

Spring Track:

Section 1 Rules National Federation Track and Field Rules, unless herein modified, shall govern all NJSIAA cross-country, winter track and spring track meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season As provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the result of a bona fide change of residence, shall be ineligible to participate in any post-season championship competition at the new school.

Sections 6 through 10 Same as Cross Country.

Section 11 Same as Winter Track.

Section 12 Standard Events – Boys As follows: 100 m, 200 m, 400 m, 800 m, 1600 m, 3200 m, 110 m high hurdles (39 inch), 400 m intermediate hurdles (36 inch), 1600 m Relay, Pole Vault, High Jump, Long Jump, Triple Jump, Discus, Shot Put, and Javelin (rubber tipped). Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference and Championship meets must receive NJSIAA approval for departure from this rule.

Attention: 400 m intermediate hurdles (36 inch) Hurdle Spacing

No. of Hurdles	Hurdle Height	Starting Line to First Hurdle	Between Hurdles	Last Hurdle to Finish Line
10	36"	45 m	35 m	40 m

Section 13 Order of Events – Boys The order of events, unless agreed upon and listed in the contract, shall be: 110 m high hurdles (39 inch), 100 m, 1600 m, 400 m, 400 m intermediate hurdles (36 inch), 800 m, 200 m, 3200 m, 1600 m Relay.

Section 14 Standard Events – Girls As follows: 100 m, 200 m, 400 m, 400 m Relay (optional), 800 m, 1600 m, 3200 m, 100 m hurdles (33 inch), 400 m hurdles (30 inch), 1600 m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Discus, Shot Put, and Javelin (rubber tipped). Any variations must be by mutual consent and listed in the contract or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule. State Championships will contest and score the triple jump and pole vault.

Section 15 Order of Events – Girls The order of events, unless agreed upon and listed in the contract, shall be: 100 m hurdles (33 inch), 100 m, 1600 m, 400 m, 400 m hurdles (30 inch), 800 m, 200 m, 3200 m, 1600 m Relay. If 400 m Relay, is included, the contract must also indicate the placement in the order of events.