

**2008**  
**CATHOLIC SCHOOL ATHLETIC ASSOCIATION**  
**TRACK RULES**



**\*\*STARTING DATE:** The starting date for practice is March 1<sup>st</sup>.  
No parish sponsored clinics; practices or workouts are allowed before this date.

### **DIVISION & INDIVIDUALS**

1. **JUNIOR DIVISION** - The Junior Division will consist of children in the fifth & sixth grade only. Children in the 4<sup>th</sup> grade and under MAY NOT PARTICIPATE in the C.S.A.A. track meet. (However, 4<sup>th</sup> graders and under may participate in the FUN MEET.) Children in the Junior Division may compete in ANY FOUR EVENTS. Children in this division MAY NOT COMPETE in the Senior Division.
2. **SENIOR DIVISION** - The Senior Division will consist of children in the seventh & eighth grade only. Children in this division may compete in ANY FOUR EVENTS.
3. **AGE LIMITS: Junior Division** - If a child reaches his or her 13<sup>th</sup> birthday before August 1<sup>st</sup>, of the current school year, or is in the 7<sup>th</sup> grade or over, (s) he is ineligible for the Junior Division.  
**Senior Division** - If a child reaches his or her 15<sup>th</sup> birthday before August 1<sup>st</sup>, of the current school year, or is in the 9<sup>th</sup> grade or over, (s) he is ineligible for track.
4. **CONTRACTS AND ROSTERS** - A team roster and contracts must accompany the entry forms. If a participant has already signed a contract for a previous sport s(he) does not need to sign another contract. Contracts and rosters will be due back on the same day as the pre-registration, **April 14th**.
5. **PRE-REGISTRATION:** Running events will be seeded according to best times. Turn in pre-registration on the following date: **MARCH 27<sup>TH</sup>**.  
NO CHANGES WILL BE ACCEPTED AFTER APRIL 14<sup>th</sup>.
6. **NO SPIKES ARE ALLOWED.**

### **AWARDS**

1. **FINAL MEET:** - Ribbons will be awarded to first, second, third, fourth and fifth place winners in EACH HEAT.
2. **FINAL MEET:** - Medals will be awarded to first, second, third and fourth place winners of each event. Ribbons will be awarded to fifth, sixth, seventh and eighth place finishers.
3. **TEAM OR PARISH AWARDS:** - Team trophies will be awarded for first, second and third place for each division for the finals only.
4. **RECORDS** - Records are set in the FINAL MEET.

## EVENTS

1. **55 METER LOW HURDLES** - Sr. Boys, Jr. Boys, Sr. Girls, Jr. Girls  
There are three hurdles, 15 yards apart, 30 inches high.
  
2. **DASHES** - Sr. Boys 100 Meters Dash  
Jr. Boys 100 Meters Dash  
Jr. Boys 55 Meters Dash  
Sr. Girls 100 Meters Dash  
Jr. Girls 100 Meters. Dash  
Jr. Girls 55 Meters Dash
  
3. **LONG RUNS** - One participant runs the entire distance.

Sr. Boys 1600 Meter Run	Sr. Girls 1600 Meter Run
Sr. Boys 800 Meters Run	Sr. Girls 800 Meters Run
Sr. Boys 400 Meters Run	Sr. Girls 400 Meters Run
Sr. Boys 200 Meters Run	Sr. Girls 200 Meters Run
Jr. Boys 800 Meters Run	Jr. Girls 800 Meters Run
Jr. Boys 400 Meters Run	Jr. Girls 400 Meters Run
Jr. Boys 200 Meters Run	Jr. Girls 200 Meters Run
  
4. **4 X 100 METER RELAYS** - Four participants and one alternate to a team. An alternate listed on a relay team will count as an event for that person. Each participant runs 100 meters. After the first participant runs 100 meters, (s) he passes The baton to the second participant and so on.
  
5. **HIGH JUMP** - If a participant misses a given height three times, (s) he is eliminated. The height is gradually raised until all but one is eliminated. A participant must clear a height to qualify for the finals. A participant must jump between the tapes in the center of the bar, or they will be Disqualified.  
  
For Boys Sr. Division, the bar starts at approximately 4'4".  
For Girls Sr. Divisions, Jr. Boys Divisions and Jr. Girls Division the bar starts at Approximately 3'6".  
(We will go according to the rulebook for the final placement in cases of ties.)
  
6. **LONG JUMP** - For Boys Sr. and Jr. Divisions  
For Girls Sr. and Jr. Divisions  
The best of three jumps is counted. The foul rule will be enforced.
  
7. **SHOT PUT** - Sr. Girls, Jr. Girls & Jr. Boys, a 6 pound shot will be used.  
Sr. Boys, an 8-pound shot will be used.  
The best of three tries is counted. The foul rule will be rigidly enforced.