

Calgary Middle Level Amateur Athletics

Track and Field

HANDBOOK

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General Rules and Procedures

We would like to ensure that our track and field meets are an enjoyable experience for all competitors, coaches and spectators

Educating Students and Volunteers in the correct procedures and etiquettes to be followed at a meet would greatly assist in the attainment of this goal.

A brief summary of the most pertinent rules and procedures are given on the following pages.

Crowd Control and Coaching Responsibilities

Athletes and spectators should be seated in the stand or designated field event spectator areas when not competing

The infield must be kept clear at all times. Competitors should not be on the infield unless they are participating in the next track event. Coaches should avoid standing on the infield as their students will tend to congregate around them, thus causing a distraction to the officials.

Club Coaches

Club coaches are not eligible to coach club athletes at any of the Calgary Board of Education meets. Coaches are welcome to spectate from designated spectator areas if they so desire.

School coaches should clarify to club athletes that they report to school coaches at these meets and be encouraged not to be involved with club coaches during the meets.

Dress

All competitors are required to wear shirt and shoes during competitions. **School identification is required and no track club uniforms are permitted.** For safety reasons footwear is compulsory in the CJHSAA and CSHSAA competitions.

Marshalling

Inform your competitors as to when, where and how to Marshall for their events. Distributing a schedule to your competitors with their events circles will help keep the meet running on time. As a rule, meets do not run ahead of schedule, however, it is possible to run behind schedule. Listen to the announcer for first calls which are given 15 minutes prior to the event.

When "first call" is announced, the competitor should report immediately to the Marshall. For track events, the marshalling area is generally near the starting area for that particular event. For field events, the competitor reports to the head official at the event area. Competitors should give their name and their school to the Marshall.

If a competitor is scratching from an event, he/she or the coach should report this to the Marshall. Substitutes should always report to the Marshall when the first call is given so they will be prepared to compete in the event of a scratch. They also need to stay in the area of the event up until they are positive they will not be competing.

After having reported to the Marshall, all competitors should remain in the marshalling area, away from the start line. When the preceding races are about start they should remain quiet so as to not distract the runners. Each runner will be assigned a lane and in some cases they will be asked to stand in their lane well back from the start line. Inform your athletes that the lanes are numbered from the inside curb (lane 1) to the outside curb, and encourage them to remember their heat and lane assignments.

Simultaneous Events

Two Field Events: A competitor who is entered in two field events which are occurring simultaneously should follow these procedures.

1. Report to the head officials at both events and explain the situation.
2. Alternate between the two events taking one attempt at each event as required.

Competitors should be aware that the head official may alter the order of the rotation within a given round to accommodate a competitor that must leave to participate in another event. If a competitor misses a round however, they may not make up their turn in any subsequent round. **In extenuating circumstances, permission may be granted by the meet director to make more than one trial at a time.**

A Field Event and a Track Event: Track events always take precedence over field events. Should a competitor be involved in a track event and a field event at the same time, the following procedure should be adhered to:

1. The competitor or coach should report to the Marshall of both events when the first call is given
2. The Competitor should then continue his/her trials at the field event until the last call is given for the track event.
3. The competitor should inform the field official that they are leaving to run a track event.
4. After the track event is finished, the competitor should return immediately to the field event to complete his/her trial.

Competitors should be aware that the high jump bars will not be lowered at any time to accommodate a competitor who has missed their turn at that height.

Competitors should be aware that when a round of attempts has been completed at an field event the round is finished and if they missed their attempt in this round an attempt can not be made up. If they return before the round is finished they may make an attempt (even if it is out of order)

Coaches should take care when entering athletes in events to avoid unnecessary overlaps in events.

THE START

1. The commands in races up to and including 400m (including 4x100m and 4x400m), will be “On your marks”, “Set” and when all competitors are set (motionless), the gun shall be fired.
2. The commands for races longer than 400 m shall be “On your marks” and when all competitors are ready the gun shall be fired.
3. In all races up to and including 400m (including the first leg of the 4x100 and 4x400m), a crouch start and the use of starting blocks are optional.
4. Competitors will stand behind their respective starting block/line in the assigned lane at the hold line. After the “On your marks” command, a competitor shall approach the start line, assume a position completely within the allocated lane and behind the start line. Both hands and one knee shall be in contact with the ground and both feet in contact with the starting blocks/ground. Once the competitor is motionless at this command the starter shall give the command set. At “Set”, a competitor will immediately rise, without delay, to his or her final starting position retaining contact of the hands with the ground and both feet in the footplates of the starting blocks or on the ground. The starter may in the “On your marks” or “Set” position have the competitors stand if he or she feels the competitors are not ready. The assistant starter will give a warning. This warning is not a false start. If the competitor does not immediately come to above positions quickly will be given a false start.
5. Any competitor making a false start will result in a second gun or whistle and a call back of the race. The competitor will be charged with a false start and shall be warned that if the competitor is responsible for two false starts, he or she shall be disqualified.
6. Competitors in races over 400 meters may be started in a waterfall start (all competitors up on the line) or a box start (two or more athletes per lane and in specific assigned lanes for the start) depending upon the race and the wishes of the organizing committee.
7. Prior to the command “On your marks”, the competitors shall stand back of the start line, on the command they will move up and assume a position either in their lane or position with their feet back of the start line. The gun will then be fired to start the race.

THE RACE

- 1) **Running in Lanes**; in all races run in lanes, each competitor shall keep within his or her allocated lane from start to finish. This will also apply to any portion of a race run in lanes.
- 2) Event 600m or farther shall either;
 - a) Start as a waterfall start on a cued start line with athletes in randomly drawn alleys, where athletes may cut to the inside lane of the track when safe to do and when it does not interfere with or impede another runner.
 - b) Be run in lanes as far as the break-line marked after the first bend where the runners may leave their respective lanes. Cones will be placed on the track to indicate to the competitors where the break-line is.
- 3) Leaving the Track: A competitor, voluntarily leaving the track will not be allowed to continue the race.

Seeding and Qualification in Track Events

1. Preliminary rounds (heats) shall be held in track events in which the number of competitors is too large to allow the competition to be conducted satisfactorily in a single round (final). Seeding in heats is random; seeding in final will be according to either finish position and/or finish time. Competitors for the final are placed in lanes according to the fastest competitor in lane 4, followed by lane 5,3,6, 2,7,1 with the slowest in lane 8

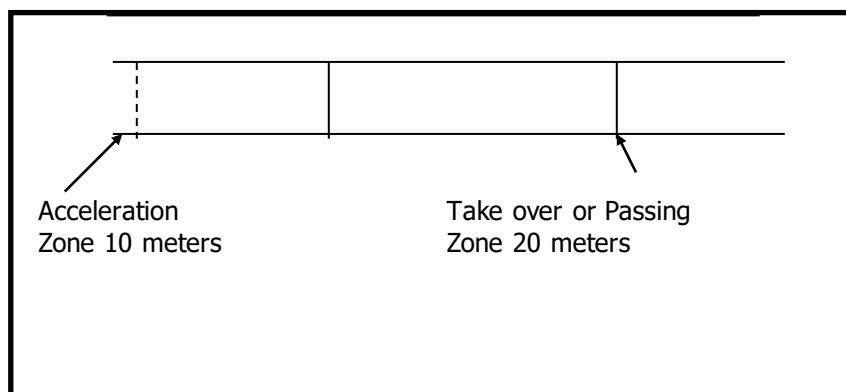
100m, 200m, 60mH, 80mH, 100mH,

Declared Entries	Qualifying Race 1		
	Heats	Places	Time
9-16	2	3	2
17-24	3	2	2
25-32	4	3	4
33-40	5	4	4

2. For the 300m, 400m, 4x100m and 4x 400m all competitors or teams will be placed in lanes for timed finals in random order with no two members of the same team in the same timed final race. Team members will not be placed side by side in lanes (where applicable).

THE RELAY RACES

1. The take-over (passing zone) for 4 x100 and 2nd, 3rd and last runners in the 4 x 100m is 10m either exchange mark.
2. The take-over zone for the 3rd and 4th runners in the 4 x 400m is 10m either side of the finish line.
3. In the 4x400m the 1st runner will start with blocks (optional) in the staggered 400m start position. The 2nd runner for the team will be waiting in the team's line, within the take-over zone to exchange the baton. An arc across the track at the entry to the back straight shows the position at which the second stage runner are permitted to leave their respective lanes in a 4 x 400m race.
4. In the 4 x100 meter race, the outgoing runners in the 2nd, 3rd and 4th positions respectively, may commence running no more than 10 meters outside the take-over zone. A distinctive line will indicate this area. The outgoing runners must be completely within this zone if they intend on using it.
5. In the 4 x 400 meter race, the 2nd, 3rd and 4th runner is not permitted to begin outside his or her take-over zone and must start inside of it.
6. Runners in the, 3rd and 4th positions of the 4 x 400 will be placed in their waiting position by an official, to receive the baton in the same order (inside to outside) of the incoming runner in the 2nd phase as they complete the last 200m of their leg.
7. The athlete, who has dropped it, if dropped, must recover the baton. He or she may leave their particular lane to retrieve the baton, providing they do not lessen the distance to be covered or impede another athlete.
8. In all relay races, the baton must be passed within the take-over zone. Within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or limbs. Passing the baton prior to or after the take-over zone results in the disqualification of the team.



RUNNING INFRACTIONS

Lane Infractions:

Article 1: When a race is run in lanes each competitor shall keep his/her own position in the course during the entire race. A competitor who, without being foaled and while running around a curve, gains an advantage by stepping on or over the inside lane will be disqualified.

Article 2: A race involving a curve and where lanes are not specified, a runner may change towards the inside or outside when he/she is two full running strides in advance of the runner whose path is crosses. It is not a foul if a runner crosses to the inside or outside if this action does not interfere in any way with another competitors stride.

Article 3: If a runner is lapped in a distance race, the competitor shall run his or her normal course if permitted to remain in the race. If the competitor is required to withdraw from the race, the lapped runner shall leave to the inside of the track.

Interference:

Article 1: if a runner impedes another competitor by jostling or running across an opponents path, or deliberately runs inside the track curb (or painted lines), or illegally runs outside the assigned land or course, the referee shall disqualify the runner, or in a team race the entire team, if in his or her opinion the athlete has gained an advantage over or impeded the progress of another competitor.

Article 2: If interference occurs in any preliminary heat, the referee may allow the offended runner or team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round or heats, the same as if he/she or the team had won a place. If interference occurs in the final heat, the referee may order a new race between all of those in the final, or between those, who, in his/her opinion, are entitled to the privilege.

Hurdling Infractions:

Article 1: A hurdler shall be disqualified if the contestant:

1. does not attempt to clear each hurdle
2. puts a hurdle over with the hand
3. advances or trails a leg along side of a hurdle
4. runs over a hurdle not in the assigned lane
5. runs around a hurdle
6. runs under a hurdle
7. or when outside an assigned lane, impedes another hurdler

It is not a disqualification if a hurdle is knocked down by the foot or leg of a contestant.

Aiding a Competitor:

Article 1: It is unsportsmanlike conduct when:

1. anyone associated directly or indirectly with a competitor paces the contestant by running or taking position, along the track for the purpose of coaching or otherwise assisting the runner.
2. a competitor who is a lap behind the leading runner paces or otherwise assists a team-mate or impedes another runner
3. any runner intentionally leaves the track and then re-enters to continue the race
4. any competitor willfully fails to follow the direction of the starter

For any of these acts the competitor shall be disqualified.

Article 2: The use of any aid during a race, including carrying a baton, in other than a relay race is prohibited.

FIELD EVENTS

1. **Competing Order**; Will be random
2. In field events where a runway is used, markers will be allowed along side of it and not on the runway. Excluding high jump.
3. In all field events, except for the High Jump, where there are more than eight competitors, each competitor will receive three trials and the eight competitors with the best valid performances will receive three additional trials. Eight or less competitors will receive all six trials.
4. **Track events take precedence over field events**. A competitor shall notify the official in charge that they must leave the field event to go and complete the track event they are entered in. If while in their absence the competition goes into the next rounds, the competitor will not be given a chance to complete the rounds missed. For example, John Smith leaves long jump after his first round is completed and goes to the 100m. While there, the competition completes the second round. John Smith will only have one competition round left.
5. **Delay during competition**; A competitor will be allowed a particular amount of time to complete a trial. It is based upon the number of competitors remaining in the competition.

Number of athletes still competing	Individual Event		
	HJ	PV	Other
More than 3	1 min	1 min	1 min
2 or 3	1 ½ min	2 min	1 min
1	3 mi	5 min	1 min

6. **Ties**; In field events excluding high jump and pole vault, the second best performance of the competitors shall break the tie. If necessary the third best and so on.
7. **Measurements**; High Jump: The judges at the event shall check the measurement when the bar is place a new height. All measurements shall be made in whole centimeters from the ground to the lowest part of the upper side of the bar. High Jump crosses bars all have sag. Officials are to find which placement on the uprights has the most sag and then turn the bar over to minimize this. Officials should mark the bar in some manner so they can place the bar back correctly for subsequent jump attempts. Long Jump is measured from the portion of the board closest to the pit, and the throws are measured from the inside of the toe board or circle ring, all to the closest whole centimeter.

High Jump

1. **Measurements:** The judges at the event shall check the measurement when the bar is placed at a new height. All measurements shall be made in whole centimeters from the ground to the lowest part of the upper side of the bar. High Jump crosses bars all have sag. Officials are to find which placement on the uprights has the most sag and then turn the bar over to minimize this. Officials should mark the bar in some manner so they can place the bar back correctly for subsequent jump attempts.
2. **High Jump Uprights and Cross bar;** There should be at least 1 cm between the ends of the cross bar and the uprights. The support for the crossbar on the uprights should be parallel with the leading edge of the pit and the cross bar itself.
3. **Starting Height:** A competitor may commence jumping at any height announced by the head judge and may jump at his or her discretion at any heights to follow. Three consecutive failures, regardless of the height at which they occurred will result in the disqualifying of the competitor from further jumping. A competitor after faulting at their first or second attempt may forgo the second or third attempt at a particular height.
4. **Ties;** Ties shall be broken as follows:
 - a) The competitor with the lowest number of jumps at the height at which the tie occurs will be given the higher placing.
 - b) If, a tie remains after (a) above, the competitor with lowest total of failures, throughout the competition up to and including the last height cleared will be given the higher placing.
 - c) If a tie still remains after (a) and (b) above, then the competitors will have a jump off (for first place only, other placing shall remain as a tie) then the competitors will have one more jump at the last height attempted. If neither competitor is successful then the high jump bar will be lowered 3 cm and this process continues
5. All competitors must take off from one foot.
6. A competitor will fail the attempt if;
 - a) After the jump, the bar does not remain on the support because of the action of the competitor while jumping even after the competitor has left the mat.
 - Note: If in the opinion of the judge at the event that the bar was displaced by a force other than the competitor (e.g. a gust of wind) then the attempt will be marked as successful.
 - Note; if the bar falls off the uprights when the competitor is off the landing area and the displacement was not caused by an external force other than the competitor, the attempt shall be marked as a failure.
7. A competitor may forgo (pass) an attempt at any height during the competition.
8. Judges will mark under the proper height on the field event sheet with the following symbols; O = Cleared, X = Failed, - = Did not Jump

	Competitor	Heights			
		1.75m		1.80m	1.85m
Competitor A is first, C is second, D third and B is fourth.	A	O		X0	O
	B	-		X0	XXX
	C	-		O	X0
	D	-		X0	X0

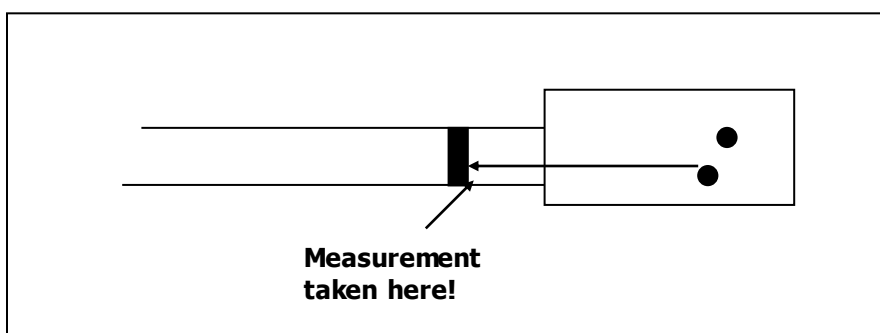
High Jump Starting Heights

Junior Boys 1.12m	Intermediate Boys 1.25m	Senior Boys 1.32m
Junior Girls 1.00m	Intermediate Girls 1.07m	Senior Girls 1.12 m

The bar will be raised by 5 cm for the first two moves and from then on will be moved by 3 cm for each subsequent move.

Long Jump

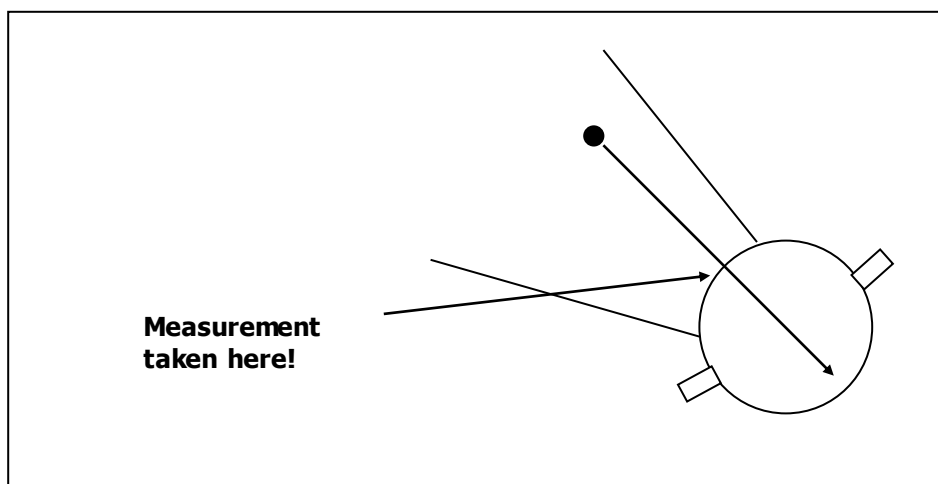
1. Measurements should be made to nearest whole centimeter. I.E. **3.56 cm**
2. A competitor fails the attempt if he or she;
 - a) While taking off, touches the ground beyond the take-off line with any part of the body, whether in the run-up without a jump attempt or while in the act of jumping
 - b) Takes off from outside either end of the take off board
 - c) Touches the ground between the take-off line and the landing area
 - d) During landing, he or she touches the ground outside the pit closer to the take-off line than the point of the nearest break made in the sand.
 - e) When leaving the landing area, the first contact the competitor makes with the ground outside the pit, is closer to the take-off line than the nearest break in the sand on landing.
 - Note: It is not a foul if the competitor runs outside the white lines marking the runway.
3. All jumps are to be measured from the nearest break in the landing area made by any part of the body or limbs or back to the take off line and should be exactly perpendicular to the take-off line and its extension.



4. The "0" end of the tape measure goes at the break (use a nail or marker to mark the back edge of the break. The tape should be flat, not twisted and parallel with the runway.

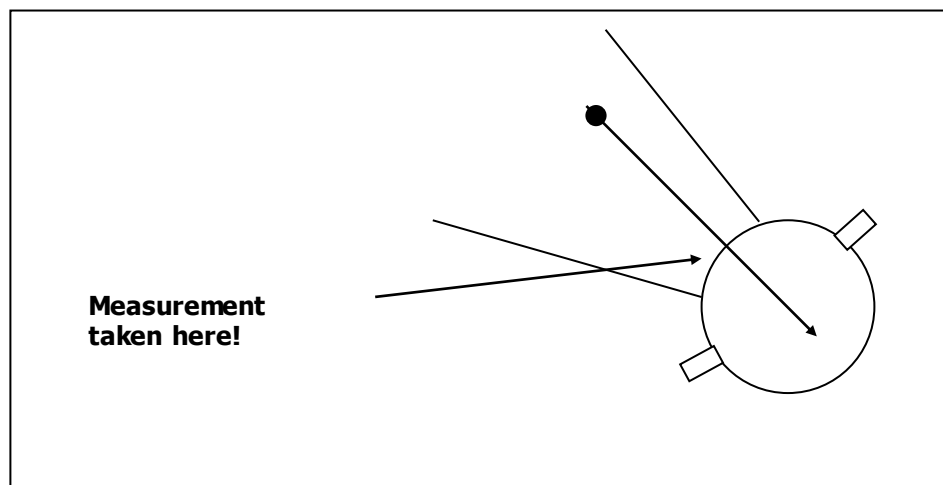
Shot Put

1. Once competition has begun, competitors are not permitted to use the implements for practice purposes or to use the throwing area.
2. No device of any kind – e.g. the taping of two or more fingers together – that in any way assists a competitor when making a throw shall not be allowed. The use of a glove is not allowed.
Note: In order to obtain better grip, competitors are allowed to use a suitable substance on their hands only I.E Chalk.
3. Technique: The shot shall be put from the shoulder with **one hand**. When the competitor takes a stance in the circle, the **shot must touch or be in close proximity to the chin**. If the competitor's hand drops below this position during the put it is a foul.
4. It is a foul, if the competitor, once he or she has stepped into the circle and begun to make the throw, touches with any part of the body, the ground outside the circle or the top of the iron band, the top of the stop board or as in (3) above, release the shot improperly.
5. The competitor should not leave the circle until the implement has touched the ground. When leaving the circle the first contact with the ground or top of the iron band outside circle will be completely behind the white line which is drawn through the center of the circle.
6. The measurement of each throw will be made immediately after the throw from the nearest mark made by the shot to the inside circumference of the circle along a straight line through the center. In other words the tape should be flat not twisted and stretched from the mark through the center of the throw's circle.
7. Measurements should be made to the nearest whole centimeter.
8. A valid trial is one that falls completely within the inner edges of the landing sector. A shot landing on a sector line is considered a foul.



Discus

1. Once competition has begun, competitors are not permitted to use the implements for practice purposes or to use the throwing area.
2. No device of any kind – e.g. the taping of two or more fingers together – that in any way assists a competitor when making a throw shall not be allowed. The use of a glove is not allowed.
3. Note: In order to obtain better grip, competitors are allowed to use a suitable substance on their hands only, I.E. Chalk
4. It is a foul, if the competitor, once he or she has stepped into the circle and begun to make the throw, touches with any part of the body, the ground outside the circle or the top of the iron band, the top of the stop board or as in (3) above, release the discus improperly.
5. The competitor should not leave the circle until the implement has touched the ground. When leaving the circle the first contact with the ground or top of the iron band outside circle will be completely behind the white line which is drawn through the center of the circle.
6. The measurement of each throw will be made immediately after the throw from the nearest mark made by the discus to the inside circumference of the circle along a straight line through the center. In other words the tape should be flat not twisted and stretched from the mark through the center of the throw's circle.
7. Measurements should be made to the nearest whole centimeter.
8. A valid trial is one that falls completely within the inner edges of the landing sector. A Discus landing on a sector line is considered a foul.
9. Only intermediate and senior athletes may execute the spin technique. Junior athletes executing a spin technique will result in a fault.



THE START LINE

Marshal

1. The marshal is responsible for the confirmation of athletes into the various races that take place on the track.
2. Marshalls will be supplied with a list of athletes in their lanes and their heats if applicable.
3. Marshalls will confirm scratches with the track recorder and additions or substitutions with the data center both by radio/
4. Marshalls are to insure that athletes know what lanes and/or heats that they are to be in prior to the scheduled race time.
5. Marshalls have the freedom to move races whose numbers drop to 8 or below to finals at the scheduled time for that final and to adjust heats accordingly if the number of heats become less than originally planned. The track recorder and the photo finish tower (where applicable) must be made aware of the number of heats to be run and the lane changes where appropriate.
6. Marshalling should be done in an organized manner such that the races can be run at the scheduled time. Suggestion is to marshall the races close in proximity but away from the start line for the particular race.

Starter and Assistant (Recall)

1. Before the start of a race the starter shall insure that the finish line area is ready. The use of a whistle to signal his or her readiness is important.
2. The starter must have a position so they have full visual control over the runners during the start procedure.
3. The recall (assistant) will assist the starter in races of 200, 400 and Relays with particular lanes as assigned by the starter. For example the starter may take lanes 1 through 4 and the recall (assistant) 5 through 8.
4. The recall (assistant) shall indicate to the competitors if they should have a warning given to them or disqualification.
5. The starter will notify the track recorder and/or the photo finish of a disqualification.

THE FINISH LINE

Track Recorder

1. The track recorder facilitates the gathering of finish times from the head timer and place confirmation from the finish judge so that final placing can be arrived at.
2. The track recorder acts as a back up to the photo finish, in case there is a problem.
3. The track recorder will be given copies of all the races being conducted in the particular sessions.
4. The track recorder must in conjunction with the marshal confirm the participants in a race in case of changes of either athletes (substitutions) or lanes.
5. Accuracy of results is very important!

Finish Line Judges

1. To assist the finish in placing of competitors as they finish, individuals are assigned finish positions not lanes to watch. After the competitor has completed the race the judge will then identify for those races run in lanes the lane number. For races that are not run in lanes they will identify the runner either by hip number or competition number.
2. The finish of a competitor will be determined by the torso of the body reaching the vertical plane extending up from the near edge of the finish line
3. The head track judge will facilitate the collection of results based on the finishing positions of the runner and relay this information to the track recorder.

Timers

1. Timekeepers are in line with the finish line and outside the track.
2. The time shall be taken from the flash/smoke of the gun to the point where the torso reaches the vertical line extended from the near edge of the finish line.
3. Timekeepers will be assigned finish positions.
4. Usually three timekeepers will record the winning time (where applicable).
5. The head timer will facilitate the collection of results based on the finishing positions of the runner and relay this information to the track recorder.

General Information Regarding Athlete Entry and Events, Advancement to Competitions and Event

1. Event Specifications

1.1. Discus

- 1.1.1. Discus Throwing Implement Weights
 - 1.1.1.1. Junior and Junior Varsity Boys and Girls – 750 g
 - 1.1.1.2. Intermediate and Senior Boys and Girls 1.0 kg
- 1.1.2. Discus Throw Technique
 - 1.1.2.1. Senior and Immediate athletes may execute the spin technique
 - 1.1.2.2. Junior athletes executing a spin technique will result in a fault.

1.2. Shot-put

- 1.2.1. Shot Put Throwing Implement Weights
 - 1.2.1.1. All Girls 3 kg
 - 1.2.1.2. Junior and Junior Varsity Boys 3 kg
 - 1.2.1.3. Intermediate and Senior Boys 4.0 kg

1.3. High Jump

- 1.3.1. High Jump Starting Heights
 - 1.3.1.1. Junior Varsity Boys 1.00m
 - 1.3.1.2. Junior Varsity Girls 0.90m
 - 1.3.1.3. Junior Boys 1.12m
 - 1.3.1.4. Junior Girls 1.00m
 - 1.3.1.5. Intermediate Boys 1.25m
 - 1.3.1.6. Intermediate Girls 1.07m
 - 1.3.1.7. Senior boys 1.32m
 - 1.3.1.8. Senior Girls 1.12m
- 1.3.2. The bar will be raised by 5 cm for the first two moves and from then on will be moved by 3 cm for each subsequent move.

1.4. Hurdles

- 1.4.1. 60m hurdle distances are
 - 1.4.1.1. Five flights
 - 1.4.1.2. Height of hurdles = 75.9 cm
 - 1.4.1.3. Distance from start line to first hurdle 12 m
 - 1.4.1.4. Distance between hurdles 8m
 - 1.4.1.5. Distance from last hurdle to finish line 16 m
- 1.4.2. 80m Hurdles – All junior high school events
 - 1.4.2.1. Eight flights
 - 1.4.2.2. Height of hurdles = 75.9 cm
 - 1.4.2.3. Distance from start line to first hurdle 12 m
 - 1.4.2.4. Distance between hurdles 8m
 - 1.4.2.5. Distance from last hurdle to finish line 12 m

2. Age Categories

- 2.1. Junior: 12 as of December 31 of last year (turning 13 in the current year) or younger
- 2.2. Intermediate: 13 as of December 31 of last year (turning 14 in the current year)
- 2.3. Senior: 14 or older as of December 31 of last (turning 15 in the current year) or older.
- 2.4. An athlete cannot compete in two different age categories (except open events). This includes relay events

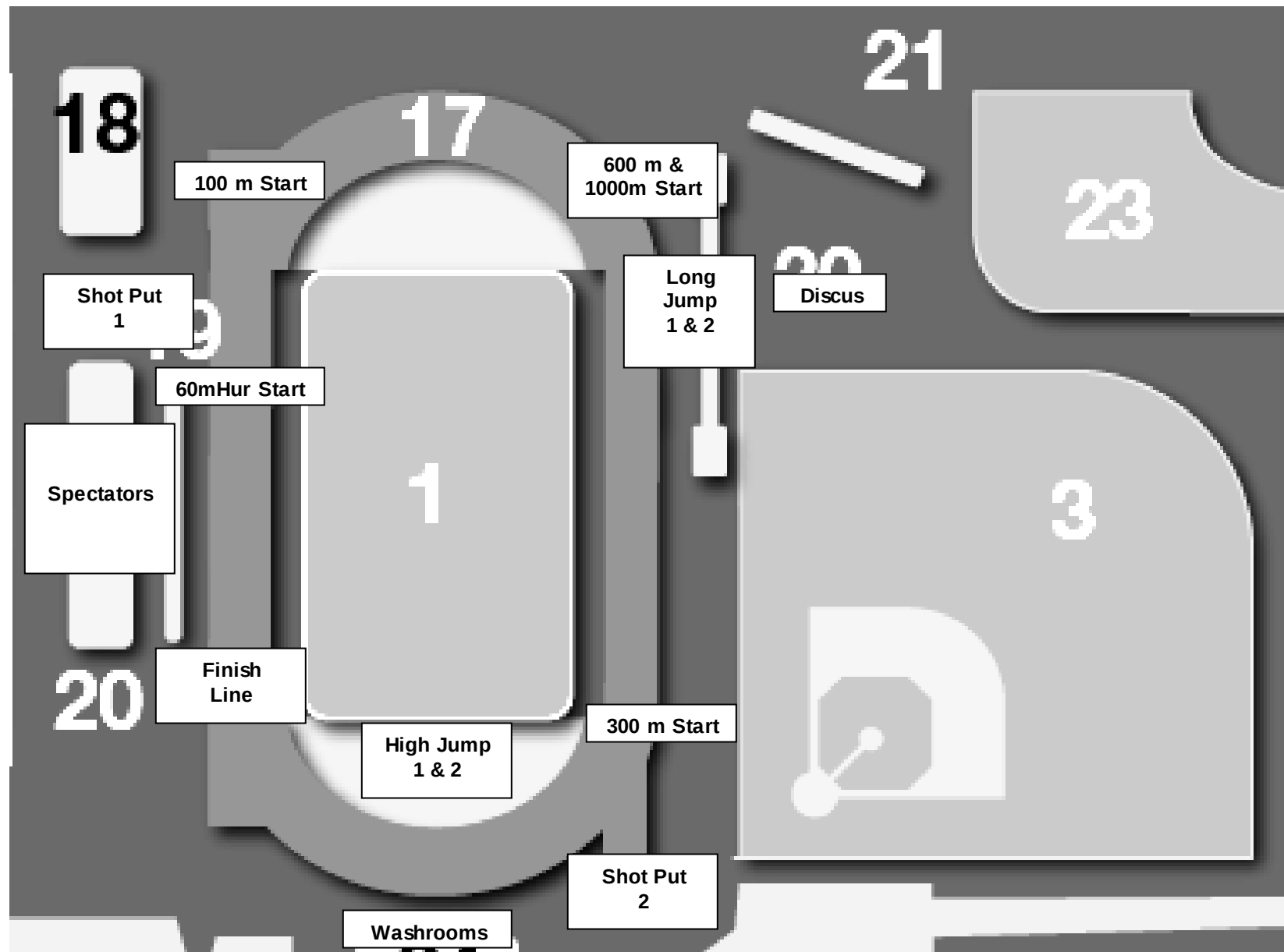
3. Entries

- 3.1. A member school can enter “3” three athletes per event, unless as a division member schools agree upon a different number of entries per school per event.
- 3.2. An athlete can do a maximum of “4” four events, 3 individual events plus 1 relay event.
- 3.3. Alternates (substitutes) at meets can be chosen from the eligible athletes that a member school has entered, providing the athlete has no more than four events. An athlete cannot compete in two different age categories (except open events). This includes 4 x100.

4. Event Scoring (Track, Field, Relay)

Place	Points Awarded
1	10
2	8
3	6
4	5
5	4
6	3
7	2
8	1

GLENMORE TRACK



FOOTHILLS TRACK

