



TRACK AND FIELD

RULES

100 meters

For the 100-m event, each athlete must stay in his or her lane for the duration of the sprint.

800 meters (10-12 year olds, boys and girls)

Runners may change lanes at any point during the race. However, intentional obstructions will not be tolerated. Any athlete who intentionally obstructs another runner will be disqualified from this event.

1200 meters (13-15 year olds and 16-19 year olds, boys and girls)

Runners may change lanes at any point during the race. However, intentional obstructions will not be tolerated. Any athlete who intentionally obstructs another runner will be disqualified from this event.

Long jump

- Participants must jump a minimum of two (2) times. Certain participants may take more jumps, depending on their ranking.
 - Participants may use a run-up that varies between 12 and 16 strides (to the participant's discretion).
 - Participants must have both feet on the take-off board when preparing to jump; neither feet may pass the take-off board before the jump. The jump is declared a foul if the participant's foot touches the small strip of plasticine placed after the board (the foot will leave a mark).
 - If the participant falls backwards upon landing, the measurement closest to the take-off board will be recorded.
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