



PAL TRACK & Field Bylaws

1. RULES

Except as modified in these bylaws, as well as the CIF and CCS bylaws, the National Federation of State High School Athletic Association shall be the official track and field rule book.

2. FORMAT OF COMPETITION

2.1. The league shall be divided into two divisions, Bay and Ocean. The divisions shall be determined by strength of program, recommended by the coaches, and approved by the Board of Managers. The determination of League Division placement shall be reviewed every year.

2.2. League meets shall be contested in Varsity and Frosh/Soph meet divisions.

3. NUMBER OF CONTESTS

3.1. Per CCS Bylaws up to fourteen (14) meets (invitationals, multi-meets, etc.), regardless of number of entrants may be contested in boy's and girl's divisions, excluding PAL Finals, CCS, and State meets.

3.1.1. One non-scoring time trial without uniforms may be held.

3.2. Track is an "open roster" sport. Athletes may move between divisions from meet to meet.

3.3. An athlete may compete in only one PAL Championship meet, either Varsity or FS.

4. STARTING DATES

Starting practice dates shall be determined by the CCS.

5. DEFINITION OF PRACTICE

See PAL Bylaws, Article IV, Section 2.

6. STARTING TIME OF CONTESTS

6.1. Except by mutual agreement, starting time for League meets shall be 3:00 PM.

6.1.1. If the principals involved can reach no mutual agreement on the changing of meet times and/or sites, the schedule stands as approved.

7. REQUIRED SCORING AND/OR TIMING PERSONNEL

7.1. Scoring for meets:

- Dual and Double Dual meets: 5-3-1, 5-0 for relays,
- PAL finals 10-8-6-4-2-1, including relays,
- Three way meets: 5-3-2-1, relays 5-3,
- Four way meets: 6-4-3-2-1, relays 6-4-2

7.2. The maximum number of scoring entries for a school in an individual event is three.

7.3. Whenever possible, it is recommended to have adult personnel officiating at the meets. Adults should be exchange zone judges in relays.

8. CHAMPIONSHIPS AWARDED IN DIVISIONS

Championships will be awarded in two categories: dual meet champions and league meet champions. In event of a tie, co-champions will be declared.



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9. POST SEASON MEETS

9.1. Neither pre or post season meets shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers.

9.1.1. These meets also need CCS/CIF approval.

9.2. Qualifying from the PAL to the CCS Semi-Finals and Finals, and the State meet shall be determined by CCS and CIF competition. Current CCS bylaws allow for the top five in each event from the PAL finals to automatically qualify for the CCS Semi-Final Meet.

9.3. Unattached competition:

Any athlete competing in an out of season indoor/outdoor meet or road race shall compete unattached and not wear their school uniform.

10. ALL-LEAGUE SELECTION PROCEDURE

The top six finishers in each division in the PAL finals shall be declared "all-league".

11. AWARDS

Authorized Peninsula League awards include:

11.1. Certificates and medals recognizing "all-league selections", shall be made available by the Peninsula Athletic League Commissioner's office, in addition perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception will be awarded to division champions.

12. SPECIAL RULINGS - PAL FINALS

12.1. Events

12.1.1. The PAL trials and finals shall be conducted on a two-day schedule.

12.1.2. The PAL trials and finals shall be under the supervision of co-meet directorship and approved by the commissioner.

12.1.3. The maximum field size for the individual running events at the PAL track and field championships shall be 48 participants. The minimum desired field size for the individual running events shall be 24 participants. For the field events, the maximum field size shall be 24 participants, with no minimum desired field size.

12.1.4. The "A" standard for an event is based on the running three-year average of the 6th place finish at the Championships in that event.

12.1.5. The "B" standard shall be "A" standard for the year, with an adjustment factor scaled appropriately for each event to manage the event field sizes. Attaining the "B" standard does not guarantee acceptance into the Championship competition.

12.1.6. **Varsity Trials and Finals Entries and Acceptance Procedures:**

12.1.6.1. Coaches may enter any number of athletes into championships

12.1.6.2. Running Events: Entries shall be accepted into the individual running event fields based on the following acceptance criteria and order:

1. Each school's top entry per event, if they are the sole entry in the event from that school. That entry must have a mark/time for the event they are being entered from the current season that meets the current B standard. To enter more than one athlete in an event from a school, all athletes from that school, including the "top" entry, need to meet at least the "B" standard for that event and fall within the appropriate selection criteria for the standards attained,
2. Athlete entries that have met the "A" standard for that event,



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3. Should the minimum field size not be met, athlete entries that have met the “B” standard in rank order, may be accepted into the event in rank order, up to the maximum field size limit,
 4. Should the minimum desired field size still not be met, additional entries not meeting the A or B standard may be considered in rank order off the season’s performances for acceptance to meet that that desired target.
 5. Should there be insufficient entries to meet the minimum field size, the event may proceed at a reduced size
- 12.1.6.3. Field Events: For the field events, entries shall be accepted into the individual field event fields based on the following acceptance criteria and order:
1. Each school’s top entry per event, if they are the sole entry in the event from that school. That entry must have a mark/time for the event they are being entered from the current season that meets the current B standard. To enter more than one athlete in an event from a school, all athletes from that school, including the “top” entry, need to meet at least the “B” standard for that event and fall within the appropriate selection criteria for the standards attained,
 2. Athlete entries that have met the “A” standard for that event,
 3. Should the maximum field size still not be met, athlete entries that have met the “B” standard in rank order may be accepted into the field.
- 12.1.6.4. Each school is allowed a single relay team entry in the 4 x 100, 4 x 400 and 4 x 800.
- 12.1.6.5. In event something not covered in the bylaws occurs in the acceptance procedure, the assembled coaches should come to an agreement.
- 12.1.7. **F/S Championships only:** Each school get up to 3 entrants per individual event maximum with no qualifying standards.
- 12.1.8. Times and marks made at any time during the current season shall be used for PAL seeding.
- 12.1.9. Seeding procedures shall be determined by the Games Committee.
- 12.1.10. The 3200m shall be a finals event only.
- 12.1.11. In relays, slow/fast sections will be run, with the slow heat first.
- 12.1.12. Field events: (implements shall be certified).
- 12.1.12.1. In the shot put, discus, long jump, and triple jump, twelve athletes shall advance into the finals.
 - 12.1.12.2. A reasonable opening height should be considered by the Games Committee at the seeding meeting for the pole vault and high jump.
 1. The opening height will not be less than the lowest qualifying height. Under no circumstances will the opening height be higher than the 40th percentile of entry marks.
 2. High jump: The increments will be at least 2 inches until there is 1 jumper remaining in the competition.
 3. Pole vault: The increments will be at least 6 inches until there is 1 jumper remaining in the competition.
 - 12.1.12.3. Ties for the final Section qualifying spot shall be broken during the Finals using the appropriate tie breaking procedure (standard event tie breaks, then, if needed, jump off for high jump and pole vault).
- 12.1.13. Lane preference will be based upon CCS format:
- 12.1.13.1. 1600m & 3200m run: Olympic scratch start or alley start, or runners will be seeded two to a lane from inside out. (1, 1a, 2, 2a, etc.). The outside lanes are the preferred lanes for the 1600m and 3200m.



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- 12.1.13.2. 800m will be a one turn stagger. As a 12-person final, it will have modified seeding of qualifiers 9-12 so the top four seeds will have lanes to themselves.
- 12.1.13.3. In all other races, the lanes in order will be: 4, 5, 3, 6, 2, 7, 1, 8 and 9.
- 12.1.14. The awarding of awards in races with contested results will be held up until final judgement has been determined.
- 12.1.15. If a special hardship possibility arises from the PAL Trials to PAL Finals and/or PAL Finals to the CCS Semi-Finals, it will be considered by the Games Committee
- 12.1.16. Championship Scoring:
 - 12.1.16.1. Individual and relay scoring: 10-8-6-4-2-1 (see 7.1).

12.2. Championship Meet Location

- 12.2.1. The Varsity Trials/Finals and Frosh/Soph Championships shall rotate through the available, adequate league school locations on an annual basis. Schools may be added to either rotation should they acquire the equipment to support the needs of these competitions.

The first seven years of this rotation are as follows:

Varsity Trials/Finals

2025: San Mateo
2026: Sequoia
2027: Westmoor
2028: Woodside
2029: Menlo-Atherton
2030: San Mateo (next cycle)
2031: Sequoia

Frosh/Soph Championships

2025: Terra Nova
2026: San Mateo
2027: Sequoia
2028: Westmoor
2029: Woodside
2030: Menlo-Atherton
2031: Terra Nova (start next cycle).

13. SPORTS CHAIRPERSONS

- 13.1. The track chairpersons shall serve for a minimum of two (2) years.
- 13.2. The duties of the chairpersons:
 - 13.2.1. Shall notify the commissioner of all sport committee meetings.
 - 13.2.2. Shall call a meeting of all the league track coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season.
 - 13.2.3. Shall call a meeting of all league track coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.
 - 13.2.4. Will coordinate the evaluation of team placements and will give the new division assignments to the league commissioner.
 - 13.2.5. Shall compile the season results and send to the league commissioner and to all league schools.
 - 13.2.6. Shall represent their league on the CCS Track Committee



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13.2.7. Shall serve on the Games Committee, along with the Host School representative for the PAL Championship events.

14. MISCELLANEOUS

- 14.1. All team members shall wear school-issued or school-approved uniforms. Relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.
- 14.2. It is expected that the host school shall provide adequate working equipment, such as starting blocks.
- 14.3. It is expected that the conduct and deportment of individual and team members shall be courteous and reasonable.
- 14.4. It is expected that the coaches be understanding, mature, and professional in handling any problems arising during the course of the meet.
- 14.5. The coaches will not permit their athletes to engage in the use of frisbees, footballs, radios, electronic devices, etc. during the course of the meet.
- 14.6. Scores and event results should be available at the conclusion of all meets.

15. ORDER OF EVENTS

- 15.1. **RUNNING EVENTS:** (Begin at 3:00 PM or by mutual consent of the coaches – home team even lanes for dual meets)

PAL Order of Running Events

Event	Divisions
4 x 100 Relay	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
1600 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
Sprint Hurdles (F/S Boys 65m, Boys 110 meters; Girls 100 meters)	F/S Boys 39", Varsity Boys 39", F/S Girls 33", Varsity Girls 33"
400 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
100 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
800 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
300 Intermediate Hurdles	F/S Boys 36", Varsity Boys 36", F/S Girls 30", Varsity Girls 30"
200 meters	Varsity Boys, Varsity Girls, F/S Boys, F/S Girls
4 x 800m Relay	Combined Boys, Girls, F/S, Varsity (Optional and non-scoring @ regular season league meets)
3200 meters	Combined Boys, Girls, F/S (use separate lap counter for girls and boys)
4 x 400 Relay	F/S Girls, F/S Boys, Varsity Girls, Varsity Boys



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15.2. FIELD EVENTS – Check in at 2:45 PM, begin by 3:15 PM

PAL Order of Field Events

Event	Divisions
Long Jump	Open Pit... until 4:15 PM (4:30-4:45 @ double duals) (may be run in flights at the discretion of meet management. If two pits available, coaches will agree on protocol.)
Triple Jump	Open Pit ... until start of the 4 X 400s (may be run in flights at the discretion of meet management. If two pits available, coaches will agree on protocol.)
Shot Put	Varsity Boys, F/S Boys, Varsity Girls, F/S Girls VB: 12lbs; F/S B: 10lbs, VG & F/S Girls: 4kg (may combine F/S girls and Varsity Girls, if numbers warrant)
Discus Throw	Varsity Girls, F/S Girls, Varsity Boys, F/S Boys Boys: 1.6kg, Girls: 1kg (may combine F/S and Varsity within genders, if numbers warrant)
High Jump	Varsity Boys, F/S Boys, Varsity Girls, F/S Girls (may combine F/S and Varsity within genders or run as an “open” event, if numbers warrant)
Pole Vault	Varsity Boys, F/S Boys, Varsity Girls, F/S Girls (may combine F/S and Varsity within genders or run as an “open” event, if numbers warrant)

15.2.1. Field Event Competition to begin by 3:15 PM. All legal efforts will be measured.

15.2.2. Four (4) attempts – three (3) attempts if numbers warrant.

15.2.3. Long Jump ends at 4:10 pm for duals, 4:30 PM for double duals, only jumpers in line may take their last attempt.

15.2.4. Triple Jump ends at start of 4 x 400m relay, only those jumpers standing in line may take their last attempt.

15.2.5. No sign-ups/practice runs/throws after start of event.

NOTE: Each school is allowed three scoring entries. There may be extra heats in the sprints & hurdles if necessary and they will be non-scoring. If less than six lanes (or for double duals) first two heats will score top three marks. Stagers: 200m, 400m and 4 x 100m (2-turns), 800m (1-turn), & 4 x 400m (3 turns if marked, 2 turns otherwise), 1600m/Mile & 3200/2-Mile scratch start.

False start: one false start = disqualification

Dual Meet Lane assignments: visiting school - odd lanes, home school - even lanes.

For three way meets, lanes are to be assigned equally. ‘



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Reference Table: 2026 "B" Standard adjustments from the "A" Standard

Event	Adjustment Factor
100/200	+ 7%
400/800	+10%
1600/3200	+10%
110h/100h/300h	+15%
SP	-7%
Discus	-7%
LJ	-7%
TJ	-10%
HJ	-7%
PV	-10%