

FIYA Track & Field
Video Agenda

1. FIYA (1:35)
 - a. Mission - Strengthening Schools Through Sports
 - b. For Schools Only, No Clubs

2. DATES & LOCATIONS OF FIYA TRACK MEETS (2:35)
 - a. Start Times (Sun 130 pm, Fri 430 pm)
 - b. First 4 meets, all 3 Divisions; Last meet on 5/10, no Division 3
 - c. Registration Deadline (8 pm three days before track meet)

3. FIYA TRACK EVENTS & FIYA FIELD EVENTS (4:00)
 - a. Track Events
 - i. 55 M (D3 only)
 - ii. 100 M (D1, D2)
 - iii. 200 M (D1, D2)
 - iv. 400 M (all)
 - v. 800 M (all)
 - vi. 1600 M (D1, D2)
 - vii. 4 x 100 Relay (all)
 - viii. 4 x 200 Relay (Meets 1 and 2); 800 Medley Relay (Meets 3 and 4);
and 4 x 400 Relay (Meets 5 and 6)
 - b. Field Events
 - i. Long Jump (D1, D2)
 - ii. Shot Put (D1, D2)
 - iii. Turbo Javelin (all)

4. COMPETITION BY DIVISION (5:35)
 - a. Page 6 of Track & Field Program
 - b. Competing Up versus Competing Down
 - c. How to Request to Compete Up?

5. HOW MANY EVENTS CAN ATHLETES COMPETE AND SUBSTITUTIONS (7:00)
 - a. Page 6-7 of Track & Field Program
 - b. Need to Always Observe the Participation Restrictive Rules
 - c. No Substitutions for 100, 200, 400, 800 and 1600
 - d. NO SPIKES/SPIKE SHOES and NO PACING allowed

6. INDIVIDUAL COMPETITION AND TEAM COMPETITION (12:00)
 - a. Page 14 of Track & Field Program
 - b. Top 6 Finishers; Compete against entire field
 - c. Customized ribbons to top 4 at end of season
 - d. Top 3 teams in D1/D2 earn plaque at end of season
 - e. D1 teams only - Seasonal Champion
7. ORDER OF EVENTS/TIMELINE (15:50)
 - a. Page 5 of Track & Field Program
 - b. 4-5 hours long; understand order of events to help with planning
8. REGISTRATION (21:00)
 - a. Pages 2-4 of Track & Field Program
 - b. Create ANet school account; Note verification period
 - c. Add FIYA meet to ANet school calendar
 - d. Need to Reply to Email after adding first meet
 - e. Capacity and ensuring all athletes attend
 - f. Place Athletes in Events; Note the Deadline; Request to Compete Up
 - g. Invoicing and Not Over Registering by 20%
9. SPECIFIC TRACK RULES (37:10)
 - a. Pages 7-9 of Track & Field Program
 - b. NO SPIKES/SPIKE SHOES and NO PACING allowed
 - c. Failure to Timely Report to Clerk may result in disqualification
 - d. For "Sprints": Stay in lane the entire time
 - e. For "Distance": Waterfall starts, may cut in; Combo races
 - f. Relays - Know Transfer Zone rules and 2 turn stagger rules
10. SPECIFIC FIELD RULES (49:00)
 - a. Pages 10-13 of Track & Field Program
 - b. Failure to Timely Report to Field Judge may result in disqualification
 - c. Track Event takes precedence over field event
 - d. Equipment for D1 Boys Differs
11. FIYA TRACK & FIELD MEET LOGISTICS (51:40)
 - a. Pages 15-19 of Track & Field Program
 - b. Spectator Captain is highly encouraged
 - c. Track Registration Packets picked up from Clerk upon arrival

- d. Bibs, Hip Numbers for Athletes; Safety Vests for Coaches
- e. Coaches Meeting
- f. Understand how clerk area works
- g. Finish line information and final reminders