

Foundation for Interscholastic Youth Athletics

# TRACK & FIELD PROGRAM 2023

[www.onfiya.org/sports/track-field](http://www.onfiya.org/sports/track-field) | [athletic.net](http://athletic.net)



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# REGISTRATION

## 1) Athletic.Net Free Account

- a) To register for any FIYA track & field meet, create a free account on Athletic.net (ANet). To get more detailed information on setting up an ANet free account, click on this [ANet Instructions Link](#).
- b) Creating a free account needs to be done AT LEAST ONE WEEK prior to the date of the track meet. If your school participated in a FIYA track & field meet in previous years, then your school already has an ANet account.
- c) If the school's track coach is new to the school, he/she needs to be added to the school's ANet account. Contact the person listed under Admin on your school's ANet account page or alternatively, you can contact Support from Athletic.Net.
- d) After submitting information to create a free ANet account, you will receive a confirmation email in 1-2 days. Now your account is verified and ready to register for a specific FIYA track & field meet.

## 2) How to Register for a FIYA Track & Field meet

- a) On your school ANet home page, you can click the "+ ADD A MEET" link from your school's ANet school calendar. Then type "FIYA" into the search bar and you should be able to find the various FIYA track & field meets.
- b) Click the FIYA track meet that you wish to add to your school calendar. Now that it is calendared, you can begin the registration process.
- c) However, in order to accurately register your athletes into a FIYA track meet, you will need to read through this entire document FIRST in order to understand how FIYA track meets are conducted which will greatly assist with the registration process.
- d) Please note there is a registration deadline for all FIYA track meets. Registration for each meet CLOSES 7PM 2 days before the FIYA track meet. For example, a FIYA track meet starts at 1:30 pm on Sunday means that the registration closes at 7 pm on Friday.

### 3) Important Registration Tips

- a)** To create a team roster, under the Athlete section of your school ANet account, you can add or edit athletes. To add athletes, click the “+ Add an Athlete” button and fill in first and last name, grade level and gender. You do not need to put the athlete’s birth date. To edit athletes, click the Edit button and make the changes you desire.
  
- b)** Just creating a team roster (that is, listing the name, grade level and gender of your athletes) does not mean you have completed the registration process. You still need to place athletes into specific events.
  
- c)** There is only one event that does NOT require specific registration and that is Division 3 50 Meters. All other events for all three divisions do require specific registration.
  
- d)** Of course there are various limitations you need to be aware of in order to successfully and accurately register each of your athletes. Again, you will discover this by reading through this entire document.
  
- e)** FIYA Track and Field Meets usually take about 4-5 hours so take this into account when registering your athletes. We have provided an approximate timeline of the order events in this document.

### 4) The Cost and Payment of a FIYA track & field meet

- a)** The cost for each FIYA track & field meet is \$15 per athlete. A school is charged for each athlete that it registers regardless of whether the athlete participates in the meet.
  
- b)** In addition, if track & field is the first FIYA sporting event of the current school year for your school, then your school will also be charged a membership fee of \$125.
  
- c)** Invoices will be sent immediately upon the conclusion of the track and field season. Consequently, payment is not needed until the invoices are sent.

# ORDER OF EVENTS / APPROXIMATE TIMELINE

| Approx. Time         | TRACK   | LONG JUMP | TURBO JAV     | SHOT PUT      |
|----------------------|---|-----------|---------------|---------------|
| <b>Start of meet</b> | <p style="text-align: center;"><b>200 meters</b><br/>D2 girls, D2 boys<br/>D1 girls, D1 boys</p> <p style="text-align: center;"><b>50 meters</b><br/>(concurrently with 200M)<br/>D3 girls, D3 boys</p>                                 | D1 boys   | D2 girls/boys | CLOSED        |
| <b>@ 1 hour mark</b> | <p style="text-align: center;"><b>1600 meters</b><br/>D2 girls/D1 girls (comb)<br/>D2 boys/D1 boys (comb)</p> <p style="text-align: center;"><b>4 x 100 Relay</b><br/>D3 girls, D3 boys<br/>D2 girls, D2 boys<br/>D1 girls, D1 boys</p> | D1 girls  | D3 girls/boys | CLOSED        |
| <b>@ 2 hour mark</b> | <p style="text-align: center;"><b>400 meters</b><br/>D3 girls, D3 boys (WF)<br/>D2 girls, D2 boys<br/>D1 girls, D1 boys</p>   | D2 girls  | D1 girls/boys | D1 girls/boys |
| <b>@ 3 hour mark</b> | <p style="text-align: center;"><b>100 meters</b><br/>D2 girls, D2 boys<br/>D1 girls, D1 boys</p> <p style="text-align: center;"><b>800 meters</b><br/>D3 Girls, D3 Boys (WF)<br/>D2 Girls, D2 Boys (WF)<br/>D1 Girls, D1 Boys (WF)</p>  | D2 boys   | OPEN          | D2 girls/boys |
| <b>@ 4 hour mark</b> | <p style="text-align: center;"><b>4 x 200 Relay</b><br/><i>OR</i><br/><b>4 x 400 Relay</b><br/>(2 turn stagger)</p> <p style="text-align: center;">D2 girls, D2 boys<br/>D1 girls, D1 boys</p>  | OPEN      | CLOSED        | CLOSED        |

# TRACK & FIELD GENERAL RULES

- **Competition Divisions:**
  - ▶ **Division 1 (D1)** is for 8<sup>th</sup> grade and below
  - ▶ **Division 2 (D2)** is for 6<sup>th</sup> grade and below
  - ▶ **Division 3 (D3)** is for 4<sup>th</sup> grade and below.
  - ▶ Athletes must compete in only **one Division** and should wear their appropriate bib number at all times.
  - ▶ Athletes may compete up - in an older division, but must compete in **ALL** of their other events in that **SAME** division. Athletes may NOT compete in a lower age division.
  - ▶ If you want an athlete to compete up, you will need to email [johnmueller@onfiya.org](mailto:johnmueller@onfiya.org) to request permission.
- **Meet Online Registration ([athletic.net](http://athletic.net)):**
  - ▶ Coaches must register **all athletes AND their events** on their team account via [athletic.net](http://athletic.net) **no later than 7PM 2 days prior to the meet.**
  - ▶ Coaches are advised to double check their registration / team roster to make sure each athlete is in their appropriate events, gender, AND age divisions.
- **Number of Events:**
  - ▶ **At the D1 & D2 level**, each athlete may compete in no more than **FOUR (4) events**; there are no restrictions on what four events.
  - ▶ **At the D1 & D2 level**, each school may enter no more than **THREE athletes** into each event. Any violation will result in a disqualification.
  - ▶ **At the D1 & D2 level**, each school may enter a maximum of **TWO relay teams** per level per relay event but only one counts for team points (in D1 and D2).
  - ▶ **At the D3 level**, each athlete may compete in as many as **FOUR events**. Each school may enter **unlimited** athletes for the 50M, 400M and 800M but no more than **SIX** athletes per gender into the turbo javelin.
  - ▶ **At the D3 level**, each school may enter a maximum of **TWO relay teams** for the 4 x 100 meter relay. D3 athletes are not eligible for the 4 x 200 meter relay or the 4 x 400 meter relay.
- **No spikes of any kind or shoes made to take spikes will be allowed.** Any athlete wearing illegal shoes in any competition will be immediately disqualified from the meet.
- **PLEASE NO PACING BY FELLOW ATHLETES OR COACHES.**

- **SCORING** – the top 6 finishers in each track event and field event earn points for D1 and D2 teams only; there is no team scoring in D3. While events are seeded, it is the top 6 finishers from ALL heats/flights.
  
- **50M (D3 only), 100M, 200M and 400M (D1, D2 only)** – athletes must stay in their lane the entire distance or be subject to disqualification.
  
- **All running events will be run in heats except for the following:**
  - 800M Run, 1600M Run for all Divisions
  - 400M in Division 3 only
  - Each of these events will begin with a waterfall start and likely will combine girls and boys in both divisions and separate the times per gender accordingly.
  
- **RELAYS** - There are two relays at each meet: **(i)** 4 x 100 and **(ii)** EITHER 4 x 200 OR 4 x 400. We generally run the 4 x 200 at the first few meets and then switch to the 4 x 400 for the last few meets. You may enter two relay teams per event but must designate which team is the scoring team at the time of registration.
  - For the 4 x 100, we use 30 meter transfer zones. For the 4 x 200 and the 4 x 400, we use 20 meter transfer zones.
  
  - At the sound of the gun, all runners in relays must start somewhere inside the transfer zone. The baton transfer between the incoming runner and the outgoing runner must occur within the transfer zone. Baton transfers made outside the zone - based on the position of the baton, not the runners' feet - result in disqualification. Baton transfers must be handed off, no tosses or passes. In addition, runners must remain in their lanes after the baton transfer (and throughout the race) to avoid interfering with other runners. If the baton is dropped, the runner can leave the lane to retrieve the baton as long as the recovery doesn't interfere with other runners. Runners may not wear gloves or place substances on their hands to obtain a better grip on the baton.
  
  - For the 4 x 200 and the 4 x 400, there is a two turn stagger. This means that a team must complete two turns before runners can cut-in to the inside lane.
  
  - For 4 x 200, this means the first two runners must run in their assigned lane the entire time. When the second runner passes the baton to the third runner, the third runner must be in the assigned lane. However, upon receiving the baton, the third runner may cut-in. When the third runner passes the baton to the fourth runner, it need NOT be in the assigned lane.
  
  - For 4 x 400, this means the first runner must run in the assigned lane the entire time. When the first runner passes the baton to the second runner, the second

runner must be in the assigned lane. However, upon receiving the baton, the second runner may cut-in. When the second runner passes the baton to the third runner AND when the third runner passes the baton to the fourth runner, these transfers need NOT be in the assigned lane.

- **FIELD EVENTS: Shot put, long jump, and turbo javelin will be contested in flights**
  - ▶ Athletes who must leave for another event may do so and complete their attempts later only with the prior approval of the event judge.
  - ▶ It is advised that athletes report to the field event judge *as soon as we make first call of their event*, check in for their Division giving their name, school, division, and bib number, and notify the field judge that they will be competing in a track event and will return later to perform their jumps/throws.
  - ▶ **Athletes who leave a field event without approval from the field judge will be declared finished and not allowed any more attempts.**
  - ▶ **Athletes who do not report to field event by final call will also be disqualified.**
  - ▶ Because of these rules, please have all of your athletes, coaches, and spectators paying close attention to our field events' first, second and third calls so we can avoid athlete DQ and the field events run as smooth as possible.
  
- **Automatic Timing & Live Results (<http://www.westsidetiming.com>)**
  - ▶ All FIYA meets are conducted with automatic timing. Results at the meet may be viewed on [westsidetiming.com](http://www.westsidetiming.com) (you may share this link with participants, families, and spectators to see immediate scores and times as they're posted during the meet)
  - ▶ Upon conclusion of the track meet, track coaches -- not spectators or athletes -- may review unofficial results posted on [westsidetiming.com](http://www.westsidetiming.com) and issue an inquiry by sending an email to [johnmueller@onfiya.org](mailto:johnmueller@onfiya.org) by 12PM noon on the second day after the track meet. Written complaints or inquiries after the deadline will not impact the results of the track meet.

## LONG JUMP SPECIFIC RULES

1. All athletes will be allowed three trials.
2. In the long jump, the head must remain in the superior position. Somersault technique is not permitted.
3. A trial may not be initiated until the athlete is given verbal permission by the event judge.
4. The athlete shall take off from behind the scratch line. It shall count as a scratch if:
  1. The athlete's shoes extend over the scratch line or makes a mark in front of it.
  2. An athlete runs across the scratch line.
  3. If, in the course of landing or leaving the pit, the athlete touches the ground outside the landing area, nearer the scratch line than the nearest mark made in the landing pit.
  4. The athlete fails to initiate an attempt that is carried to completion within the required time

## **SHOT PUT SPECIFIC RULES**

1. All athletes will be allowed three throws.
2. Athletes will compete in flights, as determined by the event judge. Athletes may leave to compete in another event and return to complete their throws provided they notify and get permission from the event judge.
3. A throw may not be initiated until the athlete is given verbal permission by the event judge.
4. Division 1 Boys use the 8 lb. shot; all other levels use the 6 lb. shot.
5. No taping of any part of the hands or fingers permitted unless there is an open cut or wound that must be protected by tape. Taping of the wrist is allowed. A support belt may be worn but gloves may not.



6. A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A athlete must start from a stationary position inside the circle. No harness or mechanical device attached to the hand or arm shall be used. The put must be made from inside the circle.
7. It is a foul if the athlete does not enter or exit from the back of the circle, or if after stepping into the circle, fails to pause before starting the put, or touches the circle (not including the inner face of the stop-board or the band, if one is used) or the ground outside the circle, or the top of the stop-board before the put is marked. It is also a foul if the shot does not fall within the sector lines.
8. The measurement of a put shall be from the nearest edge of the first mark made by the shot to the inside edge of the stop-board nearest such mark, measured along the extended radius of the circle.

## **TURBO JAVELIN SPECIFIC RULES**

1. All athletes will be allowed three throws.
2. Athletes will compete in flights, as determined by the event judge. Athletes may leave to compete in another event and return to complete their throws provided they notify and get permission from the event judge.
3. Division 1 Boys use the 400 gram turbo javelins; all other levels use the 300 gram turbo javelins.
4. Three aspects of the throw must remain uniform among all athletes. You must hold the grip on the javelin, release it using an over-the-shoulder technique, and you may not turn your back to the field until the javelin leaves your hand. Throwing in another manner results in a foul. This rule ensures safety because the javelin remains under control when throwing it over your shoulder.
5. After beginning your throw, you may not touch any boundary line of the runway. Touching outside the lines results in a foul. If the javelin drops during the course of your throw, it is a foul.
6. Javelin must land tip first. A throw landing flat or tail first is a foul and is not measured. When you throw the javelin with proper technique, it should land tip first because of the

position of the center of gravity and the javelin design. This ensures that you throw the javelin with technique, rather than hurling it. In addition, any javelin landing outside the throwing zone is a foul.

7. After completing your throw, no part of your body can touch over the foul line arc. A white line at the end of the runway designates the foul line. Once the javelin lands within the throwing zone, you may walk off the runway behind the arc line. When any part of your body goes over the line, whether during the follow through of your throw or accidentally walking out the front of the runway, a foul will result. This is to ensure that you are under control when leaving the runway following your throw.

## AWARDS & SCORING

*FIYA Track & Field Awards will be given as follows:*

- **For each individual FIYA Track & Field Meet**, trophies will be given to the top **three** school teams per meet for D-1 Boys, D-1 Girls, D-2 Boys, D-2 Girls.
  - **Top six finishers in each event will score** 10, 8, 6, 4, 2 & 1 points respectively. Remember that an athlete may win their individual heat but not be in the overall top six finisher. Conversely, an athlete could finish in 2<sup>nd</sup> or below in their heat and still be a top six finisher.
  - **Custom ribbons will be made for top 4 finishers in all events for Division 1 and Division 2.**
  - **1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place & participant ribbons for all Division 3 heats.**
- **For Season Track Champions**, trophies and medals will be given to the Division 1 Girls Champion and Division 1 Boys Champion. To qualify, a school must participate in at least 50% of the FIYA track & field meets during a season. Your team must finish in the top 5 team scores at an individual meet and points are awarded as follows: **5th Place - 1 point; 4th Place - 2 points; 3rd Place - 3 points; 2nd Place - 4 points; 1st Place - 5 points.**

If there is a tie in team scores with multiple teams for a top five finish, we will add the point totals and divide by the number of tied teams. By way of example, if two schools tie for 2<sup>nd</sup> and 3<sup>rd</sup> place, we add the points (4 + 3) and divide by 2 so each team will be awarded 3.5 points.

There is a maximum number of track meets for which a school team can earn points during a track season. The maximum number is the total number of FIYA track & field meets offered in a season minus one. In other words, if FIYA offers 5 track meets, a school team can earn points in its four best meets (we drop the lowest score if the school team competed in all 5 meets).

If there is a tie in accumulated points upon conclusion of the track season with multiple teams, the tiebreaker will be the team that competes in the MOST FIYA track and field meets in the season wins. If the tiebreaker does not resolve the champion, there will be co-champions.

## **MEET LOGISTICS & RECOMMENDED TIPS**

As mentioned, FIYA track and field meets generally last between 4-5 hours. We typically have between 20-30 school teams and 400-600 athletes participating plus spectators from all the schools. Consequently, there are a lot of people and activities so reviewing this section will greatly enhance your team's experience at a FIYA track and field meet.

### **1) School Track Team Personnel & Equipment**

**a)** We first recommend you have at least two coaches depending on the size of your team and give them specific roles. For example, you might have a coach just for the Division 3 athletes to keep them organized. But keep in mind there can only be two coaches on the track field.

**b)** We recommend that you have a Spectator Captain – this should be an adult in the bleachers who serves as your school team liaison between athletes on the field and athletes in the bleachers. Communication between you, your athletes and what is occurring are all vital to a successful track meet.

**c)** While FIYA has batons, shots and turbo javelins, we recommend that you bring your own. You should also bring your own water and first aid kit. Food and non-water drinks should remain in the bleachers.

## 2) Arrival at the track facility

- a) Gates open 90 minutes before the start time of the track meet.
- b) We recommend that your spectators sit together in the spectator area. If your community has a pop-up tent, these should ONLY be placed at the top of the bleachers so as not to block the view of other spectators. Spectators should not enter the stadium field during the meet; only coaches in safety vests and athletes with bibs are allowed on the field.
- c) Coaches and athletes should not have any food and drink on the stadium field. The spectator area should be the location where your coaches and athletes eat and drink.
- d) Upon arrival at the track facility, coaches should pick up their track packets (bibs, pins, hip numbers, safety vests & rosters) from the clerk table.

## 3) Track packet items

- a) The bib numbers in the track packet will match with the number on the team roster for each athlete that has been registered. Bibs should be fastened with at least 2 pins to the athlete's front top. Bibs should be worn the entire track meet.
- b) The hip numbers in the track packet are for the 200 M athletes as well as the Division 3 4 x 100 meter relay teams. Hip numbers should be placed on the athletes LEFT hip. We distribute the hip numbers for the early track events in order to expedite the clerking process at the start of the track meet. Hip numbers for the remaining track events will be distributed at the clerk area when athletes check in for their events at the time of the call announcement.
- c) Each school team is given two safety vests which signifies the individual is a coach and allowed on the field. A school may have more than 2 track & field coaches. However, we can only allow 2 coaches per school on the field at the same time.
- d) Not included in the track packet is the Meet Program (it will be emailed to the coaches in the ANet account) and this Track & Field Program document. We recommend that you print and bring both documents with you to the meet.

## 4) Coaches Meeting

- a) A brief coaches meeting will be conducted at the Finish Line about 20 minutes prior to the track meet start time.
- b) Agenda of the coaches meeting:
  - i) Introductions to track officials (the starter, the timer and the clerk),
  - ii) locations of key components of the track meet (start/finish lines, clerk area, entrance/exit points to/from the track and the bleachers, long jump pit, shot put area, turbo javelin area), and
  - iii) review of any specific information for track meet.
- c) The first call will be made following the coaches meeting. As will be mentioned at the coaches meeting, athletes and coaches should listen for the calls made over the audio system. Generally, there will be three calls made for each event. For all track events (with the exception of the Division 3 50 M), athletes should report directly to the clerk area. For all field events, athletes should report directly to that field event and check in with the field event captain.

## 5) Clerk Area

- a) The success and efficiency of any track meet is tied directly to the clerk area. Reminder that all our events are done in order from youngest to oldest and girls before boys. If your track team pays attention to the Order of Events timeline along with the Meet Program, no athlete should miss a call.
- b) When a call is made for a track event, registered track athletes should report to the clerk area and listen for further instructions from the head clerk. Note: It is always better for athletes who have a track event and a field event at approximately the same time to check in with the field event captain and tell the captain that you need to run your track event but will return to the field event upon completion of the track event. Again, communication is the key.
- c) There are generally four benches at the clerk area and each bench represents a heat for individual track events. Bench 1 is for heat 1 and heat 5, bench 2 is for heat 2 and

heat 6, etc. Each bench is taped with a number from 1 through 8. Those taped numbers represent the lane assignment that the athlete should be in.

**d)** If coaches and athletes follow their Meet Program, you will know what heats and what lanes all your track athletes should be in. Your athlete will be given a hip number that matches their lane assignment and the hip number shall be affixed to the athlete's left hip. The athlete then will be directed to sit at the corresponding bench number with their heat number and to sit on the corresponding taped number with their hip number.

**e)** For relay events, there are usually 1 or 2 heats. Therefore the benches for relays represent where the relay team's four runners should sit. That is, bench 1 is for the first runner, bench 2 is for the second runner, bench 3 is for the third runner and bench 4 is for the fourth runner or anchor. All four relay runners should affix a hip number to their left hip (all four should have the same hip number corresponding to their assigned lane). This will remind them of their lane assignment when they move from the clerk area to the track.

**f)** Note: the clerk area has a head clerk and multiple assistants to assist in the organization of the athletes for the various track events. Getting athletes fully seated in the benches is just the first step. Athletes then need to be transported to the start line of the race. The goal is ultimately to avoid any inactive time on the track. You can greatly assist in this process by again reviewing the Order of Events timeline so you and your team have a general idea of when the various track events will occur. Then, with your Meet Program, you know which of your athletes are running in the events which includes their HEAT NUMBER and their LANE NUMBER. Reviewing these materials and listening to the call announcements should ensure a smooth process for all participants.

## **6) Finish Line**

**a)** Remind your athletes that the top 6 finishers from all the heats will earn team points. Therefore, athletes should run completely through the finish line even if they are not first in their heat.

**b)** When athletes cross the finish line, they should continue to walk forward and then off the track. Do NOT cross back toward the finish line as they will interrupt the track event.

**c)** In addition, athletes should not ask the official timer for their result. It can be viewed on [westsidetiming.com](http://westsidetiming.com) within minutes of the completion of the event.

## **7) Reminders for Coaches/ Athletes**

- a)** No spikes or spike shoes, wear bib on front top, wear hip numbers on left hip.
- b)** Follow the Order of Events timeline, the Meet Program, stay in communication with your coach/athletes and listen to call announcements over the audio system.
- c)** When not participating or practicing, it is best that the athlete stays in the bleachers nearby the team's Spectator Captain. The less congestion on the stadium field, the better for everyone.
- d)** When called for a track event, the athlete should immediately report to the clerk area. When called for a field event, the athlete should report to the field event captain. Again, if an athlete has a conflict between a track event and a field event, the track event takes precedence. However, the athlete should communicate with the field event captain that he/she will return to the field event upon completion of the track event.
- e)** Please only enter and exit the track at the same, designated location and please **ONLY** cross the track once given permission by FIYA representative for safety purposes and so no ongoing event is interrupted.
- f)** Do not run on the field to cheer on participating athletes; pacing runners is prohibited and is dangerous to others on the field.
- g)** Respect our host venues and only bring water onto the field (No other food or drink allowed)

## **We look forward to this year's Track & Field season with you!**

**Be sure to follow, “like”, and subscribe to FIYA** on Facebook, Instagram, Twitter, YouTube, and Pinterest **@fiyathletics** and our email newsletter for all: updates, info, photos, videos, and MORE from our Track and other sports' seasons.

**Tag us @fiyathletics** in any of your posts from the season to be featured!  
**Use the hashtags #FIYAthletics | #FIYAtrackandfield**

