

## **DPL Track Guidelines 2013**

### **GENERAL GUIDELINES:**

- Athletes are allowed a maximum of:
  - 5 total events
  - 4 running events (1 *must* be a relay if entered in 4)
  - 3 field events
- JV Athletes may not be entered in both the 50m and 100m at the same meet.
- Each team may only enter 3 athletes per event (with the exception of the 50m in JV, see below)
- Please bring plenty of trash bags to clean up your area during and after meets.

### **PARTICIPATION**

#### **\*NON-DESIGNATED PARTICIPANTS:**

- In the first two (2) Junior Varsity meets, teams will be permitted to have (3) non-designated entries in the 50 meter run only.
- Each team will be allowed one ND/"B" relay team per relay event in JV and Varsity meets. The non-designated participant (s) cannot score points for team
- Non-designated INDIVIDUAL participation is NOT allowed in the Varsity meets.
- For City Meets, there will be no individual ND participation allowed.

#### **\*JV ATHLETES ON VARSITY ROSTER:**

- For a JV athlete to be included on a VARSITY roster, that athlete must have won their event(s) in JV meets. Any coach who wishes to enter a JV athlete in Varsity meets must get permission from the DPL office.

### **CITY MEET QUALIFICATIONS:**

- Each participant who wishes to enter the JV City Meet must have been entered in one preliminary meet and participated in at least one event at that meet. At the Varsity level, athletes must participate in 2 out of the 3 preliminary meets to qualify for the City Meet.
- Each athlete must have earned a qualifying time/distance for each event entered in the City Meet, showing that they COMPETED (and were not just *entered*) in that event. EX: to run the 100m run in the City Meet, the athlete must have run the 100m in a prelim meet *and* received a time (did not DQ/scratch, etc.)
- A list of field event qualifiers will be sent to the coaches/ADs prior to the City Meet. For running events, anyone with a time from a prelim meet is qualified in that event; there are no qualifying times. For relays, the seed time is attached to the relay itself, so athletes may be interchanged.

### **AWARDS:**

- At each prelim meet, ribbons will be awarded to the top 6 finishers in each event. At the JV and Varsity City Meets, ribbons will be awarded to 4<sup>th</sup>-6<sup>th</sup> place, and medals will be given to 1<sup>st</sup>-3<sup>rd</sup> place.
- At each City Meet, an "MVP" plaque will be awarded to the male and female athletes who accumulate the most points during the City Meet. Also, an "Athlete of the Year" plaque will be awarded to the male and female athletes who accumulate the most individual points throughout the season.