

Marin County Junior High/Middle Schools Track and Field Championship Meet 2022

Events Description

100 Meter/200 Meter Dash

1. The runner must stay behind the starting line until the gun goes off.
2. Each runner will be assigned a starting lane and will stay in his lane for the entire race. If the runner goes out of the assigned lane, the runner is disqualified. After the race is completed, the runner is to remain in their lane until the judges signal to leave.
3. Two false starts will eliminate the runner.
4. The starting commands will be: "RUNNERS TO YOUR MARK – GET SET – GUN."
5. In the 200 and 4x400 relays: "RUNNERS TO YOUR MARK – WHISTLE – GUN."

600 Meter/1200 Meter

1. Cascade start.
2. The starting commands will be: "RUNNERS TO YOUR MARK – GUN."
3. To pass another runner and cross in front, the runner must be at least one full stride in front.
4. If a spill/fall occurs at the start or on the first turn of the race due to no fault of a particular runner, the race will be recalled and restarted.

4x100 Meter

1. Teams and team members must stay in their assigned lane for the entire race.
2. The baton must be carried from start to finish.
3. The baton must be passed inside the passing zone that is 22 yards; it is formed by lines drawn parallel with and 11 yards on each side of the exchange mark. In addition to the passing zone, an "acceleration zone" of 11 yards will be allowed.
4. Runners must stay in their lanes after passing the baton, and remain there until all runners have passed their baton and the receiving runners have moved out of the area.
5. During the exchange, a runner (or team member) stepping into another lane and disturbing the baton exchange in that lane will disqualify their team.
6. During the relay, a runner shall be disqualified who, without being fouled and while running around a curve, steps on or over his lane line for three (3) or more consecutive steps with either one or both feet.
7. All members of relay teams must wear the same color shirt.

4x400 Meter

1. There shall be four separate mile relays: Boys A/B Class, Boys C/D Class, Girls A/B Class, and Girls C/D Class mile relays. Each shall consist of 2 runners from each class. 3 lower class runners are allowed (though no more than 2 upper class runners). For example, a relay team may be 2 As and 2 Bs or 1 A and 3 Bs.
2. Each runner shall run 440 yards. The start shall be a "group" start; the race will not be run in lanes.
3. To pass another runner and cross in front, the runner must be at least one full stride in front.
4. Baton Exchange: At each exchange, the team with its runner in front shall have the inside exchange position, the 2nd runner's team gets 2nd exchange position, etc.
5. A runner may run in the 440-Yard and/or the Mile Relay.
6. Participants who run the 4x400 Meter Relay cannot run the Co-Ed 4x400 Meter Relay.

Co-Ed 4x400 Meter

1. There shall be two separate Mile Relays: Co-Ed A/B Class and Co-Ed C/D Class. Each Co-Ed Relay Team shall consist of one male runner in Class A and one female runner in Class A, one male runner in Class B and one female runner in Class B. Please note that, as with mile relay, two of the lower class may run but not two of the higher class. For example, both can be B instead of A.
2. Participants can run in one of the following but not both: 4x400 Meter Relay or Co-Ed 4x400 Meter Relay.
3. Each runner shall run 440 yards. The start shall be a "group" start; the race will not be run in lanes.
4. To pass another runner and cross in front, the runner must be at least one full stride in front.
5. Baton Exchange: At each exchange, the team with its runner in front shall have the inside exchange position, the 2nd runner's team gets 2nd exchange position, etc.
6. A runner may run in the 440-Yard and/or the Mile Relay.

Shot Put (Boys 8lb shot/Girls 6lb shot)

1. Two (2) final puts shall be given to each competitor. No trial (or warm up) puts shall be given.
2. Each competitor shall be credited with the best of two (2) attempts.
3. The put must be made from the circle. It is a foul if the competitor touches the top of the stopboard, or steps on or over the stopboard or the edge of the circle during the put. It is permissible to touch the inner edge of the stopboard.
4. The shot put must be put from the shoulder, and the shot shall touch or be in close proximity to the chin.
5. Each put shall be measured from the nearest mark made by the fall of the put to the inside of the circumference of the circle in a straight line (middle inside edge of the stopboard, with tape extended to the center of circle).

High Jump

1. Each competitor will have two (2) attempts at each height.
2. Starting Heights:

| AREA MEET | | | CHAMPIONSHIP MEET | |
|-----------|-----|--|-------------------|-------|
| 4'6" | A's | | 4'8" | |
| 4'4" | B's | | 4'6" | BOYS |
| 4'2" | C's | | 4'4" | |
| 4'0" | D's | | 4'2" | |
| | | | | |
| 4'0" | A's | | 4'2" | |
| 3'10" | B's | | 4'0" | GIRLS |
| 3'8" | C's | | 3'10" | |
| 3'6" | D's | | 3'8" | |

3. At no time will the bar be lowered for a contestant. If reporting to the event late, or having been excused to participate in another event, the competitor must next jump at the current height of the bar. Competition is not over until all jumpers have been disqualified.
4. The bar will be raised five centimeters (5cm) at a time to 1.52 meters (5 feet) and 2 centimeters (1 inch) thereafter.
5. The takeoff shall be from one (1) foot only.
6. It shall be considered a failed attempt if:
 - The jumper crosses underneath the bar on an attempt.
 - The bar falls off because of being hit by the jumper in his attempt. The position of the competitor at the time the bar falls shall have no bearing.
 - The jumper makes two (2) approaches without a jump.
7. Two (2) consecutive failures at a particular height shall disqualify the jumper from further competition.
8. In the case of a tie, the higher place shall be given to the jumper with the fewer number of misses at the height last cleared. If the tie still remains, the jumper with the fewest misses throughout the competition, up to and including the height at which the tie occurred, shall be awarded the higher place. If still a tie, the contestant with fewest number of total jumps will win.

Running Long Jump

1. Two (2) final jumps shall be given to each jumper. No trials will be allowed. Each jumper shall be credited with the best of two (2) tries.
2. The length of the run is unlimited.
3. The jumper shall take off from behind the takeoff board ("scratch line") or its front-edge extended. If the jumper's shoe extends over the scratch line or makes a mark on the ground immediately in front of it, a "foul jump" shall be called, and the jump shall not be measured; the attempt shall count.
4. Each jump shall be measured at right angles to the scratch line (or the scratch line extended) to the nearest break in the ground made by any part of the competitor's feet, hands, body, or clothing.
5. The takeoff shall be from one (1) foot only.