



South Orange County Open Track Meet ORDER OF RUNNING EVENTS FOR 2019

(NOTE: Times are approximate. Meet may move faster / slower than posted times.)

Track will be open for practice from 8:00am to 9:45am.

ATHLETES – Running Events are priority over Field Events. If your race is called during your field event, compete in your race then go back to your field event.

APPROXIMATE TIME 10:00 AM

Bunch Starts

1600 Meter Run.....	Division 04 & 05*
1600 Meter Run.....	Division 06
800 Meter Run.....	Division 07
800 Meter Run.....	Division 08
800 Meter Run.....	Division 09

APPROXIMATE TIME 11:00 AM

50 Meter Dash Heats	Division 10
50 Meter Dash Heats	Division 11
50 Meter Dash Heats	Division 12
50 Meter Dash Finals	Division 10
50 Meter Dash Finals	Division 11
50 Meter Dash Finals	Division 12

APPROXIMATE TIME 12:00 PM

All 400's Timed Finals

400 Meter Run.....	Division 04 & 05*
400 Meter Run.....	Division 06
400 Meter Run.....	Division 07
400 Meter Run.....	Division 08
400 Meter Run.....	Division 09
400 Meter Run.....	Division 10
400 Meter Run.....	Division 11

*Please note: Division 04/05 is combined and will be competing against each other

APPROXIMATE TIME 1:00 PM

100 Meter Dash Heats	Division 04 & 05*
100 Meter Dash Heats	Division 06
100 Meter Dash Heats.....	Division 07
100 Meter Dash Heats.....	Division 08
100 Meter Dash Heats	Division 09
100 Meter Dash Heats	Division 10
100 Meter Dash Heats	Division 11
100 Meter Dash Heats	Division 12

100 Meter Dash Finals	Division 04 & 05*
100 Meter Dash Finals	Division 06
100 Meter Dash Finals	Division 07
100 Meter Dash Finals	Division 08
100 Meter Dash Finals	Division 09
100 Meter Dash Finals	Division 10
100 Meter Dash Finals	Division 11
100 Meter Dash Finals	Division 12

APPROXIMATE TIME 2:15 PM

All 200's Timed Finals

200 Meter Dash Finals	Division 04 & 05*
200 Meter Dash Finals	Division 06
200 Meter Dash Finals	Division 07
200 Meter Dash Finals	Division 08
200 Meter Dash Finals	Division 09
200 Meter Dash Finals	Division 10
200 Meter Dash Finals	Division 11
200 Meter Dash Finals	Division 12

ORDER OF FIELD EVENTS FOR 2019

(NOTE: Times are approximate. Meet may move faster / slower than posted times.)

Long Jump Pits will be open for practice from 8:00am to 9:45am/Long Jump Pits will utilize an open pit and will open at 10:00am and close at 1:30pm.

ATHLETES – Running Events are priority over Field Events. If your race is called during your field event, compete in your race then go back to your field event.

LONG JUMP - Boys Pit #1

Open Pit – Closes at 1:30pm All Age Groups

LONG JUMP - Girls Pit #1

Open Pit – Closes at 1:30pm..... All Age Groups

SHOT PUT (Same for Boys/Girls)

11:00-11:30	Division 04 & 05*
12:00-12:30	Division 06

HIGH JUMP – (Same for Boys/Girls)

10:30-11:00	Division 06
11:00-11:30	Division 04 & 05*

SOFTBALL THROW - Boys Area #1, Girls Area #2

10:30-11:00	Division 12
11:00-11:30	Division 11
11:30-12:00	Division 10
12:00-12:30	Division 09
12:30-1:00	Division 08
1:00-1:30	Division 07
1:30-2:00	Division 06
2:00-2:30	Division 04 & 05*

*Please note: Division 04/05 is combined and will be competing against each other

MEET NOTES/RULES

The Official SCMAF Youth Sports Rules shall govern all SCMAF Track and Field competitions. SCMAF has created these rules based upon National Federation of State High Schools Association (NFSHSA) and the California Interscholastic Federation (CIF). NFSHSA or CIF rules shall be employed except when they are in conflict with the SCMAF Youth Sports Rules. In such cases, the Official SCMAF Youth Sports Rules shall apply.

- 1) A runner committing two (2) false starts shall be disqualified.
- 2) A runner shall be liable for disqualification if he/she interferes, obstructs, or gains an advantage over another runner or runners. Athletes are not automatically disqualified for leaving assigned lanes if no advantage is gained or interference is made.
- 3) High Jump minimum starting heights shall be as follows:
Division 05/04: Boys – 4'3"; Girls – 4'0"
Division 06: Boys – 4'0", Girls – 3'9"
- 4) High Jump heights will be raised by a minimum of 3" increments until there are only five (5) remaining competitors.
- 5) In the High Jump, the participant may take off their shoe on lead foot.
- 6) Long Jump participants will be allowed three (3) official jumps. *Warm up jump will only be allowed if time permits.*
- 7) Softball throw participants will be allowed three (3) non-consecutive official throws.
- 8) The 50 and 100 meter dashes will run a qualifying heat leading into a final, provided there are more than nine (9) qualifiers. *Two heats-first four (4) places and fastest 5th place; three heats-first three (3) places; four heats-first two (2) places and fastest 3rd place.*
- 9) The 200 meter dash will be run in lanes by flights (*best time wins.*)
- 10) The 400 meter run will be in lanes by flights (*best time wins.*)
- 11) The 800 and 1600 meter runs will be held in a bunch start, one race.
- 12) Bunch starts may be used at the discretion of the Meet Director.
- 13) Coaches and parents are not permitted to enter the track infield area.

EQUIPMENT

- 1) Shoes - All participants must wear shoes in competition.
- 2) Spikes - Track and turf spikes are not permitted. Track shoes designed for spikes are not allowed, even if the spikes are removed.
- 3) Starting Blocks - The use of starting blocks is prohibited.
- 4) Shot Puts - The shot may be either brass, steel, or a synthetic covered implement; six (6) pounds for girls, eight (8) pounds for boys.
- 5) Softballs - A rubber or leather softball, 12 inches (30 centimeters) in circumference shall be used.

AWARDS

- 1) The top six (6) finishers in each division will advance to the SCMAF Orange County Track and Field Qualifying Championships on May 19th.