

Section XI Girls Winter Track 2020 – 2021

We will be running five scoring dual meets per school. They will be held on either Saturday or Sunday.* All meets will begin at 11:00 am and should last about 2.5 hours. Each team can enter a total of 30 athletes at the meet and are limited to three events each.

Bathroom facilities must be provided for athletes. It is up to the district to use existing bathrooms or provide portable bathrooms for this purpose. The host school is responsible for determining if athletes are able to wear spikes and the size of the spikes (1/4" pyramids are recommended). This information should be sent to visiting schools no later than 7 days before the contest.

*Next available date rules are not in effect for this season. Due to official availability, there is no room to move meets from say Saturday to Sunday. Section sent a memo to say if a meet cannot run due to issues related to weather and/or Covid-19 then the options available include:

- 1) Moving to one of the last two weekend dates that are open (either Saturday or Sunday)
- 2) If you have lights, you can move the meet to a mid-week event, ideally prior to the next regularly scheduled meet.

General Safety Rules:

- 1) Coaches and officials will be required to wear a mask at **ALL** times. Keep both your nose and mouth covered. Coaches will be required to swap Section XI Attestation Screening form when they arrive. (See attachment)
- 2) When athletes are not competing, they are also required to wear a mask at **ALL** times. Rules for wearing a mask during competition will be given for specific events.
- 3) Social distancing should be enforced and followed by everyone at **ALL** times. During competition, social distancing rules will be given for specific events.
- 4) Teams will be instructed to stay in their specific team area. All areas will be spaced at least 30 feet apart. Team warm-ups will be designated to a specific area. Host schools must inform the guest school upon their arrival.
- 5) At the end of the meet there will be no traditional shaking of hands or elbow bumps.
- 6) Just as with outdoor dual meets, there must be a coach or adult supervisor at the high jump and the shot put. Please make arrangements with your AD if you do not have enough coaches to cover these field events.

***** If your school district has even more stringent safety rules that must be adhered to in order to conduct the meet, you must notify the school 7 days prior. This gives the team time to prepare for the change(s).**

Specific Safety Rules:

Field Events

1) Shot Put- All social distancing rules apply and athletes must wear a mask during competition. To limit contact, athletes must provide their own implements and retrieve their own implements after all throws. If athletes cannot provide their own implements, then implements must be sanitized between each use.

2) Long and Triple Jumps- All social distancing rules apply and athletes must wear a mask during competition. Rakers can only be switched if the rake handle is sanitized.

3) High Jump- All social distancing rules apply and athletes must wear a mask during competition. To lower the risk of transmission, pit covers must be disinfected after each athlete use. "Tarps" may be placed over the pit cover and removed/disinfected after a jump. If multiple tarps are available this will help speed up the event. Individual jumpers may bring their own tarp for use on the pits. Another method that may be used to speed up the event where tarps are not being used may include the following procedure. The first jumper will jump at opening height (Ex. 4' 4"). If they have three misses at this height, they are out of the competition and the pits must be sanitized. If they make the height, they will jump at the next height and continue to jump until they have a miss. Let us assume the height is 4' 7". That athlete will then stop jumping, the pit sanitized, and the bar will be lowered back to 4' 4". The next jumpers will repeat the same process until everyone has a single miss at the same height established by the first jumper (In this case 4' 7"). At that point, the jumpers will repeat the process. The first jumper will take a jump at 4' 7". If they miss twice, they are out of the competition. If they make it, they will jump again at the next height and continue to jump until they have a miss. The bar will be lowered back to 4' 7" and each jumper will repeat the above process. Depending on the number of competitors, you may want to alternate jumps when there are only two jumpers left in the competition.

Running Events

4) 55m Dash, 55m Hurdles, 300m Dash- All social distancing rules apply. Use every other lane to assist with social distancing. All athletes must wear a mask until they are at the starting line. When the official gives the command to take your mark, they can lower their mask to race. When the athlete crosses the finish line, they must immediately put the mask back over their mouth and nose. Starting blocks should be disinfected after each heat/race. **You can enter a total of three scoring athletes. All others will be non-scoring. Visiting school will run 2 runners in the first scoring section of these races.**

5) 600m Run- Athletes will start in lanes at the start of the 200m dash on your outdoor track, one turn stagger. You do not have to skip lanes as in the shorter sprints. Reason: ** Athletes will wear a mask for the first 300 meters of the race. At that point they may lower the mask until the end of the race. Upon finishing they must place the mask back over their nose and mouth. **You can enter a total of three scoring athletes. All others will be non-scoring.**

6) Relays Run in Lanes (4x200m or 4x400m) : All leadoff athletes must wear a mask until they are at the starting line. When the official gives the command to take your mark, they can lower their mask to race. When the athlete hands off at the completion of their leg, they must immediately put the mask back over their mouth and nose. Outgoing runners must wear their mask until they have left the exchange zone. At this point they can lower their mask until they finish their leg and must put their masks back over their nose and mouth. Starting blocks should be disinfected after each race. Use every other lane to assist with social distancing. Schools must bring their own batons. Coaches should sanitize batons before allowing another relay team to use it for their event. Gloves must be worn by athletes on the same relay. They can be medical gloves or their own personal gloves during the race. After the relay is over, they should sanitize their gloves. **Each school allowed one scoring team.**

7) Distance Events (1000m, 1500m, 1500mW, 3000m): California start should be used to help with social distancing on the starting line. Six lane tracks should limit the number of athletes to 8 on the back line and 4 on the front line (Max 12 athletes per race). Eight lane tracks should limit the number of athletes to 10 on the back line and 6 on the front line. (Max 16 athletes per race) ** Athletes will wear a mask for the first 300 meters of the race. At that point they may lower the mask until the end of the race. At that point they must place the mask back over their mouth and nose. **Each school is allowed four scoring athletes.**

8) Relay Races **Not** in Lanes (4x800m): Social distance relays on the starting line. ** Athletes will wear a mask for the first 300 meters of the race. At that point they may lower the mask until the end of the race when they must place the mask back over their mouth and nose. Schools must bring their own batons. Coaches should sanitize batons before allowing another relay team to use it for their event. Gloves must be worn by athletes on the same relay. They can be medical gloves or their own personal gloves during the race. After the relay is over, they should sanitize their gloves. **Each school allowed one scoring team.**

Scoring: Standard dual meet rules.

INDIVIDUAL EVENTS: 5- 3- 1 (1st, 2nd, and 3rd place, respectively) 12 events x 9 pts = 108

RELAY EVENTS: 5 (1st Place) - 0 (All other places) 3 events x 5 pts = 15

Total of 123 points

***Results should be called into Newsday by the winning coach at the end of the meet. [631-843-2820]**

Girls Order of Events

11:00 am Start of Field Events

Triple Jump (Limited to five athletes per school), Shot Put, High Jump

55m Hurdles

1500m Meter Run

55 Dash

1000m Run

600m run

300m Dash

3000m Run *** If both schools agree, the 3000m and walk may be held at the same time.**

1500m Walk

Long Jump (Limited to five athletes per school)

4x 400 Relay

4x 200 Relay

4x 800 Relay

Team rosters are due by Friday January 15, 2021.

Register with Just-In-Time-Racing. For those of you have not done this already, you will need a password. Please contact Tony Toro for the password.

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