

ECIC GIRLS' TRACK SPORTS STANDARDS

I. Prior to the meet, officials shall inspect all equipment and facilities and determine if they can be used. Officials may eliminate one or more events from the meet or cancel the entire meet if conditions warrant.

II. Three varsity contestants shall be allowed for each school in all races conducted in lanes. These include the 100, 200, 400, 100H and 400IH.

III. Four varsity contestants shall be allowed in non-lane races which are the 800, 1500, 3000; and all field events; long jump, triple jump, shot put, discuss, high jump and pole vault.

IV. The contestants shall determine High Jump and Pole Vault starting heights in dual meets. Generally, pole vault starting heights for girls will be 5'6" the bar will be raised 6" up to 9' and then 3" after that. High Jump could start as low as 3'6" but may start higher if all competitors agree; the bar will be raised 2" up to 5' and then 1" after that.

V. Running Events	Field Events
3200mR	Long Jump
100m Hurdles	Pole Vault
100m	High Jump
1500m	Shot Put
400m	
400m Intermediate Hurdles	Discus (after shot)
800m	
200m	Triple Jump (after Long)
3000m	
1600mR	
400mR	

VI. The Long Jump, Pole Vault, High Jump, and the Shot should begin at the same time as the first running event.

VII. A girl will be allowed to run a varsity and/or JV event on the same day, as long as she does not exceed the limit of four events per meet or break any other rule.

VIII. All ECIC track and field competitions for girls are covered by National Federation Rule Book unless policies have been adapted or changed by ECIC Track and Field.

IX. It is expected that any event not governed by a paid official must be supervised by a trained adult prior to the start of the meet. Coaches must supply them with training and a copy of the ECIC handbook rules for the event. Any confusion or misunderstanding of the rules should immediately be directed to a paid official.

X. When hosting the ECIC Championship meet, the school must have 8 lane track, 2 Long/Triple jumping pits, 2 High Jump pits, 1 steeplechase, and lights.

XI. Additional Track Standards, which govern Dual Division meets and the ECIC Championship Meet, are enclosed.

XII. Tie Breaker for the three-way ties in the divisions: The sum of the team scores from the dual meets against the tied teams will be used to decide the champion.

XII. Any team arriving to a competition late should receive no longer than 20-30 minutes to warm up.

(Revised 2009, 2015, 2022, 2023, 2024)