

SECTION 409

Track

1. The following schedule of events will be used for all CVAL meets and league championship meets (following all CIF Guidelines and National Federation Rules):

100 Meter Hurdles (Boys and Girls)
1600 Meter Run (Boys and Girls)
400 Meter Relay (Boys and Girls)
400 Meter Run (Boys and Girls)
100 Meter Dash (Boys and Girls)
800 Meter Dash (Boys and Girls)
200 Meter Dash (Boys and Girls)
3200 Meter Run (Boys and Girls)
1600 Meter Relay (Boys and Girls)
Discus (Girls and Boys)
Shot Put (Boys and Girls)
Triple Jump (Girls and Boys)
Long Jump (Boys and Girls)
High Jump (Boys and Girls)

2. Availability of facilities will determine the order of field events. However, it is suggested that if two jumping pits are available the Girls Triple Jump and Boys Long Jump will be held at the same time. When both those events are over the Boys Triple Jump and the Girls Long Jump may be held. The Girls discus and Boys Shot Put should also be held at the same time with the competitors changing sites as the events are concluded. On all weather tracks the only spikes worn can be 3/16" pyramid. The weight of the Boys Shot Put is 4 kilos. The weight of the Girls Shot Put is 6 pounds. The Boys and Girls Discuss weighs are 1 kilo (Girls high school discus). Field events should start at 3:30 PM.
3. The hurdle races will be run over a distance of 100 meters. There will be 10 hurdles with 13 meters to the first hurdle. 8.5 meters between hurdles, and 10.5 meters from the last hurdle to the finish line. Both boys and girls hurdles will be set at the 30" height.
4. Competitors excused to compete in any other event shall have a maximum of 10 minutes from the time they are excused until they must make themselves available for their next trial in any field event. If their next trial is called, and they are not present, it will be counted as a pass. Once a bar has been raised in the high jump, it will not be lowered unless necessary for a jumpoff.
5. Scoring for non-championship meets:
 - a. Two teams competing:

Individual events:	5-3-1
Relays	5
 - b. Three teams competing:

Individual events:	5-3-2-1
Relays	5-3
 - c. Four teams competing:

Individual events:	6-4-3-2-1
Relays	6-4-2

6. Field events at league meets, excluding the high jump, may allow each competitor four (4) attempts with no finals competition. In the CVAL Championship meet, the same field events will be contested with each competitor receiving four (4) attempts total. There will be no trials and finals.
7. A runner who commits a false start shall be disqualified.
8. The number of athletes a school may enter in a particular event may be limited to no more than 5, depending on the number of hosting sites.
9. All meets will be run through athletic.net. It is the coach's responsibility to have all athletes entered.
10. The following are general rules of competition for the CVAL championship meet.
 - a. Seeding will be done through athletic.net.
 - b. If a school fails to enter their athletes by the deadline, they will not be allowed to compete in the championship. If no mark is given for an athlete, the athlete will be seeded last.
 - c. Each school is limited to three (3) entries per individual event and one (1) team per relay event.
 - d. Each individual must compete in at least two league meets to qualify for the league championship meet. Each individual can be listed as the official entry or substitute in a total of four (4) events. An athlete is considered entered when his/her name is submitted on athletic.net for the Championship meet. An individual may be scratched and a substitution made before the particular event is contested. However, any athlete substituted must have been listed as an alternate for that specific event or the official entry list.
 - e. The infield must be kept clear of non-competing athletes and non-coaches. Before an individual or team may be disqualified the following procedure must be followed:
 1. The meet referee must contact the Head coach of the school in question and officially warn him/her of the violation.
 2. The meet referee must announce over the P.A. that a specific team has been warned and a second violation will result in disqualification.
11. The CVAL Champion will be determined by the final placement in the CVAL Championship Meet.
 - a. Scoring for Championship Meet:
8 or more teams competing: Individual events: 10-8-6-5-4-3-2-1
Relays: 6-4-2
12. The championship meet must have a knowledgeable starter, recall starter, and timing system.

13. The league will pay for any expenses if necessary.
14. Only adults/high school track athletes can serve as finish judges for the championship meet.
15. NFHS rulebooks must be at the championship meet.
16. At least 3 athletic directors/school representatives must be present to serve as a rule committee. They will handle disputes or protests.
17. The host school will be responsible for providing the adults/high school track athletes to assist in running the championship meet.
18. All Championship meets must be run with an automatic timing system.

AMENDED JUNE 4, 1996

Reviewed MAY 2025