

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

Rules and Regulations

1. **Limitations of Participants for Boys and Girls:** A competitor can compete in a maximum of 5 events; these 5 may include track events, field events, and relays. The competitor is limited to a maximum of 2 + 1 in the track and field events; 2 track and 1 field or 2 field and 1 track. In addition to the track and field events, the competitor may also compete in the 400-Yard Relay and/or Mile Relay. The total of events entered shall not exceed 5 events.
2. **Clothing Regulations:** Each competitor must wear a shirt or jersey and tennis/running shoes. Spiked or cleated shoes are not allowed.
3. **Physical Examination:** Each competitor must have on file with their school a verification of a physical examination within the last calendar year.
4. **Parents Permission:** Each school must have on file a permission slip signed by parent or guardian.
5. **Insurance:** Each school represented is to check with its district concerning its policy.
6. Awards:
 - a. Relays: Medals for 1st place, ribbons for 2nd to 4th places; a perpetual trophy for the winning team in each classification.
 - b. Track and Field Events: Medals for 1st place and ribbons for 2nd to 5th place.
7. Students must check in for their field event before going to a running event or they may be eliminated from the event.
8. **Relay Areas:** A relay area will be arranged with classes and school names. After the last call, if the school does not have 4 runners, that school will be dropped from the race.
9. Each area can qualify the following per class:

100 Meter Dash	2 Individuals
200 Meter Dash	2 Individuals
600 Meter Dash	5 Individuals
1200 Meter Dash	5 Individuals
4x100 Meter Relay	2 Teams
4x400 Meter Relay	2 Teams
All Field Events (Long Jump, High Jump, Shot Put)	5 Individuals

10. Any boy or girl over the age of 15.5 years of age is ineligible to complete.

11. **Officials' calls are "final".**