

**MIDDLE SCHOOL
TRACK AND FIELD GUIDELINES**

Competition Dates - 7

No scrimmages

Jewelry is legal.

Invitational meets are limited in number of teams to the number of lanes on the track (unless special permission is granted by the IGHSAU).

Individual Participation-four events per meet of which not more than three may be running Events.

Schools must run the standardized order of events.

Field Events – High Jump, Long Jump, Shot Put, Discus

4x800

Shuttle Hurdle Relay

100m

Distance Medley Relay

400m

4x200 Relay

1500m

100m Hurdles

200m

Sprint Medley Relay

200m Hurdles

800m

4x100 Relay

4x400 Relays

4 K shot put shall be used

1 K discus shall be used

All junior high hurdle races shall use 30-inch hurdles.

Shuttle Hurdle Relay - Each hurdler shall run 102.5 meters (112 yards, 2 inches). The distance from the starting line to the first hurdle and from the last hurdle to the finish line shall be 13 meters (42 feet, 7 3/4 inches) and the distance between hurdles is 8.5 meters (27 feet, 10 1/2 inches). Odd numbered lanes shall be assigned to the first and third runners and even numbered lanes to the second and fourth runners. There shall be ten hurdles.

200 Meter Hurdles-The distance from the starting line to the first hurdle shall be 55 meters and the distance between the hurdles shall be set at 35 meters. The distance from the last hurdle to the finish line shall be 40 meters. There shall be a total of four hurdles used in the race.

100 Meter (10 Flight) Hurdles - The distance from the starting line to the first hurdle shall be 13 meters (42 feet, 7 3/4 inches) and the distance between hurdles shall be 8.5 meters (27 feet, 10 1/2 inches). The distance from the last hurdle to the finish line shall be 10.5 meters (34 feet, 5 1/2 inches). There shall be 10 hurdles.