

### GENERAL INFORMATION

The middle school track & field schedule will be posted on the APS Athletic Department website, [www.aps.edu/athletics](http://www.aps.edu/athletics), under *MS Schedules*. Meet results will be posted on the APS Athletic Department website within one week following the meet. Meets will not be scored and awards will not be provided.

Meets will be hosted and officiated by designated high school track & field teams as assigned by the APS Athletic Department. All New Mexico Activities Association track & field rules and National Federation of State High School Associations track & field rules apply unless otherwise specified.

### MEET SCHEDULE AND ORDER OF EVENTS

Warm-ups may begin fifteen minutes prior to the start of the meet and must be supervised by a team coach. A coaches meeting will be hosted by the meet director fifteen minutes prior to the first scheduled event. Field events will be conducted as open events and will start and end at listed times, including warm-ups. Running events will be conducted in the order listed and on a rolling schedule when the maximum number of heats are not necessary. An event shall not start after 7:30pm. Failure to begin an event by 7:30pm will result in the event(s) not being included in the meet.

Lane assignments will be determined at the coaches meeting per the following guidelines:

- Each school will be assigned one lane for the meet.
- Schools will draw for lane assignments at the coaches meeting.
- All 8 lanes may be assigned and/or used.

Meets consist of eleven events, seven running events and four field events.

### RUNNING EVENTS

Running events will begin at 4:30pm in the following order:

4:30pm	1600-meter Run	Order of Heats
5:00pm	100-meter Dash	6 <sup>th</sup> Grade Girls
5:25pm	400-meter Dash	6 <sup>th</sup> Grade Boys
5:55pm	4x100-meter Relay	7 <sup>th</sup> Grade Girls
6:30pm	200-meter Dash	7 <sup>th</sup> Grade Boys
6:55pm	800-meter Run	8 <sup>th</sup> Grade Girls
7:15pm	4x200 meter Relay	8 <sup>th</sup> Grade Boys

### FIELD EVENTS

Field event must be offered during the times listed.

High Jump	4:30pm – 5:30pm	Discus Throw	5:15pm – 6:15pm
Long Jump	4:30pm – 5:30pm	Shot Put	5:15pm – 6:15pm

### EVENT INFORMATION

Competitors are restricted to warming up for events in designated areas. Warm-ups for throwing and jumping events are not permitted unless supervised by a coaching staff member of the meet host school or the competitor's coach.

Labels will be used to keep track of and document the order of completion and measured results in all events. Labels must not exceed 1" x 2½" in size (e.g. Avery 5160 address labels). All participants must wear a label that includes the following information in the following format:

**NAME:**  
**SCHOOL:** INCLUDE FULL SCHOOL NAME – AVOID INITIALS  
**EVENT/GRADE/GENDER**

**NAME:** JAMES LEYBA  
**SCHOOL:** GRANT MS  
**EVENT/GRADE/GENDER:** 100 METER DASH/7<sup>TH</sup> GRADE/MALE

### Relay Events

- Relay events will be restricted to one entry/relay team per grade per gender.
- Members of a relay team must be in the same grade.
- If lanes are available, the host high school may combine heats per the following guidelines:
  - 7<sup>th</sup> grade relay teams are allowed to run in same heat as 6<sup>th</sup> grade relay teams and/or 8<sup>th</sup> grade relay teams.
  - Boys and girls relay teams are not allowed to participate in the same heat unless approved by the meet host
  - 6<sup>th</sup> and 8<sup>th</sup> grade relay teams are not allowed to participate in the same heat.
  - Relay team results must be sorted by grade level and on designated event result forms.

### 1600-meter Run and 800-meter Run

- There will be one heat per gender per event and order of completion will be sorted by time regardless of grade.
- All female entries (6th, 7th & 8th grades) will run in the same heat.
- All male entries (6th, 7th & 8th grades) will run in the same heat.

### High Jump

- Each competitor is allowed a maximum of two trials at any one height and may not elect to pass trials at any height.
- After the competition has started, the bar shall not be lowered. If a competitor misses a trial at a particular height, he/she may continue to participate but will have to resume trials at the set height upon rejoining the event.
- The starting height will be 3'10". This is the height the bar will be set for warm-up jumps. The bar will be raised 2" at a time until there is only one competitor left in the event.

### Long Jump

- Each competitor is allowed two trials.
- The foul line in the long jump should be approximately 8 feet from the near edge of the landing pit.

### Discus Throw

- Each competitor will be allowed two trials.
- The discus must weigh 1 kilogram (2.205 lb.).

### Shot Put

- Each competitor will be allowed two trials.
- The shot must weigh 4 kilograms (8.818 lb.) for males and 2.744 kilograms (6.049 lb.) for females.

## MAXIMUM PARTICIPATION RULES

- Students are limited to four events in a meet. No more than three of these may be running events including relays. No more than two running events may be 400 meters or more.
- Individual event entries will be limited to three entries per grade per gender.
- Relay entries will be limited to one entry per grade per gender.
- Participants must be entered in at least one event per meet.
- It is the responsibility of the head coach to oversee participant event assignments to which the maximum participation rules apply.
- Participation rules may not be waived for any reason. Enforcement of participation rules is the responsibility of the head coach and not that of the meet host.

## CONDUCT EXPECTATIONS AND GUIDELINES

- Coaches are responsible for assisting with the supervision of running and field events with the intent to provide a safe, competitive environment.
- Coaches are responsible for the conduct of their athletes and team personnel.
- Coaching personnel must supervise and promote athletes and team personnel to behave in a manner that respects the rules and regulations of the sport.
- Students, coaches, parents and spectators are expected to abide by the APS Athletic & Activity Code of Conduct, the Parent Code of Expectations and the Spectator Code of Expectations.
- Any player and/or coach ejected from a meet will be subject to the penalties set forth by the NMAA. Refer to the NMAA Handbook, Section VII Sports Regulations, 7.7.2 NMAA Game/Contest Ejection/Disqualification Policy.
- Questions and concerns regarding the meet shall be addressed by the head coach to the meet referee.

## UNIFORM

- Teams shall wear the uniform provided by the APS Athletic Department.