



CAAC Game Sheet

Track & Field (Boys & Girls)

(February 2022)

Start Times:

- Field Events during the regular season: Blue – 4:00 p.m. and Red & White – 4:30 p.m.
- Running Events during the regular season: Blue – 4:45 p.m. and Red & White – 5:00 p.m.
- Conference Meet start time will be determined by host

Pre-Game Warm-up:

- The track will be available 30 minutes prior to the start of the meet

Meet Format:

- Meet Electronic entries (from participating schools, as well as the host school) are due to the host school by 7:00 p.m. the day prior to the meet; changes may be made prior to the start of the meet
- Meets will follow the order of events as listed in the NFHS Handbook
- Field events and running events will be scored
 - Three places (5-3-1)
 - Red & White
 - Four places (5-3-2-1)
 - Blue
 - Relays will be scored
 - Red & White (5-0)
 - Blue (6-0)
 - Lane races, scoring will come from heats 1 and 2 only (100 and 200 Meter, 110/100 Hurdles, 300 Hurdles, 400 Meter) when using hand timing; when using FAT timing, scoring may come from any heat, but it is the coach's responsibility to make sure fastest runners are in 1st heat
 - Dual meets, the 3200 Meter Relay and 3200 Meter may start boys and girls together
 - Pole vault will be a scoring event
 - The opening height must be cleared for points to be awarded if the host school has pole vault pits
 - If the host school does not have pole vault pits, they will forfeit the points for the event
 - The visiting school(s) must verify before the meet begins as to the number of vaulters they have; if points are awarded in this case, pole vault will count as one event for each individual entered in the event
 - Contestants must be signed in prior to the start of the meet, except in relays; only scratches after the meet has begun; scratches may be re-entered into relays
 - Unlimited entries in dual meets
 - Dual meets, the shot-put, discus, and long jump provide for four trials (no finals)
 - Long jump will run as an open pit for boys and girls together
 - Blue runs separate pits for Varsity, together for JV
 - High jump opening heights are as follows:
 - Boys: 5'0" with 2" raises
 - Girls: 4'0" with 2" raises
 - Pole vault opening heights are as follows:
 - Boys: 8'0" with 1' raises until 9' then 6" raises thereafter
 - Girls: 6'0" with 6" raises thereafter