

FIYA Track & Field
Video Agenda for 2026

1. FIYA (0:00)
 - a. Mission - Strengthening Schools Through Sports
 - b. Serve Middle Schools and Elementary Schools in Los Angeles Area
 - c. For School Teams Only, No Clubs or Unattached Athletes

2. TIPS FOR REVIEWING THIS VIDEO (2:13)
 - a. Print out the Video Agenda document and the Track & Field Program document
 - b. Increase Playback Speed to Shorten this Video

3. DATES & LOCATIONS OF FIYA TRACK MEETS FOR 2026 (3:53)
 - a. Six meets, all are on Sundays
 - b. Start Times of the Meets (Sun 12 pm)
 - c. Registration Deadline to enter your athletes is 6 pm Thursday for the Sunday Meets

4. CHANGES/EMPHASIS FOR 2026 (4:55)
 - a. Long Jump - 2 pits, 1 for girls and 1 for boys. D1 will jump for @ first 90 minutes and then D2 will jump for @ next 90 minutes. Final hour is open pit.
 - b. Shot Put - will start with D2 girls once meet starts followed by D2 boys, D1 girls and D1 boys.
 - c. No spikes or spike shoes; waffle shoes okay.
 - d. Reporting to the Clerk is part of the race; can be DQ'd for failing to report timely.
 - e. No substitutions allowed for individual track events; ok for field events and relays if not exceeding participation rule.
 - f. REMINDER ABOUT PREVIOUS CHANGES IN PLACE FOR 2026:
 - i. Division 3 - only 3 athletes per division for the 5 events for D3; 100 M replaces 50 M
 - ii. Relays - only 1 relay team for all Divisions
 - iii. Turbo Javelin - only 1 throwing area

5. FIYA TRACK EVENTS & FIYA FIELD EVENTS (9:10)
 - a. 7 Track Events

- i. 100 M (all divisions)
 - ii. 200 M (D1, D2 only)
 - iii. 400 M (all divisions)
 - iv. 800 M (all divisions)
 - v. 1600 M (D1, D2 only)
 - vi. 4 x 100 Relay (all divisions)
 - vii. 4 x 200 Relay (Meets 1 and 2); 800 Medley Relay (Meets 3 and 4); and 4 x 400 Relay (Meets 5 and 6) for D1, D2 only
- b. 3 Field Events
- i. Long Jump (D1, D2 only)
 - ii. Shot Put (D1, D2 only)
 - iii. Turbo Javelin (all 3 divisions)
 - iv. D1 Boys throw 8 lb shot, all other divisions 6 lb shot
 - v. D1 Boys throw 400 g javelin, all other divisions 350 g javelin

6. COMPETITION BY DIVISION (11:00)

- a. Page 7 of Track & Field Program
- b. 6 Divisions, divided by gender and grade level
- c. D1 7th and 8th grade, D2 5th and 6th grade, D3 3rd and 4th grade
- d. Competing Up Needs Permission
- e. Competing Down Is Not Allowed
- f. How to Request to Compete Up?

7. HOW MANY EVENTS CAN ATHLETES COMPETE AND SUBSTITUTIONS (13:00)

- a. Page 7-8 of Track & Field Program
- b. Registration Occurs on Athletic.Net Platform
- c. 4 events for D1 and D2; 3 events for D3
- d. Athletic.Net sets forth the Participation Restriction Rules so Making a Mistake in Registering is almost impossible
- e. No Substitutions for 100, 200, 400, 800 and 1600
- f. Substitutions OK for Relays and Field Events
- g. Need to Always Observe the Participation Restrictive Rules
- h. NO SPIKES/SPIKE SHOES, NO PACING and REPORTING TO THE CLERK IN TIMELY MANNER

8. ORDER OF EVENTS/TIMELINE (18:35)

- a. Page 6 of Track & Field Program
- b. 4-5 hours long; understand order of events to help with planning
- c. Order of Events can be viewed on the Meet Program (emailed prior to the Meet) or on ANet Live
- d. Track events start with girls first, then boys and youngest Division first
- e. Field events will stay open for majority of the meet but they will close if there is no remaining activity
- f. Turbo Jav area - one throwing area for all 3 divisions.
- g. Long Jump will have two pits - one for girls and one for boys, starting with D1
- h. Shot Put will now open immediately, starting with Division 2 girls

9. INDIVIDUAL COMPETITION AND TEAM COMPETITION (26:50)

- a. Page 15 of Track & Field Program
- b. Top 6 Finishers earn points for the team in Divisions 1 and 2; no team scoring in Division 3
- c. Athletes compete against the entire field, not just heats (note heats are seeded)
- d. Customized ribbons to top 4 finishers for each event for all 3 divisions; distributed at the end of the track season
- e. Top 3 teams in D1/D2 earn plaque, also distributed at the end of the season
- f. D1 teams only - Seasonal Champion (Trophy, Medals and TShirts)

10. REGISTRATION (30:22)

- a. Pages 3-5 of Track & Field Program
- b. Create ANet school account; Note verification period that ANet has
- c. New track coaches personnel can be added to the school's ANet account; if issues, contact ANet customer service
- d. Add FIYA meet to ANet school calendar
- e. Need to Reply to Email after adding first meet; you remain UNCONFIRMED until you do so
- f. Capacity and ensuring all athletes attend
- g. Place Athletes into Actual Events; Note the Registration Deadline;
- h. How to Modify Your Track Roster
- i. Request to Compete Up; Process Explained
- j. Print Out Your Entries to Ensure you have made no mistakes

- k. Invoicing occurs at the end of season for most schools. Note you are charged for athletes REGISTERED regardless of whether the athlete participates.

11. SPECIFIC TRACK RULES (45:10)

- a. Pages 9-10 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. Top 6 marks earn team points; top 4 marks receive customized ribbons
- e. For "Sprints": Stay in lane the entire time
- f. For "Distance": Waterfall starts, may cut in; Combo races
- g. Relays - Know Transfer Zone rules
- h. Relays - stay in your lane for 4x100 and 2 turn stagger rules for second relay
- i. Electronic Timing of all events; need to wear hip number on left hip. Exception: Meets at Malibu, hip numbers are on right hip.
- j. Live Results viewed on ANet Live
- k. Review results and send a timely email if you question the results

12. SPECIFIC FIELD RULES (51:45)

- a. Pages 11-14 of Track & Field Program
- b. Top 6 marks also earn team points; top 4 marks receive customized ribbons
- c. Failure to Timely Report to Field Judge may result in disqualification
- d. Track Event takes precedence over field event
- e. Equipment for D1 Boys Differs for Shot Put and Turbo Jav
- f. Field Events stay open for the majority of the track meet; need to pay attention to call announcements
- g. Review specific rules of each field event

13. FIYA TRACK & FIELD MEET LOGISTICS (54:15)

- a. Pages 16-20 of Track & Field Program
- b. 2 Coaches on the Field are Allowed
- c. Spectator Captain is highly encouraged
- d. Track Registration Packets picked up from Clerk upon arrival
- e. Bibs, Hip Numbers for Athletes; Safety Vests for Coaches
- f. Coaches Meeting Prior to Meet
- g. Understand how the clerk area works

h. Finish line information and final reminders