

CMAC TRACK & FIELD

Updated 10/8/09

MINI MEET SCORING:

Individual Events:

100m, 200m, 400m, 800m, 1600m, Long Jump, Vortex, Shot Put

1st Place = 10 points

2nd Place = 8 points

3rd Place = 6 points

No more than 24 points are available for an event. This is a great way for your score table volunteers to check themselves.

Relay Events (Points are doubled)

4 x 100 and 4 x 400

1st Place = 20 points

2nd Place = 16 points

3rd Place = 12 points

No more than 48 points are available for a relay event. This is a great way for your score table volunteers to check themselves.

Mixed Relays

A CMAC only event is a 4 x 100 relay for kids of any ages that is not scored.

SCORING TIES IN RUNNING EVENTS

If there is a tie the points are split.

Example: A tie for 1st awards both athletes 9 points and no 2nd place is awarded.

Example: A tie for 2nd place is worth 7 points each and no 3rd place awarded.

Example: A tie for 3rd place is worth 3 points each.

If more than 2 athletes tie, the points are divided by the number of athletes involved in the tie.

SCORING TIES IN FIELD EVENTS

In field events (shot put, long jump, vortex) the second best distance of the **tied** athletes breaks the tie. If the second distance of those 2 athletes is also a tie, their third distance breaks the tie. If all 3 are the same, a tie is awarded and the points split.

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The general rules CMAC will go by is the National Federation of State High School Associations Track & Field Rule Book. Copies are available online at www.nfhs.org/rules-track.htm. Exceptions to the rule book are made to best suit our league. Rules may be changed during the season to best suit the CMAC league.

MEET PARTICIPATION:

- 1) Each team can use 3 athletes per event at the mini-meets and 2 athletes per event at the championship meet.
- 2) Each athlete may participate in up to 4 events.
- 3) An athlete may not participate in the same event for two different grade levels. If someone does the 7th grade long jump, that person may not do the 8th grade long jump as another of his/her 4 events.
- 4) “Mixed Age Relay” is a CMAC only event. It is extra, non-scoring 4x100 relay teams that allow greater participation in the CMAC track league. In the spirit of the mixed relay please try to put same-age athletes in the same heats. Athletes competing in medal events should not compete in the mixed relays. Nor should they treat the relay as their warm-up. Although no points are awarded, the children receive ribbons just like any other event.
- 5) CMAC Track and Field is the first taste of track for most of our young athletes. Combing the rule book and disqualifying kids should not be the practice of meet directors. If no advantage is gained during violation of a rule, the event should be left alone.

EXAMPLE: Pacing. Pacing is when a runner not racing in the event runs along side a runner who is racing. Middle school athletes have no idea how to pace or how to take advantage of pacing. An athlete who runs alongside a competing runner cheering is not giving that runner an advantage over the rest of the field. Our coaches should tell the “pacing athlete” to quit running alongside the competing athlete. The meet director should allow the finish to stand as is. *(No coaches should be running alongside their athletes. They will be disqualified as they should know better.)*

SUBMITTING MEET ENTRIES:

- 1) Email your boys and girls' meet entries on the supplied spreadsheet to the meet director by **WEDNESDAY** of your mini-meet.
- 2) Substitutions and additions can be made at mini-meets at the starting line so don't worry if your line-up changes between Wednesday and Saturday. They always do.
- 3) Meet results are to be scanned by each meet director to participating schools on Monday after the meet so coaches can begin compiling their data for the championship meet.
- 4) **DO NOT LOSE YOUR ORIGINAL MEET RESULTS.** Original meet results and score sheets are to be supplied by each mini-meet director to the CMAC Track Commissioner after each mini-meet.

RUNNING EVENT INFORMATION

Finishes are determined by the athlete's torso crossing the finish line – NOT their head or neck or foot or hand crossing the line first.

The eyeball of a race is the final call on the places awarded for that event, not the timers. Each mini-meet should have 2-3 objective volunteers assigned to "eyeball" the finish line. They stand at the finish line and call out the top 3-4 lanes as they finish. For example "4-6-1-2" means lane 4 finished 1st, lane 6 finished 2nd, lane 1 finished next, and then lane 2.

Encourage athletes upon completing their "laned" races (100, 200, 400, 4x100) to turn and walk back to the finish line and wait there until all times are recorded by the finish line recorder from the timers and any discrepancies taken care of.

FIELD EVENT INFORMATION

HINT: Volunteers confirm the name of the athlete and their school as they prepare to throw or jump and again as you record their score. This eliminates problems later on.

VORTEX

The vortex throw is a measure of distance and accuracy. A 300 ft tape measure is placed on the infield of the track. There is a starting line (spray painted in fine) that if crossed is marked as a scratch (foul).

MEASURING: The vortex throw is measured as a raw distance, then the distance away from the 300 ft tape is subtracted from the raw distance. Example: Throw is 200 feet but vortex hits 15 feet away from the tape measure. The distance scored is 185 feet.

SHOT PUT

Competitors take their throw from inside a circle 7 feet (2.13 m) in diameter, with a toe board approximately 4 inches (0.10 m) high at the front of the circle.

Athlete can enter the ring from any side. The athlete must rest the shot close to the neck and keep it tight to the neck while throwing. Athlete is allowed to touch the inside edge of the circle but must not touch the top or outside of the toeboard. Shot put must land in a legal sector of the throwing area. Athlete must exhibit a controlled exit using the rear half of the circle, which we adjust in CMAC (c-below for clarification).

Foul throws occur when an athlete:

- Does not exit from the rear half of the circle. (CMAC ADJUSTMENT – NO FOUL WILL RESULT –JUST REMIND THE ATHLETE THAT IN HIGH SCHOOL THIS WILL RESULT IN A FOUL.)
- Fouls if any part of the athlete's shoe, body, etc touches
 - the top of the toe board
 - the top of the iron ring
 - anywhere outside the circle after having entered it.
- Throws a shot which falls outside the throwing sector. (This will be enforced.)

MEASURING: The distance thrown is measured from the inside of the circumference of the circle to the nearest disturbance of the soil caused by the shot's impact.

LONG JUMP

Athletes should be lined up in groups of 10 at a time (flights) and allowed to jump and rotate back through the line until they get their 3 jumps in. As they finish get another group of 10 athletes and do the same. The groups do not need to be in the same age group or sex. Most kids will just be hanging around waiting to jump. This will save a lot of time and the athletes are not jumping cold each time.

MEASURING: The long jump is measured from the closest point indented in the sand to the front edge of the take-off board.