

## GERMANTOWN INVITATIONAL MEET RULES

**Track:** The Germantown High School track is an 8 lane (400 meter lap) track

**Age Brackets:** Grades 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>

**Events:**

Track opens: 7:30am

National Anthem: 8:00am

Field Events: 8:05am

<b>Long Jump</b> Grades 2-8	<b>High Jump</b> Grades 6-8	<b>Softball Throw</b> Grade 2-5 *12in, 6oz	<b>Shot Put</b> Grade 6-8 *Female 6 lb *Male—8 lb	<b>Discus</b> Grade 6-8 *1kg
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Running: 8:45am, Rolling starts thereafter

- 800 Meter
- 100 Meter
- 400 Meter
- 1600 Meter
- 200 Meter
- 4x100 Meter Relay

**Field event Locations and Rules**

- Shot Put, Discus, and Softball Throw are located at North of the track across the parking lot. Softball thrower must stay in ring.
- Long Jump is located in the Southwest Corner- 2 jumping pits.
- High Jump is located on the South end of the track.

Each field event will be allowed 2 attempts, high jump will be allowed 3. If an athlete scratches at both attempts, that is how it will be scored. The best distance or height will be recorded as the final. If an athlete makes 3 attempts at high jump and misses all attempts, the previously recorded completed height will be recorded as their final completed height. If they do not clear the opening height it will be considered a scratch. If a tie should occur, the least amount of attempts at that heights, then lower heights will determine the winner.

**Reporting to Events:** Staging area(s) will be at the event start. Athletes should be present at least 5-10 minutes before their event starts for staging. Field Events begin 8:05am. Running events begin 8:30am. For Running events- calls will be as follows:

- 1<sup>st</sup> call: Be ready to report
- 2<sup>nd</sup> call: Proceed to staging area
- Last call: Athletes should be at the event start

**Infield:** Only essential meet personnel are allowed on or inside the track during the meet. If needed the meet will be suspended until non meet personnel have been vacated.

**—Event coaches will review these rules with the athletes prior to the start of each event—**

**Heats/Finals:** All heats in each running event will be considered a final. Please note that we may have several heats running in one age/gender bracket. When that occurs, the top three finishers of the combined heats will be placed 1<sup>st</sup> through 3<sup>rd</sup>.

**False Starts:** A second false start by the same individual in the same events results in a disqualification for that individual.

**Running Event Lanes/Staggers:**

- 800M: Waterfall start (move to inside of track when safe)
- 100M: straightaway, all runners run in their lanes for the entire race
- 400M: staggered start on (2 turn), all runners run in their lanes for the entire race
- 1600M: Waterfall start (move to inside of track when safe)
- 200M: staggered start, (1 turn), all runners run in their lanes for the entire race
- 4 x 100M Relay: staggered start, all runners run in their lanes for the entire race

**Equipment:** Starting blocks, softballs, shot put, discus, long jump and high jump measuring tools will be furnished by Germantown Youth Track Club. You may bring your own equipment to practice with prior to the start of the meet. Germantown Youth Track Club equipment will be used during the meet.

**Awards:** Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place per age bracket and gender. The ceremony will take place after the meet has concluded on the East side of the track. Athletes should sit in the grassy area facing the announcement booth/bleachers.

**Questions:** Should your athletes have a question about the results, please direct the question to a Track Coach.

Thank you! Have fun!!!