



Sub Varsity Track and Field  
2021

**GENERAL INFORMATION**

1. Scratch Meetings.....will begin at 3:30 p.m.  
Field Events.....will begin at 4:00 p.m.  
Special Relay.....will begin at 4:00 p.m.  
3200M Run.....immediately following special relay  
Starting Heights:
  - A. High Jump:  
9<sup>th</sup>.....5'0 (move up 2")  
JV.....5'2" (move up 2")  
JG.....4'4" (move up 2")
  - B. Pole Vault: MEET DIRECTOR CAN change opening heights in PV based on number of entries.  
9<sup>th</sup>.....8'0" (move up 6") if possible  
JV.....8'6" (move up 6") if possible  
JG.....6'6" (move up 6")
  - C. Hurdles:  
100 m H.....33"  
110 Fresh.....36"  
110 JV.....39"  
300 JV Girls.....30"  
300 Fresh and JV Boys.....36"
2. Shot, discus, long jump & triple jump information: 4 attempts- no finals
3. Host team will send out or call, before the schools come to the meet, if there are any changes in the general format of the meet.
4. In Track mate, in all open sprint races- (100/110 h, 100, 200, 400, 300h) you will rank your athletes from 1 - 3 in the time column. This way the fastest runners will be in the same heat. Please do not put a number for the relays.
5. E-mail results to teams entered. Results should be sent out the following day after the meet.
6. Do not enter entry times in track mate.
7. **4 team meet**- there will be NO No-pointers allowed in any individual events. We will add a no-point relay for the no-pointers it will be the first race run. Then the "special relay" for points will follow. The no-point relay will be the 200-200-400-800 each week except week three it will be the 100-100-200-400
8. **3 Team Meet**- There will NOT be a no-point relay. We can have no pointers. There will be unlimited no pointers in the 100. Blocks will be used for the no pointer races in the 100, 200 & 400 meter races. There will be 2 no pointers in the field events & 2 no pointers in all individual races including all distance races. The 1600 and 3200 cannot be unlimited. That would have too many competitors on the Track at the same time. Each school will be allowed an additional 2 never to exceed 16 competitors in a distance race.
9. **2 Team Meet**- We can have no pointers. Discuss with opposing coach how many you would like in each event. The distance races should not exceed 16 competitors on the track. Coaches between the two schools should decide events to be run.