

**2013 MIDDLE SCHOOL TRACK
RULES AND REGULATIONS**

EVENTS:

<u>Boys:</u>	Shot Put (8 lb.) Discus Long Jump Triple Jump 100 Meter Dash 200 Meter Dash 400 Meter Dash 800 Meter Dash 1600 Meter Run 400 Meter Relay 1600 Meter Relay	<u>Girls:</u>	Shot Put (6 lb.) Discus Long Jump Triple Jump 100 Meter Dash 200 Meter Dash 400 Meter Dash 800 Meter Dash 1600 Meter Run 400 Meter Relay 1600 Meter Relay
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NUMBER OF EVENTS:

In any meet, each contestant may enter only four events in any one of the following combinations:

1. 2 field, 1 track, 1 relay
2. 1 field, 2 track, 1 relay
3. 1 field, 1 track, 2 relay
4. 3 field, 1 track or 1 relay

NUMBER OF ENTRIES BY EACH TEAM:

	<u>2-Way Meets</u>	<u>3 or 4 Way Meets</u>
Field	3	2
Track up to 400	3	2
800/1600	OPEN	OPEN
Relays	3	2

FIELD EVENTS:

Shot put, discus, long jump, triple jump--Each contestant will have three tries in each of these events.

POINTS SCORED:

	<u>2-Way Meets</u>	<u>3 or 4 Way Meets</u>	<u>All Schools Meet</u>
Individual events	5-3-1	5-3-2-1	8-6-4-2-1
Relays	5	5-3	8-6-4-2

ORDER OF EVENTS:

Field Events will be held first: Shot put, Discus, Long Jump, Triple Jump

Track Events:
400 Meter Relay
1600 Meter Run
400 Meter Dash
100 Meter Dash
800 Meter Run
200 Meter Dash
1600 Meter Relay

GENERAL INFORMATION:

- Please read the Middle School Athletic Handbook concerning eligibility requirements, insurance, transportation, and rosters.
- A student must participate in at least one regular season meet to be eligible to participate in the All Schools' Meet.

BIBB COUNTY ATHLETIC OFFICE

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COACHES' ROSTER

<u>School Name</u>	<u>Girls' Coach</u>	<u>Boys' Coach</u>
Appling 478/779-2200	Rodgerick Worthy rworthy.appling@bibb.k12.ga.us	Terrence Redmond tredmond.appling@bibb.k12.ga.us
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