	<u>Long Jump</u>	<u>Shot Put</u>	<u>Triple Jump</u>
Open			9:00 am	
Novice Girls	12:30 pm	10:45 am	9:30 am	none
Novice Boys	12:30 pm	10:45 am	9:30 am	none
Minor Girls	9:30 am	12:00 pm	10:45 am	none
Minor Boys	9:30 am	12:00 pm	10:45 am	none
Cadet Girls	11:00 am	9:30 am	12:00 am	1:30 pm
Cadet Boys	11:00 am	9:30 am	12:00 am	1:30 pm

Important Note: Long Jump, Triple Jump and High Jump are not open pits. Competitors must take their turn in order, unless participating in running events, then they must follow the event conflict rules (see page 11 of the track packet).

Penn Relays Information

It is an honor and a privilege for the CYO to be invited to participate in the Penn Relays. Please convey to all of your athletes the history and tradition of this great event.

CYO Qualifying Event

The qualifying races will be held at the University of Pennsylvania Franklin Field on Tuesday evening, April 26, 2016. All coaches and athletes should enter using the South Street gate. Spectators and athletes can only sit in the South Stands. The coaches' meeting will be held promptly at 5:40 PM. The first races are scheduled to begin at 6:30 PM.

Registration - The Penn Relay roster form is enclosed in this packet (see Page 9). **You may mail, e-mail or fax the completed roster form by April 14, 2016.** All athletes participating in the CYO Penn Relays event must be rostered participants listed on your team CYO roster. While every effort will be made to post teams appropriately, due to the time constraints, substitutions will be made at the discretion of the Meet Director. The heat and lane assignments will be posted on the website (see below). No late entries will be accepted.

Fee - The Penn Relays are a part of the track and field program. The track & field team roster fee you pay includes the cost of the Penn Relay's.

Please forward rosters to:

Terence M. O'Connell
Suite 1100
165 Township Lane
Jenkintown, PA 19046
e-mail: terence.m.oconnell@gmail.com
Fax: 215-887-4429

Please be aware of the following:

- ñ Junior Division - Born 2004, 2005, 2006 .
- ñ Senior Division - Born 201, 2002, 2003, or on or after September 1, 2000.
- ñ There will be **NO POST ENTRIES.**
- ñ There are no facilities for changing.
- ñ The upper level to the stadium is **STRICTLY OFF LIMITS.**
- ñ Races take place rain or shine.
- ñ Information about registration, seeding and results will be available online at the Philadelphia CYO Track & Field Blog: philacyotrack.blogspot.com

The CYO Championship Races

- ñ The best nine times in each division will be invited to participate in the Championship Race on Friday, **April 29, 2016**
- ñ It is recommended that coaches and athletes arrive on Friday by at least 8:00 AM.
- ñ Check-In is at approximately 9:00 AM (Southwest Gate) - **They will run without you.**
- ñ Entrance - Through the competitor's gate at the Southwest side of the stadium.
- ñ Admission - Each qualifying team will receive five (5) participant's tickets and two (2) Coaches pass.
- ñ **Qualifying teams must pick up passes in the scoring area on Tuesday, April 26, 2016 immediately after results are announced. Do not wait until the meet is completed. Twenty minutes after senior boys results are announced the scoring area will be closed. If you would like to protest or have questions about qualifier you must approach the meet referee immediately after qualifiers are announced.**

APPENDIX II

2016 CYO PENN RELAY ROSTER

PARISH: _____

TOWN: _____

AREA: _____

AGE REQUIREMENTS:

Junior boys and girls must be born between 1/1/2004 to 12/31/2006

Senior boys and girls must be born between 9/1/2000 and 12/31/2003

PENN RELAY TEAMS:

Please put a check mark in the space noted to indicate the teams you are entering:

JUNIOR GIRLS _____ SENIOR GIRLS _____

JUNIOR BOYS _____ JUNIOR BOYS _____

I certify that all of the participating athletes meet CYO eligibility guidelines as set forth in the 2016 Track & Field Packet and are competing in the appropriate age group.

Coach's Signature

Contact Phone Number

Email Address or Fax Number

Registration – You may mail, e-mail or fax the completed roster form. Rosters must be received by April 14, 2016. Please visit philacyotrack.blogspot.com for confirmation of registration beginning **April 1st**. You will not receive a confirmation of registration via email.

Please forward rosters to:

Terence M. O'Connell

Suite 1100

165 Township Line Road

Jenkintown, PA 19046

terence.m.oconnell@gmail.com

Fax: 215-887-4425

CYO Competition Rules

1) Protests

Protests relating to matters, which have developed during the course of the competition, must be made to the Meet Director (Meet Referee) immediately and not later than 30 minutes after a result has been announced. Protests are to be made in writing and accompanied by a \$75.00 cash protest fee. The fee will be refunded if; either the Meet Referee or the Jury of Appeals upholds the protest.

Coaches are not to enter the infield or clerking areas. If the need to file a protest arises, please contact the announcer or a marshal outside of the field, and he/she will contact the Meet Referee.

At the **Division/Region or Area Level**, the Meet Referee or appeal committee's (if one has been established) decision will be final at the event. An appeal of the decision must be filed within 48 hours of the conclusion of the meet with the Area Commissioner. All appeals at this level are to be in writing and must have the signatures of both the coach, and the Parish Athletic Director. The Area will form a Board of Appeals to handle the protest. Any further appeals need to follow the procedure outlined in the CYO Athletic Ministry Handbook.

NOTE: An athlete may always approach the event's Head Official about a ruling. If the explanation is unclear, the athlete should ask the event's Head Official to speak to his/her coach (off of the field). If the coach is dissatisfied with the ruling, the protest procedure indicated above comes into play.

- 2) All competitors must complete the full distance of the race. When they start, they shall not touch either the starting line or the surface in front of it with their hands or feet. They shall be placed at the finish in the order in which any part of their bodies (i.e., the "torso" as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line.
- 3) Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks. After entering upon the final straightaway of all races run around one or more turns, each competitor shall run in a direct line, to the finish line, unless there is another runner in his path.
- 4) Any athlete who is jostling, running across, or obstructing another athlete, so as to impede his progress, shall be liable to disqualification in that event. If an athlete is disqualified for any such reasons, the Referee, in the case of a heat, shall have the power to permit any competitor affected by the act resulting in the disqualification (other than the disqualified competitor) to compete in a subsequent round of the race, where feasible to do so and, in the case of a final race, shall have the power to order the race to be rerun, excluding the disqualified competitor.

- 5) In races partially in lanes, each competitor must keep in the allotted lane from the start to the marked cut-in points. Unless a material advantage has been gained, a competitor shall not be disqualified if he/she:
- a. is pushed or forced by another competitor to run out of the lane, or
 - b. runs out of the lane on the straightaway, or
 - c. runs outside of the outer lane line on the curve.

At no time is a runner permitted to run on the infield or outside the inner lane line on the track during the course of the competition. Excluding the above exceptions, the referee shall disqualify a competitor if an Umpire reports that the competitor has run out of the lane.

6) Competitors-Check-In

All runners must report to the Paddock Area immediately following the call of their event. All field event competitors must inform the Chief Field Judge of their other events and their designated time. Each competitor must be on time for his/her event.

7) Event Conflict

When a field event competitor in long jump, shot put or triple jump has a conflict with a running event they must advise the head official and they will be excused to participate in a running event. The competitor must return within ten (10) minutes upon completion of the running event and before the conclusion of all attempts. Failure to return within the allocated period shall result in forfeiture of missed attempts. The head event judge may allow long jump, shot put or triple jump competitors attempts to be taken in succession or out of order before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event. In the **High Jump**, if all other remaining competitors have passed, failed or cleared the existing height the crossbar shall be raised to the next height and the judge will automatically pass the excused competitor to the new height.

In the High Jump, a competitor who has passed three consecutive heights after the competition has begun may be permitted a warm-up without the crossbar in place. One such jump may be taken for each three passed heights and shall be taken as earned, not cumulatively.

A competitor who has returned within the allocated period will be allowed a total of ten (10) minutes recovery time beginning with the completion of the running event.

8) Assistance to Athletes

During the progress of an event a competitor who shall receive any assistance whatsoever from any person may be disqualified by the Referee. "Assistance" includes giving help or conveying help to an athlete by any means, including a technical device. It also includes pacing in running events by persons not participating in the event, or by any kind of technical device.

Any athlete receiving advice or assistance during a field event, other than specified in the next paragraph, must be cautioned by the Referee and warned that for any repetition, he

will be barred from further participation in that event. Any performance accomplished up to that time shall stand.

Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area shall not be considered unfair aid or assistance.

In a track event any competitor competing to lose or to coach another competitor shall forfeit his right to be in the competition and shall be disqualified.

Intermediate times and preliminary winning times may be officially announced. Otherwise such times must not be communicated to the athletes by persons in the competition area without the prior approval of the Referee.

No attendant or competitor who is not actually taking part in the competition shall accompany any competitor on the mark or give assistance without permission of the Referee or Judges.

Prior to the long jump and triple jump competition, the event officials will place a measuring tape of sufficient length by the side of the runway. The purpose of this tape is to provide a preliminary aid to the athlete to set his or her approach mark. The athlete's mark can be a piece of athletic tape or any other mark, which can be easily removed after the competition is closed. The marker can also be placed in the grass when a natural surface is present.

9) Forming Heats

Please refer to Appendix VI.

10) Relay Races

Each runner must pass the baton to the succeeding runner within the passing zone (take-over zone). The baton must be carried in the hand throughout the race. If dropped, it must be recovered by the athlete who dropped it. He/she may leave the lane to retrieve the baton, provided no other athlete is impeded.

The passing of the baton must be completed within the passing zone. The passing of the baton is completed when it is solely in the hand of the receiving runner.

Within the take-over zone it is only the position of the baton which is decisive, and not the position or location of the body or limbs of the competitor.

The baton cannot be touched by the receiving runner in the fly zone (acceleration zone). This is before the passing or take-over zone.

In CYO receiving athletes may line up in the fly zone (acceleration zone) when competing in the 4x100m relay. Receiving athletes must line up with-in the passing zone when competing in the 4x200m, 4x400m, or 4x800m relays. Receiving athletes who line up outside of the passing zone in the 4x200m, 4x400m, and 4x800m will result in a relay team disqualification.

Competitors in 4x100m and 4x200m relays must continue in their lanes, after passing the baton, until all exchanges have been made in the baton passing areas. After all the batons have been passed, in an exchange area, the runners may leave their lanes and the track. Should any runner interfere with a member of another team by running out of the lane, his/her team will be disqualified.

No competitor may run more than one leg of a relay team.

11) High Jump

A legal jump is one in which a competitor jumps from one foot. A failed attempt should be called:

- a) when a cross bar is displaced in an attempt to clear it; (even if the competitor is off the landing mat when the cross bar falls).
- b) when a jumper touches the ground or landing area beyond the plane of the crossbar or the crossbar extended without clearing the bar;
- c) when, after clearing the bar and landing in the pit, a competitor stumbles against the upright and displaces the crossbar or steadies the bar.

Jumping Aids – a single mark may be used with a single piece of tape no longer than 6 inches. This mark cannot be within 2 meters of either standard.

If the crossbar is displaced by a force disassociated with the competitor, and the competitor clearly is over, the jump is successful. If the crossbar is displaced before the competitor is over, the competitor shall be given another attempt. Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar. An accurate measurement of the height of the high jump crossbar will be taken each time it is raised to a new height (or lowered to determine first place); and for record attempts, each time the bar is displaced. Unless there is only one competitor remaining, the bar should never be raised less than 2 inches after each round, and the increment of raising the bar should never increase.

When there is only one competitor left the bar can be raised by any measure requested, but by CYO rule never less than ½". To keep the meet on time, if a jumper is attempting to break an existing record there can only be two increases in height before an attempt is made at a new record height. Once a record has been broken, future attempts can be made until the jumper misses in three consecutive attempts. All height increases will be at a minimum of ½" each.

12) Ties - High Jump

In the high jump, ties shall be separated as follows: 1) the competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place; 2) if the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place; 3) if the tie still remains: a) if it concerns 1st place, the competitors tied have one more jump at the height at which they failed, and if no decision is reached, the bar shall be lowered (if both fail to clear the height), or raised (if both clear the height) one inch. There shall be one jump at each height until the tie is broken. Competitors so tying must jump

on each occasion when breaking the tie. b) If it concerns any other place, the competitors shall be awarded the same place in the competition.

In the high jump each competitor shall be credited with the best of all of his/hers jumps in the competition proper, including performances made in a jump off of a 1st place tie.

Sample performance record for a high jump competition:

(Key: P Passed; O Cleared; X Failed)

Competitors	3'8"	3'10"	4'0"	4'2"	4'4"	4'6"	4'8"	Total Failures	Place
A	P	XO	O	XO	P	XXO	XXX	4	2
B	O	O	O	X	XO	XXO	XXX	4	2
C	O	O	X	O	XXO	XXO	XXX	5	4
D	O	P	P	XXO	XXO	XO	XXX	5	1

13) Shot Put

The competitor is allowed to touch the inside of the circle or the inside of the stop-board. The competitor shall start their put from a stationary position. It shall be a foul and not allowed to count, if, after he/she has stepped into the circle and starts to make a put, but prior to the completion of a fair put, he/she touches the top of the circle, stop-board, or the ground outside the circle with any part of his/her body, or if he/she improperly releases the shot in making any attempt.

The competitor, provided he/she has not otherwise committed a foul and after notifying the official, may lay the shot down inside or outside the circle. He/she may leave the circle before returning to a stationary position to begin a fresh trial. When leaving the circle he/she must do so from the rear half.

The competitor must not leave the circle until the shot has landed, and then he/she shall leave the circle from a standing position and only from the rear half.

The shot put shall be measured from the part of the mark nearest the circle to the inside of the Stop-Board through the center of the circle. Measures shall be in quarter inch (1/4 inch) increments (measured down from 4/8 of an inch and less measured up 5/8 of an inch and above).

The Shot must fall completely within the inner edges of the lines of the sector. The Shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the circle to commence a put, the shot shall touch or be in extremely close proximity to the chin, and the hand shall not be dropped below this position during the act of putting. The Shot must not at any time be brought behind the line of the shoulders.

The shot weights are 6lbs for All Girls' Divisions, Novice & Minor Boys. Cadet Boy's weight is 8lbs.

NOTE: The hand can ONLY move to a position forward of the body when pushing the Shot. Dropping the hand is THROWING the Shot, which is a foul.

14) Long Jump

The measurement shall be at a right angle to the take-off line, to nearest break in the landing area made by any part of the competitor. It shall be counted as a failure or a foul if any competitor:

- a) touches the ground outside the landing area beyond the takeoff board or take-off board extended with any part of the body.
- b) takes off in the area off the long jump runway.
- c) after a completed jump, walks back through the landing area.

15) Triple Jump

The competitor shall land upon the same foot as that from which he/she has taken off. The other foot shall be used for the second landing, and either or both feet shall be used for the third landing. It shall not be considered a failure or foul if the competitor, while jumping, touches the ground with the “sleeping” (trailing) leg.

16) Ties - Shot Put, Long Jump and Triple Jump

Ties produced by identical measurements shall be separated by the second best performance of the tying competitors; if a tie still remains by the third best performances, and so forth, therefore, it is mandatory to measure every attempt.

17) Advancement from 100 Meter Trials

Hand Timing – See Appendix V

Fully Automated Timing (FAT) – See Appendix V

18) False Starts

Each competitor will be allowed one false start. A second false start by a competitor will be cause for disqualification.

A false start by a competitor will not be considered a false start for all competitors in the field. A false start will only be charged against the person or persons who actually commit the false start

Remember, these guidelines do not answer all the questions.

CYO Guidelines for Competition Officials

In order to avoid problems during the course of a meet, as many of the listed officials should be engaged in the competition as possible.

Competition Officials

1 Referee (Meet Referee/Director)	3 Paddock Officials
1 Chief Umpire & 8 Umpires	1 Starter & 2 Recall Starters
2 Crew Chief Judges	16 Finish Judges*
2 Crew Chief Timers & 16 Timers*	3 Finish Judges – if fully automatic timing
4 Long jump/per pit	5 Marshals
4 Shot Put/per pit	2 Finish Line Coordinators
3 High Jump/per mat	Scorers – as required
4 Triple jump/per pit	3 Jurors of Appeals
* if hand timing	

NOTE: The Officials, when possible, should have a partner to replace/relieve them during the course of the track meet.

Referee: The Referee shall enforce all the rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules. The decision of the Referee in all matters shall be final and without appeal except in those matters or events for which a Jury of Appeal has been established for that special purpose.

Umpire Duties: There will be 4 umpires stationed around the track for ALL running events, one at the beginning & one at the end of each turn. Each umpire will be provided with a white flag and a yellow flag.

For races run in lanes, the umpires will observe the runners coming into the turn, through the turn, & down the straightaway to insure each runner stays in their lane.

If there are no violations, the umpire will raise a white flag. If there is a violation observed, a yellow flag will be raised immediately. When the race is completed, the umpire will immediately report the infraction to the Chief Umpire.

Violations for races run in lanes are:

- ñ Running on the inside line of a curve for 3 or more consecutive steps.
- ñ Running over the outside line of a curve AND interfering with or impeding another runner.
- ñ On the straightaway, running in an adjacent lane AND interfering with or impeding another runner.

For races NOT run in lanes, violations are:

- ñ Running on or inside the track curb or painted line.
- ñ A runner cuts in front of another runner and interferes in any way with that runner's stride. The runner cutting over should be at least one full stride in front of the other runner (approximately 7 feet).
- ñ A runner intentionally elbows another runner, thereby interfering with the other runner's stride.
- ñ When using the one (1) turn stagger the runner(s) in the staggered position must past the curved line on the far side of the start before they can move to the pole (lane 1).
- ñ A runner cannot drift to prevent the other runner(s) from passing.

Relay Races - Baton Passing Zone

- ñ The baton shall be carried by hand throughout the race.
- ñ The baton must be exchanged within the passing zone, usually marked with 2 large triangles, which indicate the zone. It is the position of the baton itself that determines if it is a legitimate pass - not the position of the runner. The baton itself must be within the passing zone. There is also a mark (small triangle) before the start of the passing zone. This is called the acceleration zone (fly zone). The outgoing runner can start inside this mark but still must take the baton between the 2 large triangles.
- ñ If dropped, the baton must be recovered by the runner who dropped it. He/she may leave any assigned lane to retrieve the baton provided that, by doing so, the distance to be covered is not lessened. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the runner who dropped it, after retrieving it, must return at least to the point where it was last in hand, before continuing in the race.
- ñ After passing the baton, the runner who passed it must stay in their lane until all outgoing runners are clear.

ADDED DUTIES

A runner cannot throw a baton in anger or celebration.

A runner cannot intimidate another runner or exalt in victory on the track.

Eight Hundred Meters and 1600 Meters: If the meet director determines there are too many runners in each heat to be lined up across the starting line, then a California start (one in which the four to eight runners with the best qualifying times are placed in the outside lane ahead of the starting line and are required to stay in those lanes until they reach the break point), should be used.

Finish Judges: - The Judges at the finish line shall decide the order in which the athletes finish in the competition. The Chief Judge shall only observe the finishes and his decision shall be given only in the cases of a tie vote on the part of the other judges. When fully automatic timing is not used the Chief Judge shall record the order of finish and give the results over to the Finish Line Coordinator.

Field Judges: The Field Judges shall measure, judge, and record each valid trial of each competitor in all field events. The judges shall indicate a valid performance by raising a white flag and by raising a red flag for a foul for non-valid performance.

Timers (when fully automatic timing is not used): The Chief Timer shall give the timers their assignments and shall supervise the recording of all times taken. For races competed in Lanes, each timer will be assigned to a Lane as opposed to a place. The Primary responsibility for determining the order of finish rests with the Finish Judges. The time shall be taken from the flash/smoke of the pistol to the moment at which any part of the competitors' body (i.e. "torso," as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line. The order of finish shall take precedent over times. (Note: Only the first place time is right all the time.)

Finish Line Coordinator: Responsible for alerting the finish line officials (Fully Automated Timing Operator, Manual Timers, Finish Judges) that an event is about to begin and to ensure that these officials are ready. When this is accomplished, the Coordinator shall notify the starter. When necessary, this will be accomplished by waving a WHITE FLAG. The Finish Line Coordinator records the times registered by the timers onto the event sheet that is stapled inside the event folder. The results shall be forwarded to the scorer.

Paddock Official: The Paddock Official shall be provided with the names, heats and lanes of the competitors entered in running events. He/she shall be responsible for organizing the runners by heat and lane. He/she shall notify the Announcer when to call runners to the paddock area. He/she shall distribute hip numbers when fully automated timing is used. The Head Paddock Official shall have two associates.

Scorer: The Scorer shall collect the results of each event and shall record the results. As soon as possible thereafter he/she shall communicate such information to the Announcer and other appropriate officials.

Announcer: The Announcer will announce the results and disqualifications as soon as possible. He also shall call the athletes to the Paddock Area as directed by the Paddock Official.

Marshal: The Marshal shall have full charge of the enclosure or course and shall prevent anyone but officials and actual competitors from entering or remaining therein.

Starter and Recall Starter: The Starter shall have entire control of the competitors at the marks and shall be sole judge of fact as to whether or not any competitor has committed a false start. The Starter and/or the Recall Starter, who is of the opinion that the start was not fair, shall recall the competitors, by the firing of a gun. Once the competitor goes to the line, the parent, coach or official, relinquishes their right to provide last minute guidance to the athlete. Any delay caused by said interference will be cause for disqualification of the athlete from the competition.

Jury of Appeal: The Jury of Appeal, composed of three persons will consider appeals from decisions of the Referee or the region/area appeal committee (if one has been established) as to matters which developed during the conduct of the meet.

Procedures to be followed in forwarding advancers: The Hy-Tek meet manager program and the meet database set up provided by the Archdiocesan Track and Field Committee to all Regions/Divisions and to all Areas must be used in forwarding advancers. If the meet set up provided by the Archdiocesan Track and Field Committee is not used in forwarding advancers to the Area meet the Region/Division not using the meet set up will not be eligible to run in the Area meet. An Area forwarding advancers for the Archdiocesan Championship meet must use the meet set up provided by the Committee, or they will not be eligible to run in the Archdiocesan Championship meet.

Advancers are due to the Area Commissioner the earlier of within 48 hours of the completion of the Region/Division Championship meet, or 12pm on the following Tuesday. If the Region/Division advancer files are not forwarded timely, using the specified Hy-Tek Meet Manager Database/Advancer procedures, the Region/Division teams and athletes may not be permitted to participate. Further, failure to comply with these procedures will result in fines to the Region/Division. (Fines collected will be donated to a charity of the Archdiocesan Track and Field Coordinator's choice.)

Advancers are due to the Archdiocesan Coordinator, or his designee, the earlier of within 48 hours of the completion of the Area Championship meet, or 12pm on the following Tuesday. If the Area advancer files are not forwarded timely, using the specified Hy-Tek Meet Manager

Database/Advancer procedures, the Area teams and athletes may not be permitted to participate. Further, failure to comply with these procedures will result in fines to the Area.(Fines collected will be donated to a charity of the Archdiocesan Track and Field Coordinator's choice.)

Certification of advancers: The meet director for Region/Division Meets and Area Meets or the Region/Division Track and Field Commissioner or Area Track and Field Commissioner must complete the certification for advancers, and forward the certification when the advancers are forwarded. See Appendix III of the Track and Field Packet.

Code of Conduct

We follow USA Track & Field Competitive Rules except in those instances where CYO Rules or Guidelines as set forth in this packet may differ from those rules.

This section is to help everyone know where they can become familiar with the rules of conduct expected of everyone, athletes, coaches, parents and spectators at a CYO event.

Compliance with the principles, not specifics, is expected always. Everyone is expected to conduct themselves at all times as Catholic Christians and to encourage others to do the same.

When the spirit of the rules is violated, the program is harmed. In order to protect the athletes, officials, coaches and spectators unacceptable conduct will result in sanctions, just as basketball, baseball, football and soccer, punish players, coaches and spectators for violations of game rules and for misconduct. These sports have various levels of penalties, so CYO Track & Field will also have various levels of penalties depending on the specific violation.

No CYO athlete, coach or spectator is permitted to a) refuse to abide by an official's decisions; b) display objectionable behavior by throwing equipment or any other forcible object; c) heap verbal abuse upon any athlete, coach, spectator or official; d) lay hands upon, push, shove, strike, threaten to strike or physically attack an athlete, coach, spectator or official

CYO Track & Field has established the following levels and penalties for violations of specific rules or CYO guidelines for conduct.

Level 1 - Suspension from participating in any way in CYO Track & Field as follows.

- 1a Suspended from CYO track and field permanently*
- 1b Suspended from CYO track and field for two years.*
- 1c Suspended from CYO track and field for one year.*
- 1c.(1) Suspension from any administrative post the individual may hold or shall hold in his/her parish, region, area, archdiocesan athletic program for one year.*
- 1d Suspended from attending any CYO practice or CYO track and field meet for the rest of current season.*

Level 2 - Suspension for one week from the date of the incident.

Level 3 - Suspension for remainder of the meet and disqualification from the event in which the incident occurred.

Level 4 - Disqualification from the event in which the incident occurred, and in the case of a member of a relay team, disqualification of the relay team.

The following are examples of violations specifically applicable to track and field. This is not a complete list, however similar violations will be treated accordingly.

Level 1- No Appeal Permitted

The following applies to Area Championship Meets, the Archdiocesan Championship Meet and Penn Relays:

- ñ Holding a meet that qualifies athletes for the Area Championship Meet or the Archdiocesan Championship Meet on a date other than the dates specified in that year's "Track Packet" without permission from the Archdiocesan Track and Field Coordinator. This rule shall apply to all coaches whose teams participate in the meet, and in the case of a Region qualifying meet the Region Commissioner, in the case of an Area qualifying meet the Area Commissioner.
- ñ Allowing a team to compete at CYO Penn Relays trials or in the CYO event on Friday at the Penn Relays that includes an athlete whose age as of January 1 of the particular year is less than or exceeds the eligible age for the group with which they compete.
- ñ Coaches, parents, or spectators abusing officials in any way are governed by the rules and their actions can result in disqualification of an athlete and or a team from an event for the remainder of the meet.

Level 2

- ñ Coaches, parents, or spectators abusing officials in any way are governed by the rules and their actions can result in disqualification of an athlete and or a team from an event for the remainder of the meet.
- ñ Coaches who observe misconduct by athletes and non-athletes towards any official (except in the case of fear of physical violence) and fail to intervene on behalf of the official.
- ñ A runner intimidating another runner.

Level 3

- ñ Coaches, parents, or spectators abusing officials in any way are governed by the rules and their actions can result in disqualification of an athlete and or a team from an event for the remainder of the meet.
- ñ Violations of competition rules

Alleged violations of the Code of Conduct will be reviewed immediately by the Archdiocesan Track & Field Committee. The Committee will review all information available and may request an interview or written statement from those involved. After review and discussion, the Committee will determine whether or not the Code of Conduct has been violated. The Committee will then determine the Level of the violation (Level 1, Level 2, Level 3, or Level 4) and notify the individual(s) in writing of the findings of the Committee.

Failure to abide by the decision of the Committee will result in permanent suspension from the CYO Track & Field program.

TRACK & FIELD ROSTER

Fees PARISH - _____ Registration Fee.							<u>TRACK & FIELD</u>		Division/ Region	<u>Area</u>
Type or print all information in alphabetical order. Complete all entries as required.							Boys			
							Girls			
Cash will not be accepted. Include check or M.O. payable to CYO Athletics. Distribution: White - CYO / Yellow - Parish / Pink - Coach / Orange - Region							Religion	School	Grade	Birth Date
1	Last Name	First Name	Street	City	Zip	Phone	Parish			
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
Coach's Pledge: Signature indicates agreement. I hereby certify the following is true to my knowledge and belief: a. I am the head coach of the parish/school team named below. b. I have thoroughly checked the information on the above players and found it to be in consort with published eligibility rules as stated in the CYO Athletic Handbook. If any player is found in violation of these rules, the team will be subject to forfeiture of all contests and elimination from league, region, area, and/or Archdiocesan playoffs/competitions. c. I am aware that all CYO coaches (head & assistants) are required to attend the CYO Coaches' Orientation before their 2nd year of coaching a sport. d. I have read, understand, and agree to adhere to all CYO Sportsmanship Guidelines.							Parish Athletic Director		Date	
							Coach's Signature		Date	
							Commissioner's Signature		Date	
Parish/School			Pastor, Principal or Priest Moderator's Signature (print)			Pastor, Principal or Priest Moderator's Signature and Date				
Coach's Name (print)		Orientation Date Attended	Coach's Date of Birth		Coach's Address		City		Zip	Phone and E-Mail

APPENDIX II COACHES AFFIDAVIT

Archdiocese of Philadelphia CYO Coaches Affidavit Information

Team Parish/School	
Sport	
Age Group (Varsity/J.V.)	
Region Number	
Area (Track only)	
League (Football only)	

Coach's Name (List head coach and all assistant coaches)	Parish	Date of Coaches Orientation Attended	Date of Mandated Reporter Training Attended	Date of Safe Environment Session Attended (*see note below)	PA State Police Clearance On file in parish office?	PA Child Abuse Clearance On file in parish office?

As the Head Coach of the above named Parish/School Team, I accept the responsibility for the actions of my athletes, coaching staff, parents and spectators. Additionally, I am familiar with the rules and guidelines pertaining to the sport for which I coach and all eligibility regulations outlined in the most recently published Athletic Ministry/CYO Sports Handbook. I am aware that only coaches listed on this form may participate in this program, and that ALL coaches (head & assistants) must attend the CYO Coaches Orientation Program, Safe Environment, Mandated Reporter Training and obtain any clearances during their first year of coaching any CYO sport. I testify that the information listed above is true.

<u>Head Coach's Name</u>	<u>Head Coach's Signature</u>	<u>Date</u>
I am familiar with all of the coaches listed above. I am certain that they will conduct themselves in a Christian-like manner. I am aware that all coaches (head and assistants) must attend the CYO Coaches Orientation Program, Safe Environment, Mandated Reporter Training and obtain any clearances during their first year of coaching any CYO sport. I testify that the information listed above is true.		
<u>Pastor/Priest Moderator's Name</u>	<u>Pastor/Priest Moderator's Signature</u>	<u>Date</u>
** as of August 1, 2011 the Technology Addendum was included in the Safe Environment session.		

APPENDIX III

CERTIFICATION OF ADVANCERS

I hereby certify that the meet manager set up provided by the Archdiocesan Track and Field Committee is being used to forward the advancers from _____ meet to _____ meet.

I also certify that relay runners names were compared to the names on the roster provided by each parish or region commissioner prior to the meet and that only runners listed on the roster ran in the meet and no relay runner exceeded the event limit. The alternate runners included in the information being forwarded were on the original roster. I have a copy of the information submitted by the parishes/regions that I will retain until June 30 of this year.

Name

Date

APPENDIX IV

ARCHDIOCESE OF PHILADELPHIA

TRACK & FIELD

UMPIRE REPORT

EVENT (circle appropriate information)

Novice	Minor	Cadet		Girls	Boys				
100	200	400	800	1600	4 x 100	4 x 200	4 x 400	4 x 800	

NAME OF SCHOOL

UNIFORM COLORS

NATURE OF INFRACTION

Lane Violation: ____ Illegal Pass:

____ Before Zone
____ Within Zone
____ After Zone

Other Infraction:

____ Runner Interference
____ Running Inside Curb Line
____ Runner Breaking Too Early
____ Unsportsmanlike Conduct
____ Starting behind Fly Zone

Zone # ____ Heat # ____ Lane # ____

APPENDIX V

FORMING HEATS, ASSIGNING LANES AND ADVANCEMENT

Principles of forming heats:

First round seeding is derived from the ranked list of declared athletes arranged in order of qualifying times. Entrants who have no mark shall be listed randomly following all those who have a qualifying mark.

Preferred Lanes:

Below are the preferred lanes in order of preference for events from 100 meters through 400 meters.

6 lane track – lanes 3, 4, 2, 5, 1, 6

8 lane track – lanes 4, 5, 3, 6, 2, 7, 1, 8

The preferred lanes for events from 800 meters to 1600 meters using a California start, are as follows when there are 12 or more runners in the event:

6 lane track – the top 4-8 ranked competitors on the top line in lanes 5, 6,

The rest of field at the common start - 1, 2, 3, 4, 5, 6

8 lane track – the top 4-8 ranked competitors on the top line in lanes 5, 6, 7, 8

The rest of field at the common start - 1, 2, 3, 4, 5, 6, 7, 8

The preferred lanes at Franklin Field are as follows:

6, 7, 8, 9, 5, 4, 3, 2, 1

TIMED FINALS

All events equal to or longer in distance than 200 meters are run as timed finals.

In individual races up to and including the 400 meters, 4x100 and 4x200 meter relays, the number of competitors on the track in a race, at the start, shall not exceed the number of lanes on the track for that event.

Whenever there are too many competitors to run a single final, the event shall be contested in heats as a time-based final. In timed final events, heats shall be derived from the ranked list of declared athletes, arranged in order of qualifying times. Each heat, beginning with the fastest, shall be filled to its limit before placing anyone into the next section. If the last section has fewer than three competitors, the slowest ranked competitor(s) from the previous section, as needed, shall be moved to that section. Sections shall be contested in reverse order, slowest to fastest.

For 100 Meters:

Athletes are assigned to heats from the ranked list of competitors.

Competitors are arranged across the heats in a top to bottom fashion. For example, if there are 24 competitors on a 6 lane track, there are 4 heats of 6. (1 = 1st ranked runner, 2 = 2nd ranked, 3 = 3rd ranked, etc.).

Runners are arranged in lanes and heats as follows (next page):

		Lane					
Heat		1	2	3	4	5	6
	1	16	9	1	8	17	24
	2	15	10	2	7	18	23
	3	14	11	3	6	19	22
	4	13	12	4	5	20	21

If there are 24 competitors in an 8 lane track, the runners are arranged as follows:

		Lane							
Heat		1	2	3	4	5	6	7	8
	1	18	12	7	1	6	13	19	24
	2	17	11	8	2	5	14	20	23
	3	16	10	9	3	4	15	21	22

For Semi-Final Rounds

Seeding is determined from a list of competitors who advance on place followed by those who advance on time. Those who advanced on place are ranked first by their place in the previous round and then by their time in that round, creating ranked groups of place winners. Those who advance solely on time, are ranked separately by only their time in the previous round. Only one system of timing may be applied to determine a qualifying position based on the time element. In the process of assigning athletes to heats, no consideration shall be given to the team affiliation of any runner. Heat order is drawn by lot.

The following is an example of seeding semi-final heats on an 8 lane track, where the top four finishers in each heat qualify, plus the next 4 fastest times, regardless of place. Please note that if the second place finisher of the first heat had a time (11.23) faster than the first place finisher of the 3rd heat (11.34), the 3rd heat first place finisher would still be ranked higher.

		Trials Place			
Time		1st	2nd	3rd	4th
Fastest		1	4	7	10
2nd Fastest		2	5	8	11
3rd Fastest		3	6	9	12

Followed by the 4 fastest times, ranked, 13, 14, 15, and 16.

		Lane							
Heat		1	2	3	4	5	6	7	8
	1	16	13	9	4	1	5	8	12
	2	15	14	10	3	2	6	7	11

ONE HUNDRED METERS ADVANCEMENT

On a six (6), eight (8) or nine (9) lane track, the following table shall be used in determining the number of heats and advancement procedure for events run for the hundred meters.

WHERE FULLY AUTOMATIC TIMING IS USED FOR EIGHT LANES

<u>No. of Entries</u>	<u>Num. Trial Heats</u>	<u>Num. Semi-Finals Heats</u>	<u>No. Qualifying</u>	<u>No. in Final</u>
9 to 16	0	2	Winners + 6 best times	8
17 to 24	0	3	Winners + 5 best times	8
25 to 32	0	4	Winners + 4 best times	8

FOR SIX LANES

<u>No. of Entries</u>	<u>No. Trial Heats</u>	<u>No. Qualifying</u>	<u>No. Semi-Finals Heats</u>	<u>No. Qualifying</u>	<u>No. in Final</u>
7 to 12	0	-	2	Winners + 4 best times	6
13 to 18	0	-	3	Winner + 3 best times	6
19 to 24	0	-	4	Winner + 2 best times	6