

## ECIC BOYS 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 meet or cancel entire meet, if conditions so warrant.
- II. Three varsity contestants shall be allowed each school in all races conducted in lanes. (100, 200, 400. High and intermediate Hurdles.)
- III. Four Varsity contestants shall be allowed in non-lane races (800, 1600, and 3200) and all field events (long jump, triple jump, pole vault, shot, and discuss).
- IV. The 100 will be conducted in meters; all other races should be conducted in meters, when possible.
- V. High Jump and Pole Vault starting heights in dual meets shall be determined by the contestants and the conditions. As a general rule, the High Jump bar should be raised 2” intervals to 6’ and then 1’ intervals to completion and the Pole Vault bar should be raised 6” to 12’ and then 3” to completion.
- VI. Order of Events for Boys’ ECIC Dual Meets

|                                |                          |
|--------------------------------|--------------------------|
| a). RUNNING EVENTS             | FIELD EVENTS             |
| b). 3200 m Relay               | Long Jump                |
| c). 100 m High Hurdles         | Pole Vault               |
| d). 100 meters                 | High Jump                |
| e). 1600 meters                |                          |
| f). 400 m                      | Shot Put                 |
| g). 400 m Intermediate Hurdles |                          |
| h). 800 m                      | Discus (after shot)      |
| i). 200 m                      |                          |
| j). 3200 m Run                 | Triple Jump (after Long) |
| k). 1600 m Relay               |                          |
| l). 400 m Relay                |                          |
- VII. The Long Jump, Pole Vault, High Jump, and the Shot should begin at the same time as the first running event.
- VIII. A boy will be allowed to run a Varsity and/or JV events on the same day, as long as he does not exceed the limit of four events per meet or break any other rule.
- IX. It is recommended the faculty supervision be used to run all events not governed directly by a paid official.
- X. All ECIC Track and Field Competitions for Boys are covered by National Federation Rule Book.