

BOISE SCHOOLS 7TH, 8TH AND 9TH GRADE TRACK AND FIELD RULES

GENERAL INFORMATION

1. Track meets will only be cancelled because of severe weather. Meets will not be rescheduled. Athletic directors from schools involved must unanimously agree upon cancellation of the meet after 1:00 p.m. the day of the scheduled meet.
2. Seventh, eight and ninth graders may participate in any *four* events.
3. The “No False Start” rule will apply.
4. **All participants must be in school issued uniforms.** Any other visible apparel must be of a single color. Undergarments worn under the jersey or shorts do not have to be the same color. Extenuating circumstances are under the jurisdiction of the coaches and the commissioner. No jewelry may be worn.
5. The host school will provide field implements for participants. Coaches of the non-host schools will monitor the relay exchange zones.
6. Pyramid spikes will be used on all weather tracks.
7. Starting blocks must be used by all participants in running events; except the 1600 and 800 meter run.
8. Starting gun must be used on all running events.
9. All times will be rounded up to the nearest tenth.
10. Scoring:
 1. Each school may enter only two (2) relay teams. Heats must run if there are more than six relay teams entered in an event.
 2. All disqualifications must have written verification stating why the team was disqualified and signed by the disqualifying official. This must be given to the director of the meet immediately following the race.

Number of Teams Competing in the Meet	Individual	Relay Scoring
2	5-3-1	5-0
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
7	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1
8	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1

SCORING FOR THE REGIONAL MEETS MUST BE DONE ELECTRONICALLY

11. Awards

The first six places will be given ribbons, including relays in all events at the City Meet.

12. Entries

A. Quad Meets:

1. Limited two (2) per school for all races run in lanes
2. Each school may enter only two (2) relay teams.
3. Quad meet heats must be run to accommodate the entries.
4. Field events – unlimited.

B. Regional Meets:

1. Limited two (2) per school for all races run in lanes.
 - a. The first two places from each regional qualify for the city meet.
 - b. The remaining four qualifiers will be based on the best overall times from both regional meets.
2. Entries in distance events (1600 meter and 800 meter)
 - a. The first eight finishers from each regional will qualify for the City Meet. If a regional does not have eight (8) finishers the next fastest times at the other regional will qualify until there is a total of 16 runners.
3. Two relays per school.
 - a. The first two places from each regional qualify for the city.
 - b. The remaining four qualifiers will be based on the best overall times from both regional meets.
 - c. Each school may enter two 4X100 relay teams in the city provided they entered a team in the regional and completed the race without disqualification.
4. Field events unlimited
 - a. The first two places from each regional qualify for the city meet.
 - b. The remaining four qualifiers will be based on the best overall distances or heights from both regional meets.
 - c. In the shot put and the discus the remaining eight qualifiers will be based on the best overall distances or heights from both regional meets.
5. Eligibility
 - a. All entries in the regional meet must have competed in at least one previous meet in the event entered.
6. If an athlete is sick, has a death in the family, or has an authorized doctor's excuse, the day of the regional meet, the following rules will apply:
 - a. The athlete must have placed in the same event at least twice in previous meets during the season.
 - b. The athlete must have beaten the fifth place distance, time or height of athletes who qualified for the city meet.

**BOISE SCHOOLS 7-8-9 GRADE
STARTING HEIGHTS AND MEASUREMENTS**

HURDLES

100 meter hurdles

Grade	Height
7 th girls	33"
8 th girls	33"
9 th girls	33"
7 th boys	33"
8 th boys	36"

Spacing: 8.5 meters apart

Start to first hurdle	13.0 meters
Last hurdle to finish	10.5 meters
10 flights of hurdles	Girls

110 meter hurdles

Grade	Height
9 th boys	36"

Spacing: 9.1 meters apart

Start to first hurdle	13.7 meters
Last hurdle to finish	14.0 meters
10 flights of hurdles	Boys

200 meter hurdles

Grade	Height
7 th girls	30"
8 th girls	30"
9 th girls	30"
7 th boys	30"
8 th boys	33"
9 th boys	36"

Spacing: 35 meters apart

Start to finish hurdle	50 meters
Last hurdle to finish	10 meters
5 flights of hurdles	

FIELD EVENTS

A. High Jump

Two separate pits should be used, one for the males and one for the females. All grade levels should be allowed to intermix when jumping to avoid lowering and raising bar heights. **Raise the bar two (2) inches until one contestant is left.

Grade	Height
7 th girls	3' 10"
8 th girls	4'
9 th girls	4'
7 th boys	4'
8 th boys	4' 6"
9 th boys	4' 6"

B. Board Distances

The triple and long jump should be run in two (2) separate pits, one for the females and one for the males.

Triple Jump

Grade	Length
7 th girls	15 to 30 feet
8 th girls	15 to 30 feet
9 th girls	15 to 30 feet
7 th boys	15 to 30 feet
8 th boys	15 to 30 feet
9 th boys	15 to 30 feet

Long Jump

7 th -8 th -9 th girls	6 or 8 feet
7 th -8 th -9 th boys	6 or 8 feet

Shot Put

7 th girls	4 kilograms
8 th girls	4 kilograms
9 th girls	4 kilograms
7 th boys	4 kilograms
8 th boys	4 kilograms
9 th boys	12 pounds

Discus

9 th boys	high school discus
7 th -8 th boys	junior high discus
7 th -8 th -9 th girls	junior high discus (rubber discus only)

BOISE SCHOOLS 7-8-9 GRADE ORDER OF EVENTS

RUNNING EVENTS

7th girls – 8th girls – 9th girls

7th boys – 8th boys – 9th boys

1600 meter run

100 meter hurdles

110 meter hurdles

800 meter relay

100 meter dash

400 meter dash

400 meter relay

800 meter run

200 meter hurdles

Sprint medley relay (100-100-200-400)

200 meter dash

1600 meter relay (9th boys and girls only)

1. In distance races (1600 meter and 800 meter) the 7th and 8th grade girls or boys may be combined. Ninth grade girls and boys must run separately. These combinations may be used in the regional meets. For the city meets however, no combinations may be used – all grades and sexes must run separately.
2. Boys and girls cannot be combined together at anytime to run against each other in the same event.

7-8-9 GRADE FIELD EVENTS

1. Open Pit: 7th, 8th, and 9th simultaneously

First 40 minutes:	Boys shot	Girls discus
	Boys triple jump	Girls long jump
	Boys high jump	Girls high jump

Second 40 minutes:	Boys discus	Girls shot put
	Boys long jump	Girls triple jump

2. In quad, regional and city meets – three (3) throws or jumps. No final.
3. Three attempts at each height in the high jump will be allowed.
4. The 10-minute rule will apply.
5. If the competitor is present, he/she must make an attempt within two (2) minutes after their name has been called.

2011 Junior High Track schedule		
CRITIQUE MEETING – March 10 @ 3:00p		
Friday, March 18, 2011 - Start Practice		
**() designates host schools		
April 6,7,8 - 7th - 8th - 9th Grade Meets		
(Hillside) & (North) - 4/6/2011 - 8th grade	Boise H.S.	3:00
(Les Bois) & (East) - 4/7/2011 - 7th grade	East J.H.	3:00
(Fairmont) & (Riverglen) - 4/8/2011 - 9th grade	Capital H.S.	3:00
Wednesday, April 13, 2011 - 7th Grade Meet		
(Riverglen, Fairmont), L B, East	Capital H.S.	3:00
(West, South,) Hillside, North	Borah H.S.	3:00
Thursday, April 14, 2011 – 8th - 9th Grade Meet		
(North , Hillside), South , West	Boise H.S.	3:00
(L B) (East) Riverglen, Fairmont	East J.H.	3:00
Thursday, April 21, 2011 - 7th- 8th- 9th Meet		
All Girls' Meet (Riverglen,Fairmont)	Capital H.S.	3:00
All Boys' Meet (South, West)	Borah H.S.	3:00
<i>Other Schools assigned field events</i>		
Thursday, April 28, 2011 - 7th, 8th, 9th Regional Meet		
Fairmont, (East), Hillside,(West)	East J.H.	3:00
<i>Other Schools assigned field events</i>		
Thursday, April 28, 2011 -7th, 8th, 9th Regional Meet		
Riverglen (Les Bois) , North, (South)	T-Line	3:00
<i>Other Schools assigned field events</i>		
Tuesday, May 3, 2011		
Boise Schools Junior High City Meet	B.S.U.	4:00
Host: North Junior High		
<i>Schools Assigned events</i>		

GIRLS SEVENTH GRADE TRACK AND FIELD MEET RECORDS

EVENTS

1600 M Run	5.33.4	Jamboretz	Les Bois	2006
100 M Hurdles	18.3	Daily	South	1981
100 M Dash	12.8	Lapinel	North	2005
200 M Dash	26.54	Lung	East	2010
400 M Run	1:02.7	Lundgren	Hillside	1993
800 M Run	2:31.5	Wolf, R.	North	2007
400 M Relay	53.9		East	1993
800 M Relay	1:57.9		Les Bois	2004
Sprint Relay	2:02.5		East	2001
Long Jump	15' 10"	Park	North	2001
Triple Jump	32' ¼"	Ellsworth	North	1988
High Jump	5'0"	Jackson/Carr	North/North	1968/87
Shot Put (4k)	32'7	Dixon	West	2005
Discus (1k)	80'6"	Campbell	West	1982
200 M Hurdles	31.17	Lung	East	2010

BOYS SEVENTH GRADE TRACK AND FIELD MEET RECORDS

EVENTS

1600 M Run	5:02.7	Fuess	East	1993
110 Hurdles	17.4	Rainey	West	1994
100 Hurdles	15.85	Poulson	Fairmont	2010
100 M Dash	11.8	Strong	Les Bois	2002
200 M Dash	25.1	Niblett /Degen	Fairmont/Les Bois	2005/2009
400 M Dash	55.4	Degen	Les Bois	2009
800 M Run	2:11.3	Fisher	North	1993
400 M Relay	49.8		Les Bois	2009
800 M Relay	1:48.4		West	1997
Sprint Relay	1:52		Hillside	1992
Long Jump	17'10 ½ "	Reininger	North	1967
Triple Jump	38' ½ "	Rainey	West	1994
High Jump	5'6"	Brook	East	1976
Pole Vault	9'3 ½ "	Cook	East	1974
Shot Put (4k)	43'6"	Zborowski	West	1992
Discus (1k)	130'10"	Jagger	Fairmont	1987
200 M Hurdles	29.2	Barnhill	Les Bois	2001

GIRLS EIGHTH GRADE TRACK AND FIELD MEET RECORDS

EVENTS

1600 M Run	5:21.4	Jamboretz, K.	Les Bois	2007
100 M Hurdles	17.8	Berube	North	2003
100 M Dash	12.8	Armstrong	Fairmont	1994
200 M Dash	25.2	Schwager	Les Bois	1997
400 M Dash	1:01.3	Dallas	South	1993
800 M Run	2:29.6	Hayes	North	1987
400 M Relay	53.2		East	1994
800 M Relay	1:54.5		Hillside	1997
Sprint Relay	2:01.9		North	2008
Long Jump	16'8 ½"	Summer	South	1977
Triple Jump	33'8 ¾"	Covington	South	2004
High Jump	5'	Cheney	Fairmont	1984
		Grindstaff	Hillside	1985
		Carr/Snider	North/South	1988/1992
Shot Put (4k)	31'1 ¾"	Mathis	South	1995
Discus (1k)	95'5"	Earl	East	1986
200 M Hurdles	27.5	Glass	South	2007

BOYS EIGHTH GRADE TRACK AND FIELD MEET RECORDS

EVENTS

1600 M Run	4:45.5	Fuess	East	1994
110 Hurdles	17.5	Barnhill	Les Bois	2002
100 Hurdles	16.1	Harris	East	2010
100 M Dash	11.2	Minter	Les Bois	2002
200 M Dash	23.7	McMartin	Riverglen	2002
400 M Dash	53.3	Degen	Les Bois	2010
800 M Run	2:09.7	Darrow	East	1985
400 M Relay	47.3		South	1976
800 M Relay	1:38.9		West	1971
Sprint Relay	1:46		South	1985
Long Jump	20'3 ½"	Hulbert	Hillside	1963
Triple Jump	42'	Covington	South	2006
High Jump	5'11"	Covington	South	2006
Pole Vault	11'3"	Rivers	West	1971
Shot Put (4k)	44'3"	McSurdy	West	2004
Discus (1k)	147'7"	Lundy	Fairmont	1977
200 M Hurdles	27.5	Buchannon	East	1986

GIRLS NINTH GRADE TRACK AND FIELD MEET RECORDS

EVENTS

1600 M Run	5:21.3	Gibbens	South	1989
100 Hurdles	16.6	Wickland	East	2007
100 M Dash	12.7	Toomey/Gadlin	Fairmont/Hillside	1981/1996
200 M Dash	26.24	Drury	Fairmont/East	1992
400 M Dash	1:01.9	Marks	East	2007
800 M Run	2:26.3	Henrie	Fairmont	1985
400 M Relay	52.0		Fairmont	1981
800 M Relay	1:53.5		East	1998
1600 Relay	4:27.61		Fairmont	1981
Sprint Relay	2:00.3		Hillside	1996
Long Jump	16'7.5"	Maki	Hillside	2010
Triple Jump	33'2 ½ "	Nielson	Riverglen	2006
High Jump	5'3"	Baker	South	1996
Shot Put (4k)	34'6 ¾ "	Foote	West	1992
Discus (1k)	103'6"	Bartlett	Fairmont	1983
200 M Hurdles	30.2	Meyer	East	1996

BOYS NINTH GRADE TRACK AND FIELD MEET RECORDS

EVENTS

1600 M Run	4:40.48	Fisch	West	1986
110 Hurdles	15.9	Lords	Hillside	1994
100 M Dash	11.4	Anderson	South	1983
200 M Dash	23.4	Hulbert	Riverglen	2002
400 M Dash	51.7	Hulbert	Riverglen	2002
800 M Run	2:07.9	Lane/Darren	South/West	1985/1986
400 M Relay	46.07		Fairmont	1978
800 M Relay	1:35.5		East	1963
1600 Relay	3:42.8		East	1982
Sprint Relay	1:43.6		East	2004
Long Jump	21'5"	Gropp	East	1982
Triple Jump	44'6"	Minter	South	1974
High Jump	6'3 ½ "	Barrett	South	1974
Pole Vault	13'3"	Lewis	Fairmont	1978
Shot Put (12 lb)	53'2"	Lundy	Fairmont	1978
Discus (2k)	142'1 ½ "	Matlock	West	1967
200 M Hurdles	26.4	Stackler	South	1982