

A. Eligible Participants.

1. DIVISIONAL FINALS meets determine persons eligible to participate in specific events at LEAGUE FINALS meet.
2. Substitution for individual events is allowed only for absence or injury of individual who qualified.
 - a. Substitutions must be communicated in advance of LEAGUE FINALS Meet, to Meet Director —NO LATER THAN 30 minutes before the meet begins—in writing: 8:00 for JV and 11:45 for Varsity.
 - b. Substitute gets lane assignment or field event participation sequence that qualifier had earned.
3. Substitutions within Relay team are allowed.
4. Individual contestants have a four (4)-event maximum, except that there is no event limitation for the 4 x 4 relay, which is non-scoring.

B. Open events. OPEN 600-m Run (JV), OPEN 800-m Run (Varsity), OPEN 100-m Dash (JV & Varsity) and OPEN Shot Put (JV & Varsity)

1. These events are for only those team members who did not qualify in any Field, Running or Relay Event during the DIVISIONAL FINALS Meets, and who are not used as either a “substitute” or as a member of a relay team at the LEAGUE FINALS Meet. In addition, it is on the coach’s honor to only allow OPEN event participation by those athletes who have previously competed in an SPL meet during this season or have medical or health-related reasons why they did not.
2. There is no limit to quantity of participants in the OPEN 600 or 800. The Games Committee may choose to run both grades simultaneously to save time, if in their opinion, the number of runners is small enough to preclude interference between runners.

There is a limit of 2 runners per school in each OPEN 100 event (for example, 2 participants from each school may participate in the Boys 5th grade OPEN 100).

There is no limit of shot putters per school in each OPEN Shot Put event. The event should be conducted, to the extent possible, at a site that will not interfere with any other events.

An athlete may participate in only one (1) OPEN event. By the Wednesday prior to the LEAGUE FINALS Meet, coaches are required to submit a roster of their OPEN event competitors to assist in both the staging of OPEN events, and the policing of this rule. Changes must be made by 8:00 am (or 12:00 pm in the case of Varsity) on the day of the LEAGUE FINALS meet.

- C. **Awards.** Individual, relay and field event awards are given to eight (8) places. **First** = Medallion; **Second** = Red ribbon; **Third** = Yellow; **Fourth** = White; **Fifth** = Green; **Sixth** = Pink, **Seventh**=Purple; **Eighth**= Light Blue. Awards are presented immediately after each event.

A male and female SPL Athlete of the Year will be chosen by the majority of head coaches present at the conclusion of the LEAGUE FINALS Meet and announced at the meet.

- D. **Team Scoring (Award achievement).** Points will be awarded to places as follows.

Individual Running and Field Events (except for OPEN events)	10-8-6-5-4-3-2-1
Major Relays	10-8-6-5-4-3-2-1
400-m Minor Relay/800-m Medley	4-3-2-1-0-0-0-0
OPEN Events:	2-1-0-0-0-0-0-0

- E. **Team Awards.** Team awards are earned by event points.

1. Trophies awarded to First, Second, and Third places in each of four (4) competing groups:
JV Boys (Gr. 5,6) Varsity Boys (Gr. 7,8)
JV Girls (GR. 5,6) Varsity Girls (Gr. 7,8)
2. The Ray Morello "traveling" Trophy is awarded to the school scoring the greatest overall point total -- (all 4 groups combined) in League Finals meet.

- F. **Relays.** Instruct and escort both levels simultaneously. Relay judges must have Lane Assignment & Event Procedure. Lane Assignments cannot be changed for any relay, to ensure identical assignments at all exchange-zones.

G. High Jump.

1. 5th grade girls high jump begins 15 minutes earlier than other events to help keep the track meet "on time".
2. 7th grade girls high jump official tries begin immediately after hurdles finals are run for 7th grade girls. "Practice" jumps occur before & during hurdles.
3. Starting height is 1 inch below the best height cleared by the 13TH best jumper in the DIVISIONAL FINALS meets.
4. The crossbar will be raised two (2) inches for JV and three (3) inches for Varsity when each round is completed until six (6) competitors are remaining. Then the bar will be raised two (2) inches at both JV and Varsity per round until three (3)

competitors are remaining. Then the bar will be raised one (1) inch per round until the competition is over.

5. "Passing" at lower heights is encouraged as it saves jumper energy, speeds the event, and is a tiebreaker.

H. Lane Assignments and Field Event Lineup Forms. Lane Assignments and Field Event Line-up Forms, noting team and individual contestant names, including participating sequence, are to be given to: Assistant Starter, Staging Director, lane & relay judges, Head Finish Judge, & field event judges.

1. Intent is to assign preferred lanes/participation sequence to best qualifiers.
 - a. Lanes 4 & 5 are assigned to 1st Place qualifiers for 75m dash, 100m dash, and Hurdles).
 - b. Lanes 3 & 4 are assigned to 1st Place qualifiers for races than run one or more curves (200,400,etc)
 - c. 1st Place qualifiers will not have another runner assigned to their same lane.
2. For equity, alternate the 2 divisional qualifiers from race to race; i.e., lane 1, then 2, then 3.
3. Starters should try to maintain assigned lanes in all events.

I. Staging. Staging area, with sufficient workers, is important contributor to efficient Meet Administration.

J. Meet Information Letter. Meet Information Letter will be sent to all SPL member schools no later than two weeks prior to LEAGUE FINALS Meet, to include track location and meet worker assignments.

1. To avoid error and confusion, the Meet Information Letter will not include information on events, calling order, or events procedures, since these are already described in SPL official documents such as this one.

MORNING SESSION 1:
8:00 am

Information Packets are available from 7:45 am to

Coaches Meeting at 8:00 am.

All field events start at 8:15 am.

Running Events start at 8:30 am.

JUNIOR VARSITY (Grades 5,6)

GIRLS - FIELD EVENTS

Event	SEQ	Special Instructions
LONG JUMP	5,6	
HOP, STEP & JUMP	6,5	
SHOT PUT (6 lbs)	6,5	
HIGH JUMP	5,6	
JAVELIN	5,6	
OPEN SHOT PUT (6 lbs)	6,5	

BOYS - RUNNING EVENTS

Event	SEQ	Special Instructions
75-m. Dash <u>PRELIM</u>	5,6	Eight runners in each of 2 heats. Four from each of two PRELIM heats qualify to FINALS.
OPEN 100-m Dash <u>PRELIM</u>	5,6	RUN CONCURRENTLY WITH 75 M DASH PRELIM ON OPPOSITE STRAIGHTAWAY. Heats formed randomly.
600-m. Run	5,6	All 12 runners in one race. Set-up on 200-m start line. Stay in lane 1st curve only.
100-m. Dash <u>PRELIM</u>	5,6	Same as 75 PRELIM above.
800-m. Relay (4 x 200)	5,6	Normal 4-curve stagger-start. Stay in lane for entire race.
400-m. Dash	5,6	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
75-m. Dash <u>FINAL</u>	5,6	
OPEN 600-m Run (Only for runners who did not qualify).	5,6	Set-up on 200-m start line. Stay in lane 1st curve only.
OPEN 100-m. Dash <u>FINAL</u>	5,6	Lanes assigned randomly.
200-m. Dash	5,6	All 12 runners in one race. Normal 1-curve stagger-start. Stay in lane for entire race.
100-m. Dash <u>FINAL</u>	5,6	

800-m. Run	5,6	All 12 runners in one race. Set-up for universal start.
800-m Medley	5,6	Normal 2 curve stagger-start. First three runners stay in their lane. Fourth runner can cut in as soon as they get baton.
400-m Relay (Minor) (4x100)	5,6	Normal 2-curve stagger-start.
400-m Relay (Major) (4x100)	5,6	Normal 2-curve stagger-start.

MORNING Session 2: Cannot begin until ALL events in Session 1 have been completed.

JUNIOR VARSITY (Grades 5,6)**BOYS - FIELD EVENTS**

Event	SEQ	Special Instructions
LONG JUMP	5,6	
HOP, STEP & JUMP	6,5	
SHOT PUT (6 lbs)	6,5	
HIGH JUMP	5,6	
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GIRLS - RUNNING EVENTS

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800-m. Run	5,6	All 12 runners in one race. Set-up for universal start.
800-m Medley	5,6	Normal 2 curve stagger-start. First three runners stay

		in their lane. Fourth runner can cut in as soon as they get the baton.
400-m Relay (<u>Minor</u>) (4x100)	5,6	Normal 2-curve stagger-start.
400-m Relay (<u>Major</u>) (4x100)	5,6	Normal 2-curve stagger-start.

AFTERNOON SESSION 1: Start 15 minutes after JV but not before 12:00

VARSITY (Grades 7,8)

GIRLS - FIELD EVENTS

Event	SEQ	Special Instructions
LONG JUMP	7,8	
HOP, STEP & JUMP	8,7	
SHOT PUT (8 lbs)	8,7	
DISCUS	7,8	
HIGH JUMP	7,8	
OPEN SHOT PUT (8 lbs)	8,7	

BOYS - RUNNING EVENTS

Event	SEQ	Special Instructions																		
Hurdles 75-m. <u>PRELIM</u>	Boys 7,8	Two heats																		
Total Runners: Heat:		<table border="1"> <thead> <tr> <th></th> <th>16</th> <th>15</th> <th>14</th> <th>13</th> <th>12</th> </tr> </thead> <tbody> <tr> <td>A</td> <td>8</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> </tr> <tr> <td>B</td> <td>8</td> <td>7</td> <td>7</td> <td>6</td> <td>6</td> </tr> </tbody> </table>		16	15	14	13	12	A	8	8	7	7	6	B	8	7	7	6	6
	16	15	14	13	12															
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Qualifiers ... run in Today's Final		<table border="1"> <tbody> <tr> <td>A</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> <tr> <td>B</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> <td>4</td> </tr> </tbody> </table>	A	4	4	4	4	4	B	4	4	4	4	4						
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Hurdles 75-m. <u>FINAL</u> BOYS	7,8	Finals will be run 5 min. after the last prelim is run																		

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		The top four (4) runners in each heat qualify to run in today's final. Seed prelims by alternating finishers from 3 DIVISIONAL FINALS meets in order of finish.																								
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800-m. Run	7,8	All 12 runners in one race. Set-up for universal start.
100-m. Dash <u>PRELIM</u>	7,8	Same as 75 PRELIM above.
800-m. Relay (4 x 200)	7,8	Normal 4-curve stagger-start. Stay in lane for entire race.
75-m. Dash <u>FINAL</u>	7,8	
OPEN 800-m Run (Only for runners who did not qualify).	7,8	Set-up for universal start.
OPEN 100-m. Dash <u>FINAL</u>	7,8	Lanes assigned randomly.
200-m. Dash <u>FINAL</u>	7,8	Normal 1-curve stagger-start. Stay in lane for entire race.
400-m. Dash	7,8	All 12 runners in one race. Normal 2-curve stagger-start. Stay in lane for entire race.
100-m. Dash <u>FINAL</u>	7,8	
1600-m. Run	7,8	All 12 runners in one race. Set-up for universal start.
400-m Relay (<u>Minor</u>) (4x100)	7,8	Normal 2-curve stagger-start.
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AFTERNOON SESSION 2: Cannot begin until all events in Session 1 have been completed.

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HOP, STEP & JUMP	8,7	
SHOT PUT (8 lbs)	8,7	
DISCUS	7,8	
HIGH JUMP	7,8	
"OPEN" SHOT PUT (8 lbs)	8,7	

GIRLS - RUNNING EVENTS

Event	SEQ	Special Instructions
Hurdles 75-m. PRELIM	Girls 7,8	Two heats
Total Runners:		16 15 14 13 12
Heat:	A	8 8 7 7 6
	B	8 7 7 6 6
<i>Qualifiers ... run in Today's Final</i>	A	4 4 4 4 4
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FINAL RUNNING EVENT

4 x 4-m Relay	Boys Girls	Set-up for universal start. 2d, 3d, 4 th runners line up on own and cut in. If eight (8) or fewer teams are participating, the starter has the option to utilize a 3 curve staggered start.
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