

## NCC TRACK MEET PROCEDURES

1. Scoring for the North Central Conference Track & Field meets shall be the following:  
10-8-6-5-4-3-2-1 for both Relays and Individual Events
2. The order of events shall be the same as required by the IGHSAA and IHSAA for regular meets that do not hold preliminaries. (See association web sites for suggested order of events.)
3. Starting time of the conference boys and girls meets will be 5:00. Field events will begin @ 5:00. The 3200/3000 meter runs will begin @ 5:30. All events will run consecutively and no time schedule will be established.
4. All running events will be Junior Varsity followed by Varsity. The fast heat in JV & Varsity will always be the last heat.
5. Running events will be seeded at the NCC meet. Times will be sent in as by host request. All coaches must be able to verify all times turned in if challenged. Varsity relays will be set up so that the fast heat occupies all lanes; however, there must be at least 2 teams running in the slow heat. There will be no preliminaries. Lane assignments will be done as per NCC constitution according to the number of lanes on the track. If a runner scratches after seeding has taken place, the lane shall remain open unless filled by a replacement competitor from that school. JV relays may be seeded by meet management and do not have to follow the NCC constitution guideline.
6. There will be one JV and one Varsity heat of the 4 x 800 relay.
7. The 3200/3000/1600/1500 meter runs will be run in one heat. A waterfall start will be used with the top runners in each race in the front row and seeded in the lanes according to times. The front row will consist of two runners per lane on the waterfall line and the remaining runners in lanes in the second row. If a double waterfall is marked on the track the meet management may use this in establishing starting positions.
8. The *varsity* 800-meter run will be run in two heats. *The JV 800 will be run in one heat.* Time will determine how meet management will establish *varsity* heats and numbers in each race. A minimum of the fastest eight *varsity* times will be placed in the fast heat.
9. No JV runners are allowed to compete in varsity events. . (The intent is that JV and Varsity races should be run separately. Individuals may run in JV and Varsity races as long as they stay within the IHSAA participation limits.) *The exception would be the 3200/3000-meter runs. If there are five or less runners in the JV races, the JV and Varsity races may be combined as long as the JV runners are visibly identified in the race*
10. All field event implements must be weighed prior to competition begins by the meet management. *Meet management will carry all weighed implements to event site for warm-up and competition. Only those implements that were weighed-in may be used.*
11. In the varsity shot, discus, and long jump the contestants will be flighted in groups of no more than 10 from qualifying entry marks. The first flight will be made up of the lowest entry marks and the second flight the highest marks. Contestants will receive 3 preliminary throws/jumps. The top eight distances will advance to the finals and receive 3 additional throws/jumps.  
Final participants will jump/throw in reverse order with the top competitor out of the preliminaries jumping or throwing last. JV contestants may or may not be flighted with that decision being left up to the meet management. JV contestants will receive 4 throws/jumps and all will be final. *Each thrower will be allowed only one throw at a time as consistent with district and state meets regulations. (JV and Varsity)*
12. The following order will be used in the field events: **Shot Put** – *JV followed by varsity* **Discus** – *Varsity followed by JV* **Long Jump** – Varsity followed by JV
13. The starting height for the Girls JV high jump will be **4'2"**. Girls Varsity high jump will be **4'4"**. The starting height for the Boys JV high jump will be **5'0"**. Boys Varsity high jump will be **5'2"**.
14. The junior varsity and varsity high jump will be run simultaneously in continuing flights of three – four – five competitors. The meet management can determine the number used in the continuing flights as he or she feels their field event judge is most comfortable in running the event. The varsity jumpers will enter the competition at their designated starting height. The bar will be raised 2" at a time until 5' for girls and 6' for boys at which the bar will be raised 1" at a time until one competitor remains, at which point that competitor will have the choice.
15. It is mandatory for the meet management to have a video camera at the finish line for all races. Meet management will also have a printed copy of all field event rules and regulations for all judges at their event. This will include the uniform and jewelry rule. All event judges must be high school graduates.
16. The referee, assistant referee, and meet manager will act as the sole authorities for rulings and infractions during the course of the meet. There will be no jury of appeals appointed for the conference meet.