

RULES FOR TRACK MEET

The Girls Track Meet will be held at Lee High School March 23 and March 30.
The meet will consist of the following events:

1. 50yd. dash (may have 4 entries)
 2. 100 yd. dash (may have 4 entries)
 3. 440 relay (may have 1 team)
 4. Softball throw (best try out of 3, may have 4 entries)
 5. Running broad jump (best try out of 3, may have 4 entries)
 6. Standing broad jump (best try out of 3, may have 4 entries)
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1. Each team must have a minimum of 12 girls.
 2. Each girl may enter 2 running events and 1 field event, if she wishes. (Be sure that a girl doesn't overload herself. We will not have alot of time to waste so events must move as fast as possible.)
 3. Girls who place first in any event March 23 may not compete in the same event March 30.
 4. The meet will start at 3:30 with the 440 relay teams running first, against the clock. Capitol Heights and Goodwyn should be ready to run at 3:30. Everyone else must be there by 3:45. Relay teams will run in the order that they arrive.
 5. Field events will be going constantly. Be sure your girls know where they are suppose to go. There will not be any time for girls to stand around and watch events before they have completed all that they have entered.
 6. The heats for the 50 yd. dash will be after the 440 relay teams. The heats for the 100 yd. dash will be next followed by the finals for the 50 then the finals for the 100.
 7. Fill out the attached sheets. You do not have to have 4 girls for every event but you must have a minimum of 12 on the team.
 8. The sheet for the March 23 track meet must be returned by MARCH 17. Due to the time element, team rosters not in my office by this date MAY NOT compete in the March 23 track meet. The sheet for the March 30 track meet must be returned by MARCH 27 in order for the team to compete.
 9. You may select a whole new team for the meet March 30. Each girl receives 1 participation point for being in a meet.