

P.A.L. Track Meet Rules

ENTRIES:

1. No entry forms will be filled out prior to the meet. The athlete will report his/her name when the event is called.
2. Coaches are to make sure of the correct age of the competing athletes.
3. When entering your athletes, designate your #1 and #2 person so that all the heats and flights may be fairly set up.
4. Schools are limited to 3 entries per event for Midgets, Juniors and Intermediates.
5. Schools may enter 4 bantams in each event.
6. Each Bantam/Midget athlete may complete in **3 events only**. Juniors/Intermediates may compete in only 4 events. These can be any combination of running events, field events, or relays.
7. There will not be a sub bantam division.
8. Awards: Individual ribbons will be given 1st through 6th place.

TRACK RULES AND PROCEDURES:

1. Shoes of some type must be worn in all events except the high jump. Only 1/4 inch spike track shoes will be allowed.
2. Athletes are to stay within the track facility and NOT wonder around the campus.
3. Spectators and coaches must stay in the stands or in the warm up area and **not in the infield of the track meet**.
4. There will be a designated area in the infield where the clerk of course will be located. By the second call, the athlete must report. If the athlete does not report by the second call he/she will be scratched from the event. If the athlete is competing in a field event at that time, he/she must go and run in the event.
5. After the athlete reports to the clerk of course, he/she must remain in the designated area until led to the starting line.
6. All decisions made by the Meet Director are FINAL.
7. Protests will be handled by the Meet Director and the Meet Referee.
8. Athletes may attend the meet without a track coach. One adult (parent) from the school must be present.

9. This year in order to participate you must provide two helpers throughout the day. The helpers must be 16 years old or older.

The entry fee is \$50 for all "non-PAL schools. Make checks payable to the Parochial Athletic League. Send to Tom Neumeier. Saint Anthony School, 5680 N. Maroa, Fresno CA. 93704