



2022 ARPA STATE TRACK AND FIELD

May 14th

Enterprise, AL - Enterprise High School

ENTERPRISE PARKS AND RECREATION

2022 ARPA STATE TRACK AND FIELD
Enterprise Parks and Recreation Department

General Information

Location: Enterprise High School Track and Field
1801 Boll Weevil Cir. Enterprise, AL 36330

Date: May 14, 2022

Important Times: Facility Opens: 7:00am
Warmups: begin at 7:30am
Coaches Meeting: 8:30am
Meet Starts: 9:00am

Entry Deadline: May 4, 2022 at 5:00pm Email to: eprd@enterpriseal.gov
No substitutions after the entries have been sent.

Entry Fee: \$4.00 per athlete fee, \$8.00 per relay fee
Make checks payable to City of Enterprise
P.O. Box 311000
Enterprise, AL 36331-1000

Gate Fee: \$5.00 per spectator
Kids under 5 free

Age Control Date: December 31, 2022

Age Groups Boys and Girls 7 and 8 (born in 2014-2015)
Boys and Girls 9 and 10 (born in 2012-2013)
Boys and Girls 11 and 12 (born in 2010 – 2011)
Boys and Girls 13 and 14 (born in 2008 – 2009)

Team Tents: Will be allowed in designated areas

Timing System: Electronic Timing System will be in use during the meet.

Protest: Protest only allowed by an ARPA Representative of your team.

Concessions will be available at the Track and Field Facility

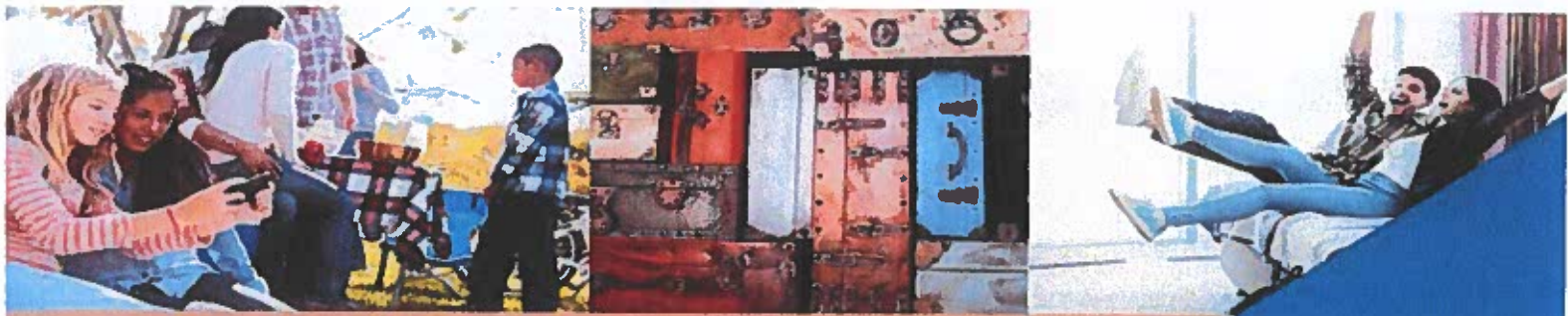
2022 Order of Events

ARPA State Track and Field Meet

7:30am	Warm-Ups Begin
8:30am	Coaches Meeting
9:00am	Standing Long Jump – Boys and Girls
9:00am	Softball Throw – Boys and Girls
9:00am	Running Long Jump – Boys and Girls
9:00am	Shot Put – Boys and Girls 9 & 10
9:00am	Shot Put – Boys and Girls 11 & 12
9:00am	Shot Put – Boys and Girls 13 & 14
9:00am	50 Meter
	1600 Meter
	100 Meter
	400 Meter
	4 x 100 Meter Relay
	800 Meter
	200 Meter
	4 x 400 Meter Relay

General Rules

- A competitor is allowed to enter up to four events + relay
 - Age Groups
 - * Boys and Girls – 7/8
 - * Boys and Girls – 9/10
 - * Boys and Girls – 11/12
 - * Boys and Girls – 13/14
 - We are going to run all field events for Boys and Girls concurrently.
 - The running races will start at 9:00am along with the Field Events
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Lodging Information

STAY

We are so glad that you are coming to **Stay** in **Enterprise**! One of the services that we can provide your group is to coordinate room blocks with our partner hotels. This will make the reservation process easier and will ensure you get the best accommodations and rates for your group. Each hotel holding rooms will provide your group with a direct link they can click on to make reservations and contact information and a reservation code to book by phone or email directly with the hotel. For your convenience we have provided a list of options for your lodging needs in Enterprise and the surrounding Wiregrass area.

We want your experience here in Enterprise to be an UnBollweevible one so be sure to visit our City Tourism Website visitenterprise.com or our special Visitors Page visitenterprise.com/visitors-page for information on places to **PLAY, STAY, DINE** and **BE ENTERTAINED!**

If you need further information or assistance with lodging or other needs for your group please contact **Tammy Doerer**, Enterprise Tourism Director at director@visitenterprise.com (334) 389-1554

Enterprise Partner Hotels

★Best Western Plus Circle Inn Enterprise

715 Boll Weevil Circle
Enterprise, AL 36330
Group Sales Contact:
Kala Bess
Hotel (334) 393-5248
bwpcircleinn@gmail.com

★Fairfield Inn & Suites Enterprise

100 Brabham Drive
Enterprise, AL 36330
Group Sales Contact:
Patti Jo Mejia
Hotel (334) 347-5763 (Ext. 2)
patti_mejia@marriott.com

★Candlewood Suites Enterprise

203 Brabham Drive
Enterprise, AL 36330
Group Sales Contact:
Mark Hutcherson
Hotel (334) 308-1102
mhutcherson@roh-hotels.com

★Hampton Inn by Hilton Enterprise

8 West Pointe Court
Enterprise, AL 36330
Group Sales Contact:
Veronica Neal- Jones
Hotel (334) 347-5763 (Ext. 2)
veronica.neal@hilton.com

★Holiday Inn Express

9 North Pointe Blvd.
Enterprise, AL 36330
Group Sales Contact:
Jessica Whitehurst
Hotel (334) 347-2211
etsal.agm@gmail.com

Additional Local Hotels:

- **Days Inn by Wyndham Enterprise**
714 Boll Weevil Circle
Enterprise, AL 36330
Hotel (334) 393-3297
- **Econo Lodge Inn & Suites Enterprise**
630 Glover Avenue
Enterprise, AL 36330
Hotel (334) 489-4268
- **Executive Inn & Suites Enterprise**
615 Boll Weevil Circle
Enterprise, AL 36330
Hotel (334) 393-2304
- **Microtel Inn & Suites by Wyndham Ozark**
1140 Highway 231 North
Ozark, AL 36360
Hotel (334) 774-2771
- **Rodeway Inn & Suites Daleville**
444 Daleville Ave
Daleville, AL 36322
Hotel (334) 599-0161
- **Hampton Inn & Suites Dothan**
4684 Montgomery Highway
Dothan, Alabama, 36303
Hotel (334) 671-7672
- **Hilton Garden Inn Dothan**
171 Hospitality Lane
Dothan, Alabama, 36303
Hotel (334) 671-7676
- **IHG Army Hotel Fort Rucker**
Bldg. 308, 6th Avenue
Ft. Rucker, Alabama 36362
Hotel (334) 598-5216
- **Baymont by Wyndham Ozark**
S. US Highway 231 South
Ozark, Alabama 36362
Hotel (334) 774-0233
- **Hampton Inn Ozark**
235 North US Highway 231
Ozark, AL 36360
Hotel (334) 443-6669
- **Courtyard by Marriott Dothan**
3040 Ross Clark Circle
Dothan, AL 36301
Hotel (334) 671-3000
- **Fairfield Inn by Marriott Dothan**
3038 Ross Clark Circle
Dothan, AL 36301
Hotel (334) 671-0100
- **Residence Inn by Marriott Dothan**
186 Hospitality Lane
Dothan, Alabama 36303
Hotel (334) 793-1030

Campgrounds and RV Parks:

- **Enterprise RV Park**
3949 Rucker Blvd.
Enterprise, AL 36330
(334) 477-9094
- **Ft. Rucker Army Engineer Beach RV Park**
Bldg. #24207 Johnston Road
Fort Rucker, AL 36362
(334) 255-4234
- **Ozark/Fort Rucker KOA**
2414 N US Hwy 231
Ozark, AL 36360
(334) 774-3219
- **Bama Slam RV Park & Primitive Camping**
567 County Road 156
New Brockton, AL 36351
(877) 907-7687
<https://bamaslamsaloon.com/stay/rv-park/>

<https://bamaslamsaloon.com/stay/primitive-camping/>

**Alabama Recreation and Parks Association
State Track Meet Entry Form
Boys and Girls 7 & 8 Age Groups**

Affiliate: _____

Coaches Name: _____

District: _____

Age Group: _____

Boys:

Name	Affiliate	50M	100M	200M	400M	800M	Long Jump	Softball Throw	4 * 100 Meter Relay

Age Group: _____

Girls:

Name	Affiliate	50M	100M	200M	400M	800M	Long Jump	Softball Throw	4 * 100 Meter Relay

Individual Events: _____ @ \$4.00 = _____
 Relays: _____ @ \$8.00 = _____
 Total Fees: _____

**Alabama Recreation and Parks Association
State Track Meet Entry Form
Boys and Girls 9 & 10 Age Group**

Affiliate: _____

Coaches Name: _____

District: _____

Age Group: _____

Boys:

Name	Affiliate	50M	100M	200M	400M	800M	1600M	SLJ	RLJ	Shot	Softball	4 * 100 Meter Relay

Age Group: _____

Girls:

Name	Affiliate	50M	100M	200M	400M	800M	1600M	SLJ	RLJ	Shot	Softball	4 * 100 Meter Relay

Individual Events: _____ @ \$4.00 = _____
 Relays: _____ @ \$8.00 = _____
 Total Fees: _____

SLJ = Standing Long Jump
 RLJ = Running Long Jump
 Shot = Shot Put

**Alabama Recreation and Parks Association
State Track Meet Entry Form
Boys and Girls 11 & 12 Age Group**

Affiliate: _____

Coaches Name: _____

District: _____

Age Group: _____

Boys:

Name	Affiliate	50M	100M	200M	400M	800M	1600M	SLJ	RLJ	Shot	Softball	4 * 100 Relay	4 * 400 Relay

Age Group: _____

Girls:

Name	Affiliate	50M	100M	200M	400M	800M	1600M	SLJ	RLJ	Shot	Softball	4 * 100 Relay	4 * 400 Relay

Individual Events: _____ @ \$4.00 = _____
 Relays: _____ @ \$8.00 = _____
 Total Fees: _____

SLJ = Standing Long Jump
 RLJ = Running Long Jump
 Shot = Shot Put

**Alabama Recreation and Parks Association
State Track Meet Entry Form
Boys and Girls 13 & 14 Age Group**

Affiliate: _____

Coaches Name: _____

District: _____

Age Group: _____

Boys:

Name	Affiliate	100M	200M	400M	800M	1600M	SLJ	RLJ	Shot	Softball	4 * 100 Relay	4 * 400 Relay

Age Group: _____

Girls:

Name	Affiliate	100M	200M	400M	800M	1600M	SLJ	RLJ	Shot	Softball	4 * 100 Relay	4 * 400 Relay

Individual Events: _____ @ \$4.00 = _____
 Relays: _____ @ \$8.00 = _____
 Total Fees: _____

SLJ = Standing Long Jump
 RLJ = Running Long Jump
 Shot = Shot Put

APPENDIX N-2

**Alabama Recreation and Parks Association
State Track Meet Entry Form**

Affiliate: _____ Coaches Name: _____
District: _____ District Recreational Sports Representative: _____

Age Group: _____ **Boys or Girls (Circle One)**

4 * 100 Meter Relay					
Name:	A		B		C
	1)		1)		1)
	2)		2)		2)
	3)		3)		3)
	4)		4)		4)

Age Group: _____ **Boys or Girls (Circle One)**

4 * 400 Meter Relay					
Name:	A		B		C
	1)		1)		1)
	2)		2)		2)
	3)		3)		3)
	4)		4)		4)

APPENDIX M**2022 ARPA TRACK QUALIFYING TIMES****7-8 Division Girls**

50 Meter Dash	9.67
100 Meter Dash	18.58
200 Meter Dash	41.17
400 Meter Run	1:38.18
800 Meter Run	4:06.52
Standing Long Jump	1.65M
Softball Throw	7.67M

7-8 Division Boys

50 Meter Dash	9.27
100 Meter Dash	17.68
200 Meter Dash	38.43
400 Meter Run	1:34.69
800 Meter Run	4:36.05
Standing Long Jump	1.65M
Softball Throw	17.11M

9-10 Division Girls

50 Meter Dash	8.85
100 Meter Dash	17.09
200 Meter Dash	35.68
400 Meter Run	1:26.66
800 Meter Run	3:34.99
1600 Meter Run	8:25.41
Running Long Jump	2.69M
Standing Long Jump	1.75M
Shot Put 2.2 Pound	5.79M
Softball Throw	19.43M

9-10 Division Boys

50 Meter Dash	8.70
100 Meter Dash	15.87
200 Meter Dash	33.77
400 Meter Run	1:25.86
800 Meter Run	3:31.76
1600 Meter Run	7:41.82
Running Long Jump	2.70M
Standing Long Jump	1.80M
Shot Put 2.2 Pound	5.76M
Softball Throw	22.55M

11-12 Division Girls

50 Meter Dash	8.23
100 Meter Dash	15.43
200 Meter Dash	32.84
400 Meter Run	1:20.52
800 Meter Run	4:17.75
1600 Meter Run	8:51.20
Running Long Jump	1.90M
Standing Long Jump	2.05M
Shot Put 4.4 Pound	5.76M
Softball Throw	21.51M

11-12 Division Boys

50 Meter Dash	7.83
100 Meter Dash	14.87
200 Meter Dash	31.14
400 Meter Run	1:18.25
800 Meter Run	3:12.46
1600 Meter Run	6:44.27
Running Long Jump	3.17M
Standing Long Jump	1.90M
Shot Put 4.4 Pound	5.99M
Softball Throw	26.97M

13-14 Division Girls

100 Meter Dash	15.01
200 Meter Dash	31.77
400 Meter Run	1:46.40
800 Meter Run	4:35.33
1600 Meter Run	9:21.63
Running Long Jump	2.66M
Standing Long Jump	1.82M
Shot Put 5.5 Pound	6.09M
Softball Throw	13.00M

13-14 Division Boys

100 Meter Dash	14.14
200 Meter Dash	29.34
400 Meter Run	1:23.79
800 Meter Run	3:13.15
1600 Meter Run	7:17.54
Running Long Jump	3.81M
Standing Long Jump	2.20M
Shot Put 5.5 Pound	10.18M
Softball Throw	39.97M

RULE VII – TRACK & FIELD

ARTICLE I – ELIGIBILITY

SECTION A - AGE DIVISIONS

- 1) The age control is on or December 31 of the current year.
- (2) There are 4 age divisions for both boys and girls. The age divisions are:
 - (g) 7 & 8 year olds
 - (h) 9 & 10 year olds
 - (i) 11 & 12 year olds
 - (j) 13 & 14 year olds
- (3) A competitor must participate in his/her age group and sex division
- (4) A competitor may compete in District and state level meets provided he or she is not in violation of any rules or regulations of this Manual.
(REF: Rule 1)

SECTION B - FEES

- (1) Districts will establish the fee schedule for their District Meet. Admission fee is \$2.00 per person
 - (a) In addition to the above-fees, there will be a onetime charge of \$2.00 per person to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees for ARPA State Track & Field Meet are set as follows:
 - (a) Individual entries \$4.00 per event
 - (b) Relay teams \$8.00 per team
 - (c) In addition to the above fees, there will be a onetime charge of \$2.00 per person paid to the State Office. Host will be responsible for this fee.
- (d) Admission fee is \$5 per person)

SECTION C – ENTRIES/AWARDS

- (1) Each District will be responsible for holding their own track and field meets anytime during the track season.
- (2) The Host Team of the District Meet is responsible for turning in the entries to the Host City of the State Meet by 5:00 p.m. 10 days prior to the State Track and Field Meet. Entries shall consist of the following:
 - (a) Complete State Track Meet Entry Forms (see appendix D-4).
 - (b) Official ARPA Roster Form or like program roster containing all ARPA roster info (see appendix B).
 - (c) Results of District Meet.
 - (d) Each district will be required to have a scratch meeting 30 minutes after the last event has concluded at each district meet. After the scratch meeting all entries are final.
 - (e) District money for total entries.
- (3) Only persons whose names are approved on their Affiliate's Official ARPA Roster and who meet all ARPA eligibility requirements and who are representing an affiliate not on current suspension for track and field may compete in ARPA District and State Track and Field Meets.
- (4) The number of ribbons given at the city meet is left up to the city itself to decide. District meets will award ribbons to the top three in each age group and each event. State meet will award medals to the top three in each age group and each event. Awards must be presented at the track meet.
- (5) Team awards will be given based on the following scoring method for each event.
(1st – 10pts / 2nd – 8pts / 3rd – 6pts / 4th – 4pts / 5th – 2 / 6th – 1pts)
- (6) The top three in each event and age group will advance from city meet to district meet.
- (7) Regardless of the number of participants a district has, the 1st, 2nd, 3rd, and 4th place finisher at the district meet may advance to state, regardless of time or distance. Those participants finishing out of the top 4 may advance to state only if they meet the qualifying time or distance (6th place time of the previous year's State meet).
- (8) Individual competitors may enter a maximum of four events at district and state levels.
- (9) Participants must compete at District in an individual event in order to compete at the State Meet in that same individual event.

ARTICLE II - REGULATIONS

SECTION A - GOVERNING RULES

- (1) The ARPA State Track & Field Meet shall be governed by this Manual. In any situation which may not be covered by this Manual, the Meet Director, in consultation with the ARPA Track & Field protest committee (if they deem it necessary) shall have the authority to make the final decision.
- (2) All situations not specifically covered by this Manual concerning meet regulations shall be handled in accordance with the USA Track & Field rules and regulations

SECTION B- OFFICIAL DATES

- (1) The City meet will advance the top three to District in each age group and event.
- (2) Each District will hold their meet by the first weekend in May. Each District will set their timeline for: deadline and meet date. The District will advance the top four to State in each age group and event. District or host affiliates are responsible for all District awards
- (3) The state meet will be held on the third weekend in May. A coaches meeting will be held at the discretion of the host city and the meet will begin at the discretion of the host city. NO SCRATCH MEETING WILL BE HELD. A participant will be scratched at the bullpen in case of a no show. Deadline to turn in entries to the host is on the Friday before the meet. State host shall send out the psych sheet of participants to all affiliates by Tuesday prior to the meet.

SECTION C - EVENTS AND QUALIFYING TIMES

- (1) Events in each age division for boys and girls are as follows:

Boys & Girls (7-8)

1. 50 Meter Dash (54 yds., 24.5 inches)
2. 100 Meter Dash (109 yds., 13 inches)
3. 200 Meter Dash (218 yds., 26 inches)
4. 400 Meter Dash (437 yds., 16 inches)
5. 800 Meter Dash (874 yds., 32 inches)
6. 4 x 100 Meter Relay (437 yds., 16 inches x 4)
7. Standing Long Jump
8. Softball Throw

Boys & Girls (9-10)

1. 50 Meter Dash (54 yds, 24.5 inches)
2. 100 Meter Dash (109 yds, 13 inches)
3. 200 Meter Dash (218 yds, 26 inches)
4. 400 Meter Dash (437 yds, 16 inches)
5. 800 Meter Dash (874 yds, 32 inches)
6. 1600 Meter Run (1,749 yds, 28 inches)
7. 4 x 100 Meter Relay (437 yds, 16 inches x 4)
8. Running Long Jump
9. Shot Put- 2.2# weight
10. Standing Long Jump
11. Softball Throw

Boys & Girls (11-12)

1. 50 Meter Dash (54 yds, 24.5 inches)
2. 100 Meter Dash (109 yds., 13 inches)
3. 200 Meter Dash (218 yds., 26 inches)
4. 400 Meter Dash (437 yds, 16 inches)
5. 800 Meter Dash (874 yds, 32 inches)
6. 1600 Meter Run (1,749 yds, 28 inches)
7. 4 x 100 Meter Relay (437 yds, 16 inches x 4)
8. 4 x 400 Meter Relay (1,749 yds, 28 inches)
9. Running Long Jump
10. Shot Put- 4.4# weight
11. Standing Long Jump
12. Softball Throw

Boys & Girls (13-14)

1. 100 Meter Dash (109 yds. 13 inches)
2. 200 Meter Dash (218 yds. 26 inches)
3. 400 Meter Dash (437 yds. 16 inches)
4. 800 Meter Dash (874 yds. 32 inches)
5. 1600 Meter Run (1.749 yds. 28 inches)
6. 4 x 100 Meter Relay (437 yds. 16 inches x 4)
7. 4 x 400 Meter Relay (1.749 yds. 28 inches)
8. Running Long Jump
9. Shot Put- 5.5# weight
10. Standing Long Jump
11. Softball Throw

(2) Order of Events

Field Events to begin before running events. Time before running events starts TBD by host and number of participants. Host Site will make every effort to run meet as expediently as possible. Field Events to run concurrent with running events.

50 Meter

1600 Meter

100 Meter

400 Meter

4 x 100 M Relay

800 Meter

200 Meter

4 x 400 M Relay

SECTION D – GENERAL RULES

- (1) No spikes or shoes designated for spikes will be allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed, e.g., football/soccer shoes. The participant's shoe cannot be used to gain an advantage. Any violation of this rule will cause disqualification of the participant in the event in which the illegal shoes were worn. A shoe is a covering for the foot and must be used by participants. The Aqua Sock (or similar footwear) is permissible. The use of ballet-type slippers or socks does not meet the requirements of this rule. No athlete will be allowed to compete in bare feet.
- (2) The proper track uniform consists of a minimum of a jersey or blouse, boxer-type trunks or shorts, sweats, long pants, leotards or tights which are not objectionable, and shoes. Jewelry, hair beads and decoration, sunglasses (except prescription) shall not be allowed during competition. **State and District meets require all runners representing their city wear matching tops
- (3) Participants may not wear jewelry, hair beads and decoration, or sunglasses (unless prescription).
- (4) Starting blocks are not permitted.
- (5) A participant who displays unsportsmanlike conduct will be disqualified from meet in progress and shall not advance to the next level of competition.
- (6) Lane and position can be drawn by chance or seeded.
- (7) In the event of inclement weather, a decision to postpone or cancel a meet must be made by noon on the date of the event.
- (8) Each competitor is individually responsible for promptly reporting for each event entered once the announcement is made to report to the bull pen. A first call, second call and final call will be made by the announcer. He or she must report to the Clerk of Course or bullpen for any running event or the designated area for field events.
- (9) Attendants may not accompany a competitor to the starting area. Any competitor will be disqualified if, in the opinion of the meet referee, the runner has in any way been aided by a coach, teammate, staff, volunteer, or anyone connected directly or indirectly with the individual concerned. Such aid includes running alongside a teammate, being stationed at various points near the track, or located near any of the field events for the purpose of aiding or coaching the competitor after the race or field event has been started. Coaches or parents will not be allowed in the competition area to include the bullpen.
- (10) A competitor officially becomes a participant when he or she, or a relay team of which they are a member, reports to the Clerk of Course or to the Judge of a field event in which he or she is entered. Participant will not be permitted to enter the competition after the Clerk closed the entries in the running events, or in the field events after the Judge has determined the places for the competition.
- (11) Contestants shall report promptly to the Event Judge at the designated location when the event is announced. A contestant shall be charged with an unsuccessful attempt if he or she does not complete a trial or pass it within two minutes after being called for a trial unless excused by the Event Judge to participate in another event.
- (12) A competitor excused to compete in another event shall return to the excused event immediately following the completion of the other event.

SECTION E – EVENT SPECIFIC RULES

1. Field Events

- (1) When there is a tie for places in field events determined by distance, the higher place is awarded to the competitor whose second best performance is better than the second best performance of any other competitor tied for that place.
- (2) In field events, participants will have two successive attempts. The order of the third attempt will be decided by the officials in the city, district and state meets.
- (3) All field events will be measured in feet and inches to the nearest one quarter.

THROWING EVENTS

Landing Area - The landing area for throwing events shall consist of suitable material with an even surface soft enough to ensure that the place of the initial imprint of the implement can be clearly established by the judges. These areas shall be on natural surfaces, which shall not be laid down on concrete, asphalt, wood or other hard surfaces that would have the tendency to decrease the landing surface's absorption of the kinetic energy of the implement.

Shot Put

- (1) *In shotput, the throw must commence from a stationary position within the circle. A competitor is allowed to touch the inside of the iron band or stop board, excluding the top inside edge. However, it shall be a foul throw if, after commencing the throw and prior to its completion, the competitor: (a) Does not start from a stationary position within the circle. (b) Touches with any part of the body the top of the iron band or painted circle, including the top inside edge of each, or the surface outside the circle. NOTE: It will not be considered a failure if the touch is made without providing any propulsion and occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the center of the circle. (c) in the Shot Put, touches with any part of the body any part of the stop board other than its inner side. The top inside edge is considered to be part of the top (e) Leaves the circle improperly or before the implement has landed.*
- (2) *The following shall be considered assistance and are therefore not allowed: (a) The taping of two or more fingers together. If taping is used on the hands and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually. (b) The use of any device of any kind, including weights attached to the body, which in any way provides assistance when making a trial. (c) The use of gloves (d) The spraying or spreading of any substance, by an athlete, in the circle or on their shoes or the roughening of the surface of the circle.*
- (3) *In the Shot Put, the measurement of each throw shall be made from the nearest mark made by the shot to the inside of the circumference of the circle along a line from the mark to the center of the circle.*
- (4) *Shot Put Stop Board - The stop board shall be made of wood or other suitable material in the shape of an arc so that the inner surface aligns with the inner edge of the rim of the circle and is perpendicular to the surface of the circle. The stop board shall be centered midway between the sector lines, and be so made that it can be firmly fixed to the ground. The board shall measure not less than 11.2cm wide, and have a chord between the ends of the board of 1.15m to 1.21m ($\pm 0.01m$) in length. The board shall be 10cm ($\pm 8mm$) high in relation to the level of the inside of the circle adjacent to the stop board. The board shall be painted white*
- (5) *The put shall be made from a circle of which the inside diameter shall measure 2.135m (7 ft.). 2. The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the neck or chin, and the hand shall not be dropped below this position during the act of putting. The shot must not at any time be brought behind the line of the shoulders. Cart wheeling techniques are not permitted.*

Softball Throw

- (1) *The ball throwing competition will be conducted using a softball with the minimum circumference of 30.14 centimeters (11 7/8 inches), and a maximum circumference of 30.78 centimeters (12 1/8 inches). The minimum weight of the softball must be 17 decagrams (six ounces) and its maximum weight must be 19.13 decagrams (6.75 ounces).*
- (2) *The throw may be from either a standing position or on the run.*
- (3) *No glove, tape or other foreign substance may be applied to the throwing hand unless it is required for medical reasons.*
- (4) *Stepping on or over the scratch line constitutes a foul. A contestant must throw within the five foot throw marks. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial (foul) and recorded as a scratch.*
- (5) *Each legal throw will be measured for distance from a point at the center of the five foot throw marks to the spot where the ball lands between two parallel sidelines.*
- (6) *The throw must be made from inside the five-foot throw marks indicated on the scratch line. The ball must land inside the fifty-foot wide parallel sidelines. The line is out of bounds. The measurement is taken from the center of the five-foot throw marks located on the scratch line to the point touched by the ball which is nearest the scratch line.*

JUMPING EVENTS

Running Long Jump

- (1) *In the Long Jump, more than one take-off board may be used between 1m and 4.5m behind the landing area. The takeoff board may consist of material other than wood*
- (2) *In the jumping events, the length of the run is unlimited. The minimum length of runways is 40m for the Long Jump*
- (3) *It is recommended that the distance between the take-off board and the end of the landing area shall be at least 10m.*
- (4) *The take-off board should be not less than 1m or more than 3m from the landing area. COMPETITION*
- (5) *When leaving the landing area, an athlete's first contact by foot with its border or the ground outside shall be further from the take-off line than the nearest break in the sand. NOTE: This first contact is considered leaving.*
- (6) *It shall be counted as a failure or foul if any competitor: (a) While taking off, touches the ground (including any part of the plasticine board) beyond the take-off line with any part of his or her body, whether running up without jumping or in the act of jumping; or (b) Takes off from*

outside either end of the board, whether beyond or before the extension of the take-off line; or (c) Employs any form of somersaulting whilst running up or in the act of jumping; or (d) After taking off, but before first contact with the landing area, touches the runway or the ground outside the runway or outside the landing area; or (e) In the course of landing, touches the border of or the ground outside the landing area closer to the take-off line than the nearest break made in the sand; or (f) Leaves the landing area in any manner other than that described in Rule 185.4; or (g) If no plasticine or other marker material is being used, breaks the plane of the take-off line with the shoe/foot.

6. A competitor shall not be regarded to have failed if: (a) He or she runs outside the white lines marking the runway at any point; or (b) Under (b) a part of his or her shoe / foot is touching the ground outside either end of the take-off board, before the take-off line; or (c) If in the course of landing, he or she touches, with any part of his body, or anything attached to it at that moment, the ground outside the landing area

Standing Long Jump

- (1) All competition in the Standing Long Jump will be on a flat surface. A Long Jump pit may be used. It is recommended that two judges (one on either side to measure length) be used.
- (2) A competitor may (1) rock forward and backward, lifting heels and toes alternately on the surface, but may not lift either foot completely off the ground or slide it along in any direction on the ground/ (2) both feet must be parallel to each other, an equal distance from the scratch line before jumping (3) both feet must leave the ground at the same time.
- (3) The jumper must take off from behind the scratch line. If the jumper's shoe extends over the scratch line or makes a mark in front of it, the jump shall not be measured, but shall count as a trial and recorded as a foul.
- (4) Each legal jump shall be measured perpendicularly to the scratch line or its extension to the point touched by the person or apparel of the jumper which is nearest the scratch line or its extension.

RUNNING EVENTS

General Rules

- (1) In the District and State Meet, all lanes (and positions) may either be drawn by chance or seeded.
- (2) No starting equipment (blocks) for the runners will be allowed.
- (3) The starting of each race shall be done by the report of a pistol fired so that its smoke or flash will be visible to the timers. A starting pistol of any caliber may be used.
- (4) The starting runner may not touch the scratch line or the ground in front of it until after the starting gun has been fired.
- (5) Each running competitor is allowed one false start.
- (6) In starting sprints, the starter shall direct the competitors "On your marks." After they have taken their positions and are steady on their marks, the starter shall instruct them to "Set." At this command, all competitors shall at once assume their full and final set position in such a manner that no part of their bodies touches on or over the starting line. After an interval of approximately two seconds, when all competitors are set and motionless, the starter shall fire the pistol.
- (7) For races of 800 meter and longer, the starter will use the command "On Your Marks" and, when all competitors are steady, shall fire the pistol.
- (8) A staggered start is a method of equating the distance for all competitors when a race is run in lanes around one or more curves (200M or 400M). The runner or relay team assigned to the second and each succeeding lane starts a specified distance ahead of the runner on the left.
- (9) In the 800 and 1600 meter races, a curved starting line (waterfall) will be used so that each competitor will run the same distance going into the curve.
- (10) A false start occurs when a runner fails to comply with the starter's commands/ or when a runner leaves the mark with a hand or foot after the "Set" instruction, but before the pistol is fired. Or when a runner leaves the mark without the pistol being fired. The offenders shall be warned the first time and shall be disqualified from the event on the second violation. If a competitor uses tactics at the starting line which are designed to disconcert, he or she will be warned. If the runner's action is repeated, the contestant shall be disqualified from the event.
- (11) For a false start, the starter or assistant starter shall recall the runners by a second shot. If any competitor is in the motion after a starter gives an order to "Set," the starter shall not fire the pistol and will ask the athletes to stand.
- (12) The finish line is a line on the ground across the track from finish post to finish post. It shall be indicated by a mark drawn just outside the measured course so that the inner edge of the mark coincides with the actual finish line. The competitors place in the order in which any part of their bodies (e.g., torso, as distinguished from head, neck, arms, legs, feet or hands) reaches that edge of the finish line first crossed by the competitor.
- (13) A tie in a running event occurs when two or more runners cross the finish line at exactly the same time. If the time is equal, the runner with the higher visually picked place by the finish judge is the winner. If place and time are the same, the persons involved will rerun the race at an appropriate time during the meet. When two or more runners or relay teams, running in separate heats or sections, have identical times, those involved will rerun the race at an appropriate time during the meet.
- (14) *Whenever possible, the 800 Meters shall be run in lanes until the athletes have passed the nearer edge of the break line at the end of the first turn. The starts shall be so staggered that the distance from the start to finish shall be the same for each competitor. Small markers, such as cones or prisms 5cm x 5cm and no more than 15cm, high preferably of a different color from the break line and lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the break line.*

Relays

- (1) In the relay, the acceleration zone will not be used and aids may not be used.
- (2) In relay races, the baton must be passed while it is within a 20.11 meter (22 yard) exchange zone. The exchange zone is determined by lines drawn perpendicular to the inside lane line and 10 meters (11 yards) on each side of the exchange zone mark. The lines marking the limits of the exchange zone are included in the 20.11 meter measurement. The acceleration zone shall not be used.

- (3) The baton must actually be handed, not thrown, from one competitor to the succeeding teammate. This teammate may not take sole possession of the baton outside the exchange zone. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either runner may retrieve it without penalty provided the runner does not interfere with an opponent. If the baton is dropped outside the exchange zone, it must be retrieved by the runner who dropped it.
- (4) After passing the baton, the relieved runner should stand still or jog straight ahead unless he or she is in the inside or outside lane. In these cases, the relieved runner shall step off the track as soon as possible.
- (5) A team shall be disqualified for failure to pass the baton in accordance with the rules. The referee also may disqualify a team for other running infractions. The rules relative to fouling, coaching or impeding a runner apply to relay races as they do to all other track events, except within the exchange zone. In this case the runner who passes the baton and his/her successor who receives it may overlap each other. The incoming runner shall not assist his/her teammate by pushing him/her.
- (6) The relay baton shall not exceed 29.9 centimeters (11.81 inches) in length. Its circumference shall be at least 10.16 centimeters (4 inches) and no more than 12.7 centimeters (5 inches). It shall be a smooth, hollow tube made in one piece. The baton shall be made of wood, metal, plastic or other rigid material. It shall weigh at least five decagrams, or 1.766 ounces. The use of tape to wrap the baton is prohibited.
- (7) The 4 x 100 Relay will be a staggered start, with all runners staying in their lane.
- (8) *The 4x400m race may be run in either of the following ways: (a) In lanes for the first leg, as well as that part of the second leg up to the nearer edge of the break line described in Rule 160.8(c), where runners may leave their respective lanes. (b) In lanes for the first leg up to the nearer edge of the break line marked and described in Rule 160.8(c), where runners may leave their respective lanes. NOTE: Where not more than four teams are competing, option (b) is recommended.*
- (9) *In the 4x400m race, the third and fourth leg runners, the final leg runner, shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they pass the point 200m from the finish of their leg. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the exchange zone. If a runner does not follow this Rule, his/her team shall be disqualified.*
- (10) *In any race, when lanes are not used, for a given exchange, waiting runners may take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another runner so as to impede that runner's progress. In the 4x200m, 4x400m, 'Swedish' Medley Relay and outdoor Sprint Medley Relay, waiting runners shall maintain the order in accordance with Rule 170.14. If a runner does not follow this Rule, his/her team shall be disqualified.*

ARTICLE III - EQUIPMENT AND TIMING

SECTION A - FACILITIES AND EQUIPMENT

- (1) Host Facility shall have everything necessary for the successful operation of the meet, such as adequate seating, restrooms, concessions, watches, pistols, etc..

SECTION B - TIMING

- (1) All field events will be measured in feet and inches to the nearest one quarter inches
- (2) Times will be recorded to the nearest 100th of a second
- (3) Fully automatic, electronic timing shall be required for all state level track and field competition and is highly recommended for District competition. Times shall be reported in two decimal places only (100ths of a second). Times shall still be listed in hundredths only. All state records shall be reported to the hundredth of a second with no rounding off.
- (4) Two backup timing systems shall be available at all times when electronic timing is being used. Two across-the-board finish judges shall be used at all times for such a backup.
- (5) Finish judge is required for all running events.
- (6) Lane judges are required for any races run around corners where participants must stay in their lanes.
- (7) Video replay equipment, other than the official equipment approved by the Recreation Sports Committee, shall not be used to make decisions related to the meet.

ARTICLE VI - DISQUALIFYING AND PROTESTS

The Host Agency shall be responsible for providing all officials necessary for the proper management of the State Meet including lane judges, timers, scorers, clerk or course, awards personnel, announcer, and any others deemed necessary by the Host Agency.

A committee will be appointed by the Recreational Sports Committee to serve as the governing body of the competitive sports event. The Host City must be responsible for the housing of this committee. This committee shall not exceed 5 people

Infractions/Disqualifications

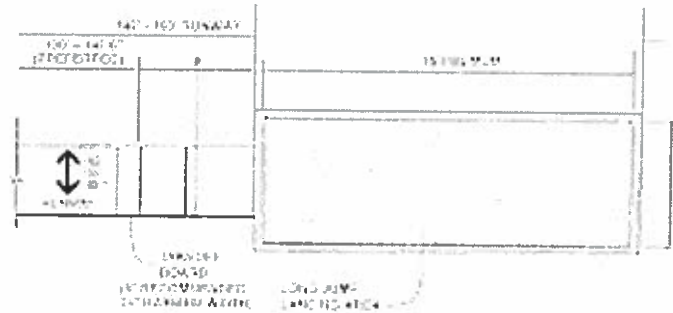
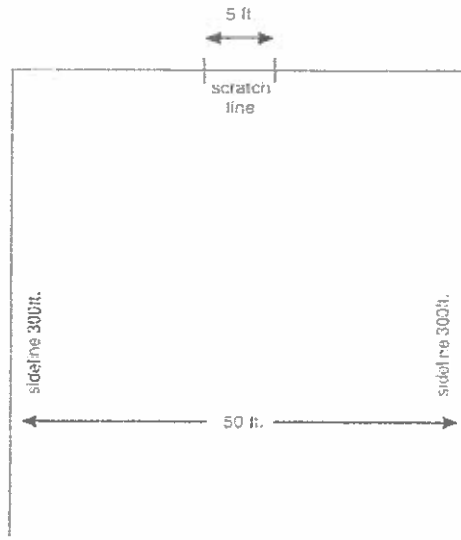
- (1) When a race is run in lanes, each competitor shall keep his or her own position in the course during the entire race. A competitor who, without being fouled and while running around a curve, gains an advantage by stepping on or over the inside lane line may be disqualified from the event. A competitor who, without being fouled and while running in a straight, steps on or over this lane line for three or more consecutive steps either with one or both feet shall be disqualified from the event.

- (2) In a race involving a curve and where lanes are not specified, a runner may change toward the inside or outside of the track when he or she is one full running stride (2.2 meters, seven feet) in advance of the runner whose path is crossed. It is not a foul if a runner crosses to the inside or outside if this action does not interfere in any way with another competitor's stride.
- (3) If any runner impedes another competitor by jostling or running across an opponent's path, deliberately runs on or inside the track curb (or painted line), or illegally runs outside the assigned lane or course, the referee shall disqualify the runner, or in a team race, the entire team for the event.
- (4) Aiding a competitor is defined as: (a) anyone associated directly or indirectly with a competitor who paces the contestant by running, or taking a position along the track for the purpose of coaching or otherwise assisting the runner; (b) a competitor who is a lap behind the leading runner paces or otherwise assists a teammate or impedes another runner; (c) any runner intentionally leaves the track and re-enters to continue the race/ or (d) contestants who join hands or grasp each other in order to finish a race in a tie. For any such act(s), the competitors shall be disqualified from the event.
- (5) The use of any aid during the race (including carrying a baton, except in a relay) is prohibited. This includes the use of a mark of any type on the track for a relay.
- (6) Throwing the baton following the finish of any relay is unsportsmanlike conduct and will cause the relay team to be disqualified.

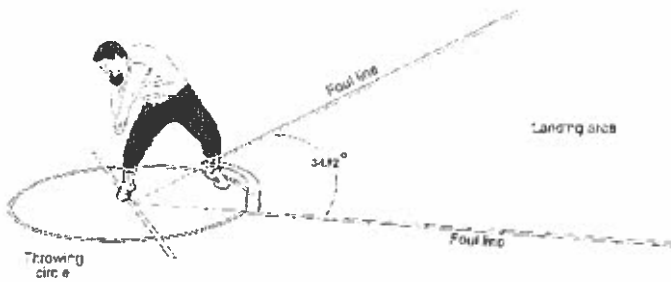
Disqualifications/Protests

- (1) Any competitor who is disqualified for unsportsmanlike conduct shall be ineligible for further participation in the meet in progress and shall not advance to the next level of competition. Unsportsmanlike conduct is defined as a competitor who displays inappropriate behaviors or willfully fails to follow the direction of the meet referee and/or meet director.
- (2) Any competitor who is disqualified for competing in more than one city or district meet shall be ineligible for further participation in the meet in progress and shall not advance to the next level of completion.
- (3) Any competitor who is disqualified for competing in the wrong age group/ wearing illegal shoes/ aiding a participant directly or indirectly by accompanying participant to the starting area, running alongside participant, being stationed at points along the track to aid/coach participant/ or exceeding the allowed event limit shall be disqualified from that event.
- (4) At the State Meet, any cause for disqualification shall first be discussed with the competitor's ARPA Representative. At the District Meet and City Meets, the meet director or his/her representative will inform the ARPA Representative.
- (5) Protests are covered in Rule II Article 1 of the Recreational Sports Manual. Protests must be made within 30 minutes after the posting of event times and distances in the event of a disqualification.
- (6) Unsportsmanlike conduct is conduct which is unfair or language which will bring discredit to the individual or the team: disrespectfully addressing an official; using profanity; criticizing an opponent or an official; throwing a baton following a relay.

Softball Throw



Shot-put area



Throwing circle

