

# S.I.T.A. CHAMPIONSHIP RULES (updated 05/02/2016)

BE AT THE TRACK 45 MINUTES EARLY!!!! THE MEET WILL START PROMPTLY

1. A student must participate in at least one league meet to be eligible to participate in the Championship Meet.
2. All field event rosters will be submitted by e-mail or fax on the date specified on the roster request.
3. Please be sure that the athlete is in the right age group. An athlete may not run down. (Be in a younger age group.) Any athlete found to be in the wrong age group must be disqualified with no substitution and no points. (An athlete may run in an older age group). Remember the age cut off date is April 1<sup>st</sup>.
4. A student can participate in two events. If you enter a student in two events, **ONE MUST BE THE 4X75 RELAY**. The other event must be **one field or one sprint**. (EXEPTION-800 relays or mile run may be used as a third event.
5. Coaches from the Hoak Division will attend the DeMarco Championship to officiate an event. Coaches from the DeMarco Division will attend the Hoak Championship to officiate an event. This will help to alleviate the issues of parents who have not helped at regular meets trying to run an event.
6. 6 Places will be awarded: 2<sup>nd</sup> through 6<sup>th</sup> will receive ribbons as each event finishes; winners will receive medals at the end of the meet.
7. **RELAYS:**
  - a. The relays and field events both start at the same time. Relay competitors must report to the relay's first.
  - b. There will be **NO BUBBLEGUM** races at the championship.
  - c. 300(4x75): One heat: Each school will be allowed only **ONE** relay team in each age and gender group.
  - d. 800 (4/200): 2 heats – hold runners from both heats and determine 6 winners by best times from combining both heats – no run-offs.
  - e. Lane assignments will be determined by the best times through the league meets and will be available on the website after the final league meet along with the final league standings.
8. **SPRINTS:**
  - a. The sprints will begin as soon as the relays are finished.
  - b. Each school will be allowed two sprinters in each age group:  
2 heats with the top 3 finishers from each heat advancing to the final – 6 finalists in all.  
(PLEASE explain this to your athletes prior to the meet. Coming in 1<sup>st</sup> in your heat doesn't mean you won.
  - c. Lane assignments determined prior to the meet – not seeded.
9. **FIELD EVENTS (Jumps and Throws):**
  - a. Coaches will mark which athletes are in the mile or 800 when submitting the roster so that these athletes can compete first in line.
  - b. Maximum 3 entries in each field event from each school.
  - c. There will be no ties. For jumps, go to 2<sup>nd</sup> best jump for each competitor to break tie. For throws, a throw-off will determine the winner.
10. **MVP AWARDS:** Coaches will fill out and hand in MVP point totals for their athletes to the score table immediately after the last event. Only one boy and only one girl MVP Award will be presented at each championship. If a championship meet has 2 girl MVP nominees or 2 boy nominees caused by a tie in points, tie breakers are as follows:
  - a. If a tie occurs between two runners, the best time at the championship will determine the winner.
  - b. If a tie occurs between two jumpers or baseball throwers, the best distance will at the championship determine the winner.
  - c. If a tie occurs between a runner and a field event athlete, or two separate field events, the best regular season result for an athlete in that event will determine the winner.

11. **SCORING is 6 places awarded: 10, 8, 6, 4, 2, 1**