



Sub Varsity Track and Field
2025

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:
9th.....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.
9th.....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. There will be 2 no pointers in the field events & 2 no pointers 200, 400 and hurdle races. 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.**
8. Do not put no pointers into track mate.
9. In the 800 you can enter only 3 no point participants. The no pointers need to be in a separate heat from the pointers if there are over 16 participants in the race.
10. In the 1600 & 3200 meter runs there is no limit to the no pointers. **MUST** declare pointers before race!
11. **The special Relays need to be run!!!!!!!**