

Winter 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 Number of Contestants

Dual Meet Competition: Each team shall be entitled to five (5) entries per event. NOTE: This will also apply to Spring Track.

Triangular Competition: Each team shall be entitled to four (4) entries per event.

Open, Conference and Championship Meets: Entries determined by sanctioning body or Meet Director.

Section 12 Standard Events – Boys As follows: 55 m, 55 m high hurdles (39 inch) 400 m, 800 m, 1600 m, 3200 m, 1600 m Relay, Shot Put, High Jump, and Pole Vault. 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.

Section 13 Standard Events – Girls As follows: 55 m, 55 m hurdles (33 inch), 400 m, 800 m, 1600 m, 3200 m, 1600 m Relay, Shot Put, High Jump and Pole Vault. 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.