Foundation for Interscholastic Youth Athletics

Track & Field Program for 2027

onfiya.org/sports/track-field | athletic.net

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SUMMARY OF CHANGES

This summary highlights the changes for the current year that are different from the previous year. You should still review the entire program as a refresher if you are a returning participant to FIYA Track & Field Meets.

- Registration Process:
    - Schools must submit a school registration form on FIYA's LeagueApps page for **EACH** track meet. School registrations are due at least ten (10) days prior to the date of the track meet.
    - Schools must enter the athlete registration on ANet for each track meet no later than 9 PM on the Thursday before the date of the track meet.
- Track Order of Events:
    - For track events, the meet will start with all Division 3 track events occurring during the first hour: 100 M, 800 M and 400 M.
    - The start of the second hour will be the 4 x 100 M relays (D3, D2, D1). After the relays, the remaining track events will be for Divisions 1 and 2 only. See Order of Events timeline on page 7.
- Field Events:
    - All field events will open at the start of the meet in the first hour. No spike shoes should be worn by athletes when participating in the turbo javelin.
- Track Shoes:
    - If athletes desire to wear non-metal spikes or shoes with spikes, this will be allowed. However, no spikes or shoes with spikes should be worn by athletes competing in the Turbo Javelin.
    - With respect to FIYA's all time track and field records, marks earned prior to the 2027 track & field season will be preserved.

- Important Rules of Emphasis: These are rules that have been in place for many years but often come up for many so we want you to be aware.

    - Athletes MUST report DIRECTLY to the Clerk and/or Field Judge in a timely manner. Failure to do so will result in the athlete being scratched from the event.

    - No substitutions are allowed for any individual track event. While substitutions are allowed for relays and field events, you must ensure that you are abiding by the participation rules. Otherwise, an athlete that exceeds participation will be disqualified from ALL events that he/she participated in.

REGISTRATION

Registration for track & field meets should be viewed as **two** separate steps:

1. SCHOOL REGISTRATION - A school must FIRST register for **EACH** meet through FIYA's LeagueApps Registration platform at onfiya.org/registration/. School registration must be completed **at least ten (10) days prior** to the meet. For example, for the meet on Sunday March 21, a school registration must be submitted on or before Thursday March 11.

Please note that the submission of a school registration does NOT automatically guarantee that your school will be invited to participate. Rather, it depends upon the capacity of each track meet. A school that is invited to participate will receive an invite to accept on its ANet account within 48 hours of submitting the school registration form.

The cost of School Registration is $150 per school per meet. The $150 school registration fee will be applied as a credit towards the school's athlete registration fees for that meet. Consequently, the minimum registration fee for any school participating is $150 regardless of the number of athletes registered.

If a school that has been invited to join a track meet, then subsequently drops or removes itself from the ANet invite, the school shall STILL be responsible for the $150 school registration fee.

2. ATHLETE REGISTRATION - A school invited to join a meet will next need to register its individual athletes for the meet through the Athletic.Net registration platform. Each school must enter its individual athletes for specific track/field events for each meet. The **athlete registration deadline is 9 PM on the Thursday prior** to the meet. For example, if the meet is scheduled for Sunday March 21, the deadline to register your athletes is 9 PM on Thursday March 18.

The athlete registration fee is $20 per athlete registered for each meet, regardless of whether the athlete ultimately participates in the meet. The $150 school registration fee will be credited against these athlete registration fees. FIYA will invoice each school for any remaining balance at the conclusion of the track and field season.

Note that a school account on Athletic.Net is free. However, it does take approximately 48 hours to establish an account. See section below for more information about Athletic.Net school accounts.

INFORMATION ABOUT ANET ACCOUNT

1. Set Up an Athletic.Net Free Account. If your school does not have an account on Athletic.Net, you will need to create a free account. To be safe that you do not miss FIYA registration deadlines, you should create a free account AT LEAST ONE WEEK prior to the date of the track meet.

   Go to Athletic.Net and click "Create Free Account" button. Fill in the required information and follow the prompts. It will eventually ask about your school level (click Middle School) and your school name. If your school name does NOT populate, then you should click "I can't find my school" link and complete the prompts. Athletic.net will then verify your school and, after about 48 hours on average, your school account will become active and you can enter your athlete registration.

   If the school has an ANet account but its personnel changes; that is, 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.

   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. Accept Invite to a FIYA track & field meet to Your School ANet Calendar

   Upon submission of a School Registration form for each meet, within 48 hours you will receive an invitation on your school's ANet account. Click the Accept button on your ANet account. You are now ready to enter individual athletes into specific events at the track meet. 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.

3. Important Roster Tips on ANet

   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.

   Just creating a team roster (that is, listing the name, grade level and gender of your athletes) does not mean you have completed the athlete registration process. You still need to place athletes into specific events.

   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.

   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 (see page 7).

4. The Cost and Payment of a FIYA Track & Field Meet

   The cost for each FIYA track & field meet is $20 per athlete per meet. A school is charged for each athlete that it registers regardless of whether the athlete participates in the meet. The registration deadline is within three days of the track meet so we encourage you to be as accurate as possible. While we recognize that meet day issues may arise to prevent some of your athletes from attending, **a large number of no shows (20% or more) from your team may jeopardize your team's confirmation to future FIYA track meets.**

   Invoices will be sent immediately upon the conclusion of the track and field season. Consequently, payment is generally not needed until the invoices are sent. However, certain schools will be required to pay prior to a track meet and those schools will be directly informed as such. If you have not been informed, then payment is due upon conclusion of the track season.

ORDER OF EVENTS/APPROXIMATE TIMELINE

Approx. Time	TRACK	LONG JUMP	TURBO JAV	SHOT PUT
Start of Meet	**100 meters** D3 girls, D3 boys **800 meters** D3 Girls, D3 Boys (WF) **400 meters** D3 girls, D3 boys (WF)	D1 boys (A Pit) D1 girls (B Pit)	D3 girls/boys	D2 girls
@ 1 hour mark	**4 x 100 Relay** D3 girls, D3 boys D2 girls, D2 boys D1 girls, D1 boys **1600 meters** D2 girls/D1 girls (comb) D2 boys/D1 boys (comb)	D1 boys (Finishing) D1 girls (Finishing) D2 boys (A Pit) D2 girls (B Pit)	D2 girls/boys	D2 boys
@ 2 hour mark	**200 meters** D2 girls, D2 boys D1 girls, D1 boys **400 meters** D2 girls, D2 boys (WF) D1 girls, D1 boys	D2 boys (Finishing) D2 girls (Finishing)	D2 girls/boys (finishing) D1 girls/boys	D1 girls
@ 3 hour mark	**100 meters** D2 girls, D2 boys D1 girls, D1 boys **800 meters** D2 Girls, D2 Boys (WF) D1 Girls, D1 Boys (WF)	OPEN FOR ALL D1/D2	D1 girls/boys (finishing)	D1 boys
@ 4 hour mark	**4 x 200 Relay,** **800 Medley** (1, 1, 2, 4) **OR** **4 x 400 Relay** (2 turn stagger) D2 girls, D2 boys D1 girls, D1 boys	CLOSED	OPEN FOR ALL D1/D2	OPEN FOR ALL D1/D2

TRACK & FIELD GENERAL RULES

1) Competitive Divisions:

There are six divisions, divided by gender (boys/girls) AND separated by grade level:

- **Division 1 (D1)** is for 7th and 8th grades;
- **Division 2 (D2)** is for 5th and 6th grade; and
- **Division 3 (D3)** is for 3rd and 4th grade.

- Athletes must compete in only **one Division** and should wear their appropriate bib number on their chest 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 info@onfiya.org to request permission prior to the registration deadline.

2) Placing Athletes into Events and Substitutions:

- Coaches must register **all athletes AND their events** on their team account via **athletic.net**.

- Coaches are advised to double check their registration/team roster to make sure each athlete is in their appropriate events, gender, AND age divisions. Print out your team registration after completing this step to assist that you have registered everything correctly because we do not allow substitutions.

- When the registration deadline closes, no further changes can be made. On meet day, athletes that are registered for the individual track events (100, 200, 400, 800 and 1600) will be scratched if they do not show when called to the clerk. **NO SUBSTITUTIONS are allowed for any individual track events**.

- You may make substitutions for RELAYS and for FIELD EVENTS. However, in making those substitutions, you still need to adhere to the participation restriction rules set forth below. That is, each athlete cannot do MORE than 4 events (3 events for D-3) and each school cannot have more than 3 athletes competing in an event. If violated, the athlete in question will be disqualified for ALL HIS/HER EVENTS and the school's

team score will be negatively impacted. Substitutions and maintaining the participation restriction rules are the SOLE responsibility of the team's coach and not the track personnel.

3) Number of Events and Substitutions:

- **At the D1 & D2 level,** each athlete may compete in no more than **FOUR (4) events**; there are no restrictions on what four (4) events.

- **At the D3 level,** each athlete may compete in no more than **THREE (3) events.**

- Each school for all three divisions may enter no more than **THREE athletes** into each event. Any violation will result in a disqualification.

- Each school for all three divisions may enter only one relay team for the 4 x 100 meter relay. For the second relay event, only D1 and D2 may enter one relay team; D3 athletes are not eligible for the 4 x 200 meter relay, 800 meter medley relay or the 4 x 400 meter relay.

4) Forbidden Items/Activities with respect to Competition:

- **NO PACING OR SHADOWING FROM THE INFIELD** BY FELLOW ATHLETES OR COACHES.

- **FAILURE TO REPORT TO THE CLERK OR FIELD JUDGE IN A TIMELY MANNER** may result in being scratched from the event. **FAILURE TO REMAIN IN STAGING AREA (IN CORRECT HEAT AND LANE ASSIGNMENT)** may also result in being disqualified from a track event.

5) Specific Rules About Track Events:

- **SCORING** – the top 6 finishers in each track event earn points for D1 and D2 teams only; there is no team scoring in D3. (See section on Awards & Scoring below). While events are seeded, it is the top 6 finishers from ALL heats. Therefore, your athlete competes against the entire field so running through to the finish line is important to secure a high mark.

- **100M, 200M and 400M** – 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 2 and 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, 800 Medley OR 4 x 400. We generally run the 4 x 200 at the first two meets, the 800 Medley at the next two meets and the 4 x 400 at the last meet(s). For all relays we will use the 30 meter transfer zones unless otherwise notified.

For the 800 Medley relay, the first two runners run 100 meters, the third runner runs 200 meters and the fourth runner runs 400 meters.

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, 800 Medley 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 800 Medley Relay, this means the first three runners must run in their assigned lane the entire time. The fourth runner should start in his/her assigned lane but upon receiving the baton, the fourth runner may cut-in.

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.

- **Automatic Timing/Live Results/Protests**

- All FIYA meets are conducted with automatic timing. Results at the meet may be viewed on ANet Live (live.athletic.net) and/or westsidetiming.com (you may share this link with athletes, families, and spectators to see immediate scores and times as they're posted during the meet)

- Upon conclusion of the track meet, track coaches may review unofficial results posted on ANet Live (live.athletic.net) and/or westsidetiming.com and issue a formal written complaint or inquiry by sending an email to johnmueller@onfiya.org by 12 pm noon on the following day of the track meet. Written complaints or inquiries after the deadline will not impact the results of the track meet.

6) Specific Rules About Field Events:

- **SCORING** – similarly, the top 6 finishers in each field event earn points for D1 and D2 teams only; there is no team scoring in D3. (See section on Awards & Scoring below). While events are seeded, it is the top 6 finishers from ALL flights. Therefore, your athlete competes against the entire field.

- **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 the field event by final call will also be disqualified.
- Because of these rules, please have all of your athletes, coaches, and spectators pay 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.

LONG JUMP RULES

1. All athletes will be allowed three jumps.

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. In the long jump, the head must remain in the superior position. Somersault technique is not permitted.

4. A trial may not be initiated until the athlete is given verbal permission by the event judge.

5. The athlete shall take off from behind the scratch line. It shall count as a scratch if:

    a. The athlete's shoes extend over the scratch line or make a mark in front of it.

    b. An athlete runs across the scratch line.

    c. 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.

    d. The athlete fails to initiate an attempt that is carried to completion within the required time.

SHOT PUT 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. Athletes waiting their turn shall wait in the designated waiting area away from the circle. Also, coaches are not permitted anywhere near the throwing circle.

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. An 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 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 2nd or below in his/her heat and still be a top six finisher.

    - **Custom ribbons will be made for top 4 finishers in all events for all three (3) Divisions.**

- **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 2nd and 3rd 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 25-35 school teams and 500-700 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. Spectator Captain should possess the Meet Program and/or have access to ANet Live.

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 at least 1 hour 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. No school team pop-up tents allowed on the field. 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 100 M athletes in Division 3 only. Hip numbers should be placed on the athletes **LEFT** hip (exception when meets are at Malibu HS, hip numbers should be placed on the RIGHT 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, 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. 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 six to eight benches or rows of chairs at the clerk area and each bench/row represents a heat for individual track events. Bench 1 is for heat 1, bench 2 is for heat 2, 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 his/her 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 his/her heat number and to sit on the corresponding taped number with his/her 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 his/her 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 his/her result. It can be viewed on ANet Live or westsidetiming.com within minutes of the completion of the event.

7) Reminders for Coaches/Athletes

a) Wear bib on front top and 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). PLEASE HAVE YOUR TEAM CLEAN UP UPON DEPARTING THE FACILITY.