

## SHORE CONFERENCE MODIFICATIONS

### RULE 18: TRACK

1. National Federation rules with N.J.S.I.A.A. rule modifications shall govern all meets with such additions and exceptions as may herein be set forth.

2. Order of Events for Dual Track and Field Meets:

JUMPS	TRACK	FIELD
Long Jump	400 Hurdles	Shot Put
High Jump & Pole Vault	100 Meter	Discus
Triple Jump (after the relay)	1600 Meter	Javelin
	400 Meter	
	100/110 Hurdles	
	800 Meter	
	200 Meter	
	3200 Meter	
	4 x 400	

Order of Events for Double Dual Track & Field Meets:

JUMPS	TRACK (Girls 1 <sup>st</sup> )	FIELD (Girls 1 <sup>st</sup> )
Long Jump (Open Pit)	400 Hurdles	Shot Put
Girls & Boys 1 hr & 15 min.	100 Meter	Discus
	1600 Meter ###	Javelin
*Girls HJ & PV	400 Meter	
followed by Boys HJ & PV	100/110 Hurdles	** (Modification)
	800 Meter	(Below)
Triple Jump (Open Pit)	200 Meter	
At conclusion of long jump	3200 Meter ###	
1 hr. & 15 min.	4x400	

### Girls Pole Vault Opening Height is 7'

### = you may combine boys & girls in these races

\*Girls HJ & PV should begin by the start of the 400 Meter Dash

\*\*If you have enough officials, you may run the following order for the field events:

Girls Shot Put & Boys Discus, Girls Discus & Boys Shot Put, Boys Javelin followed by Girls Javelin

3. The track shall be lined completely and correctly for all track and field events.

4. It is strongly recommended that any individual acting as an official be an adult.

5. Safety procedures for the Javelin throw event have been recommended by the Shore Conference Track & Field Committee. These procedures have been approved as guidelines for member schools by the Executive Committee.