

## SOUTHWEST WASHINGTON 1A LEAGUE TRACK SOP'S

1. First call for Field Events and Girls 3200 M Run will be made at 3:30 p.m.
  - a. First track event will be at 3:45 p.m.
  - b. Field Events will start at 3:45 p.m.
2. All non-participants and athletes will stay away from the finish line at all times.
3. Host schools will provide as many starting blocks as possible. (visiting schools are asked to bring blocks if so desired.)
4. All scoring will be in accord with National Federation Rules.
5. All equipment and instruments will meet State and National Federation Requirements.
6. The following safety precautions have been established for all the throwers.
  - a. Participants in the throwing events will be under Direct supervision at all times.
  - b. Retrievers are to be used to return all throwing implements.
  - c. Participants are not to throw until given proper signal by the meet officials.
7. The host school is responsible for officials of all meets.
8. All meets will include boys and girls events to be run separately and scored separately.
  - a. Relays with limited participants may be combined in the judgment of the starter.
9. One-quarter or one-eighth inch spikes will be used on all-weather surfaces. (No Spiral Spikes)
  - a. No spikes in Stadium seating areas
10. Meet Scoring: The home book is the official scorebook. Visiting team should have their own scorekeeper sitting with the official scorer if space is available.
11. Field Events:
  - a. Participants in league meets are allowed 4 attempts (only)
    - i. League meet, three and three.
  - b. High Jump
    - i. (Girls): Recommended starting Ht. of 3'10" moves in increments of 2" until 4'8" then 1" increments.
    - ii. (Boys): Begin at 5' and move in increments of 2" until the height of 6' and then 1".
  - c. Pole Vault:
    - i. (Boys): Starting Ht. will be 8'. The bar will be raised in 6" increments until 11', then will move in 3" increments. Ht. can be adjusted by mutual agreement by coaches of all teams involved in that meet. Vaulters weights will be on honor system until district meet.
    - ii. (Girls) Starting Ht. will be 6'. The bar will be raised in 6" increments until 8', then will move in 3" increments. Ht. can be adjusted by mutual agreement by coaches of all teams involved in that meet. Vaulters weights will be on honor system until district meet.
12. All coaches will enter their team rosters online.
13. All coaches who host a meet will post results online.

ORDER OF EVENTS:

Boys/Girls	Javelin/Long Jump/Triple Jump
Boys	Pole Vault - 3:45 / Girls to Follow
Girls	High Jump/Discus/Boys to Follow
Girls	800 M Relay
Girls	3200 Run
Boys	110 M High Hurdles
Girls	100 M Hurdles
Boys	100 M Dash
Girls	100 M Dash
Boys	1600 M Run
Girls	1600 M Run
Boys	400 Relay
Girls	400 Relay
Boys	400 M Dash
Girls	400 M Dash
Boys	300 M Intermediate Hurdles
Girls	300 L. H
Boys	800 M Run
Girls	800 M Run
Boys	200 M Dash
Girls	200 M Dash
Boys	3200 M Run
Girls	1600 M Relay
Boys	1600 M Relay