

# 2012 Track & Field Rules for AACS State

1. The cost is \$5 per athlete per meet unless otherwise specified.
2. There will be no more than 4 entries per event per school in each division.
3. An athlete must stay in his or her for the length of each meet.
4. An athlete may participate in as many as 7 events with a maximum of 5 running events.
5. All running events will be run as finals unless otherwise specified.
6. All field events will have 3 throws or jumps. The best one will be used for placement, ties go to the 2<sup>nd</sup> best effort.
7. On the day of the event:
  - All athletes must be signed in for field events by start time.
  - All athletes must be signed in for running events by start time.
8. ¼ inch spikes are recommended.
9. There will be 6 divisions:
  - Elementary boys and girls: grades 4<sup>th</sup>-6<sup>th</sup> & not 13 before Sept. 1<sup>st</sup>
  - Junior High boys and girls: grades 7<sup>th</sup>-9<sup>th</sup> & not 16 before Sept. 1<sup>st</sup>
  - Varsity boys and girls: grades 10<sup>th</sup>-12<sup>th</sup> & not 19 before Sept. 1<sup>st</sup>
10. Points will be awarded as follows:
  - 1<sup>st</sup>: 10
  - 2<sup>nd</sup>: 8
  - 3<sup>rd</sup>: 6
  - 4<sup>th</sup>: 5
  - 5<sup>th</sup>: 4
  - 6<sup>th</sup>: 3
  - 7<sup>th</sup>: 2
  - 8<sup>th</sup>: 1(Relay points will be doubled)

11. Weights:

- EB & EG- 1 Kg discus, 6lbs shot
- JG, JB, VG- 1 Kg discus, 4 Kg shot (8lbs)
- VB- 1.6 Kg discus, 12 lbs shot

12. Order of events:

Shot

Discus

Long Jump

3200

4x100

100

400

800

200

1600

4x400

13. State Meet:

- AACS will compete together.
- All other schools will compete together

14. Elite Meet:

- There will be two divisions: Girls & Boys.
- Coaches from each team will pick the top two individuals per event