

**East San Gabriel Valley Middle School League  
Track and Field Guidelines 2022**

**Prelims Thursday 4-28 & Finals Monday-5-2 Covina District Field rain or shine**

**1. Guidelines for League:**

- a. The order of the events will be:
  - i. running: 4x100, 1600, 4x200, 400, 100, 800, 200, 4x400.
  - ii. field events: high jump, shot put, triple jump, long jump.
- b. Scoring:  
Finals Only: 1<sup>st</sup>: 10pt, 2<sup>nd</sup>: 8pt, 3<sup>rd</sup>: 6pt, 4<sup>th</sup>: 4pt, 5<sup>th</sup>: 2pt, 6<sup>th</sup>: 1pt (all events)

**2. Individual and Team Information**

- a. Athletes are limited to 4 events in any combination of 2-1-1 in respect to races, relays, and field events.
- b. Teams may enter 3 qualified athletes per event and 1 relay team per event
- c. Athletes from a school should be wearing similar shirts
- d. Coaches are responsible for their athletes getting to events or staying in the bleachers.
- e. Athletes may wear track shoes with appropriate spikes for all weather tracks (3/16" pyramids) or no spikes

**3. Running Events:**

- a. The order of races will be the same as a regular meet with what is listed above.
- b. The 1600 and 800 will be finals only.
  - i. 800 will be run on prelims
  - ii. 1600 will be run on finals
  - iii. Both in one heat. 7th and 8th girls, then 7th and 8th boys.
- c. Relay finals will be run on Day 2. If there are more than 8 relay teams for the 4x100 and 4x200, teams will qualify on prelim day, and run as finals on finals day.
  - i. only 6 teams will qualify for finals
- d. 4x400 relay will only run on finals day
  - i. A waterfall start will be used for the 4x400 relay finals if there are more than 8 teams. if less than 8 teams the 400m stagger start will be used and the first runner must stay in lanes
- e. The 800 relay will be using the 400 staggered start. The first two runners must run in lanes. The third runner may cut into lane 1 after the baton exchange.
- f. Relay participants will stand at the front of the passing zones to make exchange

**4. Field Events:**

- a. Schools responsible for field events (Judges, measuring devices, equipment):
  - i. Shot Put - Goddard
  - ii. High Jump - Chaparral
  - iii. Long Jump - Traweek
  - iv. Triple Jump - Suzanne
- b. high jump event - increased by two inches. 3 misses total.
- c. Shot put, long jump, and triple jump - three attempts will be recorded

**Field Events: Starting/Qualifying Marks**

7th Grade Girls High Jump: 3'8" (day two)	7th Grade Boys High Jump: 4'2" (day one)
7th Grade Girls Shot Put: 23'8" (day one)	7th Grade Boys Shot Put: 26'0" (day two)
7th Grade Girls Triple Jump: 23'0" (day one)	7th Grade Boys Triple Jump: 25'0" (day two)
7th Grade Girls Long Jump: 11'0" (day two)	7th Grade Boys Long Jump: 12'0" (day one)
8th Grade Girls High Jump: 4'0" (day two)	8th Grade Boys High Jump: 4'6" (day one)
8th Grade Girls Shot Put: 25'0" (day one)	8th Grade Boys Shot Put: 29'0" (day two)
8th Grade Girls Triple Jump: 24'0" (day one)	8th Grade Boys Triple Jump: 29'0" (day two)
8th Grade Girls Long Jump: 11'0" (day two)	8th Grade Boys Long Jump: 15'0" (day one)

**Running Events: Qualifying Marks**

7th Grade Girls 800: 3:20	7th Grade Boys 800: 2:50
7th Grade Girls 1600: 7:00	7th Grade Boys 1600: 6:00
8th Grade Girls 800: 3:10	8th Grade Boys 800: 2:40
8th Grade Girls 1600: 6:50	8th Grade Boys 1600: 5:50