**Modified Track & Field Sport Standards**

(Revised 2015)

**Order of Events:** (see attached). This is used in Dual Meets and the Multi Team Competition.

**Dual Meets:** There is no set limit to how many student athletes may participate in an event. In the interest of time, the Boys and Girls 1500m race may be combined, and the 3000m race may be run with the 1500m race.

**Multi Team Competition:** There is a set limit to how many student athletes may participate in an event with 2 entries per event per gender per grade level EXCEPT the 3000m run and all relays where only 1 entry per event per gender per grade level is allowed. Also, any relay with at least 1 eighth grader competing on it will be considered an 8th grade relay.

**Athlete specific:**

* 10 team and Individual practices are required prior to a scrimmage and 15 prior to any official competition
* Any eligible student athlete can only participate in a maximum of 3 events per competition provided the student athlete does not exceed 2300 meters or two 2 running events (exception is the 3000m run)
* Only two of the three events may be track events or field events
* Hurdles are set at 30” for Boys and 30” for Girls
* Hurdle distances are 55m and 200m only
* Boys run 1500m (not 1600m as in JV or Varsity)
* Relays are 4 x 100m, 4x200m, and 4 x 400m. There is no 4 x 800m relay
* Starting height for high jump and pole vault is determined prior to the event being contested after discussion with the competitors and coaching staffs.

**COMPETITION FORMAT & INFORMATION**

**TRACK** Events – GIRLS heats/sections followed by BOYS

**55 meter Hurdles** (30” boys & 30” girls) - heats

**200 meter Dash** - heats

**1500 meter Run** - sections

**100 meter Dash** - heats

**400 meter Dash** - heats

**200 meter Hurdles** (30” both genders) - heats

**800 meter Run** - sections

**3000 meter Run**\*- sections

**4 by 200 meter Relay** - heats

**4 by 100 meter Relay** - heats

**4 by 400 meter Relay** - heats

**FIELD** Events – GIRLS flights/sections followed by BOYS

**4 kg Shot Put**

**1 kg Discus**

**Long Jump**\*\* - 4’, 8’, & 12’ boards minimum

**Triple Jump**\*\* - 16’ 18’, & 21’ boards minimum

**High Jump**\*\*\*

**Pole Vault**\*\*\*

\*In the interest of time and with prior approval from the coaching staffs and the official(s), the boys and girls 3,000 meter Runs may be contested simultaneously where the 1500 meter Run is scheduled.

\*\*45 minute open pit for all attempts is suggested for horizontal jumps. Additional boards may be utilized if agreed upon and necessary.

\*\*\*The high jump and pole vault bars will rise after a reasonable pre-determined amount of time has passed (5 minutes is suggested)

**NOTE**: The throwing events can proceed in an order determined by the supervisor/volunteer that has been approved by the coaching staffs and official(s). A 45 minute cap time per throwing event is also suggested.

**NOTE**: All order of events, rules, conditions, and stipulations that are applicable at League triangular and dual competitions are identically applicable to the League Multi-Team Competitions.

**Any items related to modified track and field not stated above are addressed in the NYSPHSAA Modified Game Rules and Game Conditions and/or the Section VI modified sports handbook.**