

S.I.T.A. CHAMPIONSHIP RULES



BE AT THE TRACK 45 MINUTES EARLY!!!! THE MEET WILL START PROMPTLY.



RULES

1. A student must participate in at least one league meet to be eligible to participate in the Championship Meet.
2. Please be sure that the athlete is in the right age group. An athlete may not run down. (Be in a younger age group.) Any athlete found to be in the wrong age group must be disqualified with no substitution and no points. (An athlete may run in an older age group.) **Remember the cut off date is April 26th.**
3. A student can participate in two events. If you enter a student in two events, **ONE MUST BE THE 4X75 RELAY.** The other event must be a **one field or one sprint.** (EXEPTION--800 relays and mile run may be used as a third event. 7th and 8th graders are recommended for the mile run.)
4. **RELAYS:**
 - a. There will be **NO BUBBLEGUM** races at the championship.
 - b. Each school will be allowed **ONE relay team** in each age group for boys and girls, 4 X 75 meter.
 - c. The relays will be run in two heats with the **WINNING PLACES DETERMINED BY DUPLICATE TIMING.**
 - d. Lane assignments will be determined by the best times through the league meets and will available on the website after the final league meet along with the final league standings.
 - e. The relays and field events will both start at the same time. Relay competitors must report to the relay's first.
5. **SPRINTS:**
 - a. The sprints will begin as soon as the relays are finished.
 - b. An athlete participating in the relays will be allowed to join the field event or sprint after completion of his/her relay.
 - c. Each school will be allowed two sprinters in each age group.
 - d. Three heats will be run in each age group. The 1st and 2nd place finishers in each heat will advance to the finals. Lane assignments will be determined prior to the meet.
6. **FIELD EVENTS (Jumps and Throws):**
 - a. There will be no more than three entries in each field event from each school.
 - b. There will be no ties. For jumps, go to 2nd best jump for each competitor to break tie. For throws, a throw-off will determine the winner.
7. **MVP AWARDS:** Coaches will fill out and hand in MVP point totals for their athletes. Only one MVP Award will be purchased and presented **per gender per school.** If a school has 2 girl MVP nominees or two boy nominees, the coach will make a decision between the two. Two awards will not be awarded for the same gender. If there is a tie between two girls or boys from different schools, a second award will be purchased and sent to the school.

b. SCORING:

1 st Place	10 pts
2 nd Place	8 pts
3 rd place	6 pts
4 th place	4 pts
5 th Place	2 pts
6 th Place	1 pt

