

## ECIC GIRLS TRACK SPORTS STANDARDS:

(Revised 2009; 2015)

- 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 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 400H.
- 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, discus, high jump and pole vault.
- IV. The contestants shall determine High Jump and Pole Vault starting heights in dual meets. Generally, pole vault starting height 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. Order of events for Girls ECIC Dual meets/ these are now called Coed Meets, boys events follow girls, Distance events (4x800m, 1500/1600, 3000/3200) can be run simultaneously if agreed upon by coaches. If there are enough qualified adults to run field events, shot put and discus can be run at the same time if safe. Girl's pole vault and high jump are contested first followed by boys. Long jump is a coed open pit for 1 hour 15 min, followed by coed triple jump.

### Running Events

3200mR  
100mH  
100m  
1500m  
400m  
400mH  
800m  
200m  
3000m  
1600mR  
400mR

### Field Events

Long Jump  
Pole Vault  
High Jump  
Shot Put  
  
Discus (after shot)  
  
Triple Jump

- VI. Field events 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 recommended that a competent adult supervises any event not governed directly by a paid official.
- X. When hosting ECIC Championship meet, school must have 8 lane track, 2 jumping pits, 1 steeplechase, and lights.

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