

GUIDELINES & RULES FOR PARTICIPANTS

1. The only participation restriction is age. A participant's age is as of December 31, 2024.
Born in 2016-2017 (7 & 8 y/o) Born in 2014-2015 (9 & 10 y/o)
Born in 2012-2013 (11&12 y/o) Born in 2010-2011 (13 & 14 y/o)
2. Sportsmanship is encouraged. Unsportsmanlike conduct will disqualify a participant from the meet in progress and from advancing to the next level of competition, i.e., disrespect, profanity, throwing a baton, etc.
3. It is the participant's responsibility to report to the bullpen area for an event on time. The participant must listen for the announcement of his/her event.
4. A participant may compete in three events (this may be two running events and a field event or two field events and a running event). The relay **does not count** as a running event and may be used as a fourth event. Participants cannot compete in three running events (not including the relay)
5. Lane position may be drawn randomly or seeded according to guidelines. Participants must stay in the lane assigned for the 50 meter, 100 meter, 200 meter, and 400 meter dashes and the 4x100 meter relay. Each competitor is allowed one false start.
6. No spikes are allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed. Participant's shoes cannot be used to gain an advantage. Participants may not compete in bare feet. Starting block are not permitted.
7. Participants may not wear sunglasses (unless prescription) or jewelry that dangles. Stud earrings or necklaces that are taped down are okay.
8. A competitor should be excused from a field event so that he/she may participate in a running event. The individual should return to the field event immediately following the completion of that running event.
9. The following will result in the disqualification of a participant from the event: competing in the wrong age group; wearing illegal shoes; aiding a participant directly or indirectly by accompanying participant to the starting area, running alongside participant, or being stationed at points along the track to aid/coach participant; exceeding the allowed event limit; causing a second false start; receiving a second warning at starting line for actions that confuse/upset other competitors; gaining an advantage by stepping on or over an inside line on a curve; stepping on or over a lane line for three or more consecutive steps with one or both feet on a curve; or causing interference of another runner.
10. Substitutes are allowed in relay teams at the state meet provided the substitute runner competed at the local meet, meets age/gender guidelines, and does not compete in more than the allowed number of events.
11. In the relay event, the baton must be passed within the exchange zone. No aid may be used on the track. The baton must be handed, not thrown. The runner passing the baton should remain in the lane so as not to interfere with a runner in another lane. Rules relative to fouling, coaching, or impeding a runner applies to relays. A regulation baton must be used. It may not be wrapped with tape.
12. 1ST and 2nd place athletes will advance to the LHI Championships Meet.