

## **Delaware County Girls' Track and Field Relay Carnival**

**Saturday, April 9, 2022 1:00 p.m.**

**Haverford High School**

### **Rules:**

1. **Participation:** This meet is open to girls who are members of any high school team in Delaware County. The following will be needed to compete:
  - a. Previously paid the \$450.00 (full plan) or a check for \$150.00 to DCGT&FCA
  - b. A work assignment.
2. **Awards:** Medals will be awarded to the top 5 relays in each event. No team score will be kept in this meet.
3. **Seeding:** **Must make online entry @PennTrack XC. Entries close on 4/8/22 at 8:59pm.**
4. **Rules:** This meet will be governed by the current national federation rule book, except where the games committee has added, deleted, or changed the rules for this meet:
  - No false starts.
  - Relay teams must all be dressed alike.
  - Athletes may participate in 4 events.
5. **Scratches:** You may scratch a relay with no penalty. A team will be considered scratched if it does not clerk in 10 minutes before the event.
6. **Track events:**
  - a. The shuttle hurdle relay will be run on the track.  
A 1.22 meter exchange zone will be used.
  - b. Track events will be run in sections and final placement will be based on time.
  - c. ¼" inch spikes only on all track surfaces.
  - d. Races to be run in lanes:
    - Sprint medley relay - 1st and 2nd legs only
    - 1600 meter relay - 1st leg and 2<sup>nd</sup> leg breaks after one turn
    - 800 meter relay - 1st and 2nd legs only
    - Southern sprint medley relay - 1st, 2nd, and 3rd legs
    - 400 meter relay - all legs
    - All other relays - Penn Relays start
  - e. "B" relays only may be entered in running events
7. **Field events:**
  - a. In all field events, awards will be based on the total height or distance for each team.
  - b. All ties will be settled by the guidelines in the national federation rule book.
  - c. A two minute time limit will be used in all field events.
  - d. The 10 minute time limit will be in effect when a competitor leaves one event to compete in another. Remember your competitor must tell the official when leaving one event for another.
  - e. There will be three throws or jumps per competitor.
  - f. The games committee will inspect all throwing implements or choose a common set of implements from the competitors.
8. The executive committee will act as the games committee. The meet director will Bill Coren. The referee will be Brad Gilbert.
9. **Spikes allowed will be ¼" pyramids or less only. Blocks will be supplied by the host school.**
10. Results can be found at <http://haventrackxc.com>

## Order of events

- 1:00 p.m.** Shot Put followed by Discus then Javelin  
Long jump followed by Triple Jump  
Pole Vault followed by High Jump
- 2:00 p.m.** Shuttle hurdle relay (4 x 100 hurdles)  
Southern sprint medley relay (100, 100, 200, 400)  
6400 meter relay (4 x 1600)  
400 meter relay (4 x 100)  
3200 meter relay (4 x 800)  
Sprint medley relay (200, 200, 400, 800)  
800 meter relay (4 x 200)  
Distance medley relay (1200, 400, 800, 1600)  
1600 meter relay (4 x 400) – 3 turn stagger