

ARTICLE NINE
TRACK AND FIELD

9.1 SCHEDULE:

9.1-1 The schedule will consist of dual, quad and league meet competition.

9.2 MEET ADMINISTRATION:

9.2-1 There will be four (4) divisions: Boys' varsity, Girls Varsity, and Boys' Frosh/Soph and Girls' Frosh/Soph.

9.2-2 Meets will begin at 3:30 p.m.

9.2-3 The host school must supply a copy of the meet results to the visiting team's coach(s) at the completion of the meet.

9.2-4 The host team should notify the visiting school(s) by 11:00 a.m. if the meet is to be cancelled.

9.3 OFFICIALS:

9.3-1 The use of adult officials is strongly recommended at all events.

9.3-2 Schools are responsible for the use of shot put and discus' that meet the required weights.

9.4 LEAGUE AND TOURNAMENT ADMINISTRATION:

9.4-1 all coaches must meet the Monday before the meet to discuss the entries put in the previous Friday

9.4-2 The director of the qualifying meet shall send a complete list of winners and alternates with times and distances to the Section Office.

9.4-3 Each participating school SHALL SEND AT LEAST FOUR OFFICIALS to help with the administration of the meet. Each school will be in charge of at least one event

9.4-4 All track rules apply for both boys and girls.

9.4-5 Each school may enter six (6) athletes in each event at the qualifying meet.

9.4-6 The League post-season qualifying meet will hold trials at 1:30 p.m. for field events and 3:00 p.m. for track events on Wednesday. The finals will be held at 3:00 p.m. on Friday for field events and 4:00 p.m. for track events.

9.4-7 The order of events will be the same as for the Sac-Joaquin Section meet.

9.4-8 When the facilities are not available at dual meets because of reasons other than natural causes, the home team will forfeit all points in that event. If an event is not available because of natural causes, the event will be held at the earliest possible date if it has a bearing on the meet. The starter will make the decision regarding natural causes. Only those competitors who had signed up for their event prior to the meet postponement (due to natural causes) may compete at the make-up meet.

TRI/QUAD MEETS – At a tri/quad meet, if an event is not available because of natural causes, the event will be held at the earliest possible date if it has a bearing on the meet. The starter will make the decision regarding natural causes. Only those competitors who had signed up for their event prior to the meet postponement (due to natural causes) may compete at the make-up meet. When the facilities are not available at tri/quad meets because of reasons other than natural causes, the teams competing will mutually agree on an alternate venue and contest the event the day before the meet itself. Teams should communicate the alternate venue the week prior to the meet as to give schools appropriate time to arrange transportation and other logistics. Participation in the event the day prior will count toward the maximum allowable four events allotted to an athlete (as the day before and the day of are considered the same meet for the purpose of the MEL Dual/Tri/Quad Meet Season). Submitted Athletes competing must clear opening height (or complete a successful/legal attempt) to qualify for the available points in the event. NFHS rules apply for determining final finish (places) and thus scoring. If no team has athletes competing in the event, those points will be forfeited (not awarded to any team). If only one team has athletes competing in the event, the event must still take place for points to be scored and awarded.

9.4-9 Athletes may not participate in both J.V track finals and then participate in Varsity trials and finals. Those athletes participating in the J.V culminating meets are concluding their season. The expectation would be those J.V. athletes that are moved up as “Alternates” in relays only for the Divisional and Masters meets.

9.4-10 All entries for the qualifying meet must be made the Friday before the meet

9.5 DETERMINATION OF A TEAM LEAGUE CHAMPION:

- Each year, each school will compete in five dual meets, two quad meets, and a league championship.
- The overall league champion will be determined by the five (5) duals (maximum of 5 points possible), two (2) quad meets (maximum of 5 points possible), and the league championship (maximum of 10 points possible).
- All dual meets will be scored with one (1) point given to the winning school. Each dual meet counts as one (1) contact. Each year, each school will compete in five (5) dual meets, two (2) quad meets, and a league championship.
- All quad meets will be scored with one (1) point awarded to a school that finishes above another school. A maximum of three (3) points are possible for all quad meets.
- Rival schools will compete in two (2) quad meets together. Regardless of rescheduling for natural causes, the first scheduled quad meet will count as the quad contact for rival schools. The second quad against rivals will not be considered in team standings, as it is the third contact between the rival schools.