



- Athletes participating in track, walking, or wheelchair events may enter field events
 - In the RLJ? No participation in SLJ
 - In Softball Throw? No participation in Shot Put
 - In walking events? No participation in Running Events
 - In wheelchair events? No participation in Walking or Running Events
 - In developmental events? No participation in Athletic Events
 - Athletes may choose up to (3) developmental events
- If an athlete is dropped and no registered alternates? Entire relay team is dropped
- Softball Throw, 50 meter dash, SLJ are beginner events for athletes with lower skill levels
 - 10 seconds or less in 50 meter? Go to 100 meter dash
 - Jumps farther than 1.5 meters in SLJ? Go to RLJ
 - Throw the softball farther than 30 meters? Go to Shot Put
- Track/Running Events: 50M, 100M, 200M, 400M Dash, 800M, 1500M, 5000M Run, 4x100 Medley
 - 800 M: Run in lanes through the first turn and break toward lane 1 at the break line
 - 1500 M & Up: Waterfall start
 - All races up to and including 100 M shall be run on a “straight away” of 400 M track
 - Stay within you lane! If no one is obstructed, no one will be disqualified
 - Must participate honestly and with maximum effort in preliminary and final competition
 - 800M, 1500M, 5000M Run, 4x100 Medley could be combined female/male and all age groups if registration is too low
- Field Events: Standing Long Jump
 - Both feet behind designated take-off line
 - Make rock back and forth but may not lift either foot off the ground
 - Allowed (3) non-consecutive jumps with the best jump being scored
 - Distance will be measured from closest impression on the landing area to the take-off line
 - Including arms or hands
 - Measure in METERS!
- Field Events: Running Long Jump
 - Must be able to jump at least (1) meter
 - Allowed (3) non-consecutive jumps with the best jump being scored
 - All (3) jumps shall be measured and recorded for purpose of breaking ties
 - Measure in METERS!
 - Distance will be measured from closest impression on the landing area to the take-off line

- Field Events: Shot Put
 - At Summer Games, outdoor shot puts
 - Female (8 -11) 2kg, Males (8-11)/Female (12 – Up) 3kg, Males (12 – Up) 4kg
 - Only the wrist, the hand or two adjoin fingers may be taped. No connecting tape
 - Put from the shoulder with one hand only
 - When athlete takes a stance, the shot shall touch or be close to chin, and the hand shall not be dropped below the position during the act of putting
 - A legal put shall be made from within the circle and the athlete may not touch the top edge of the toe-board, the line of the circle, or any surface outside the circle. It is legal to touch the inside of the toe-board
 - Allowed (3) non-consecutive throws with the best throw being scored
 - The put shall be called foul and not measured if after entering the circle:
 - Any method contrary to the definition of a legal put
 - Cause the shot to fall on or outside the lines
 - Wears any illegal device or taping
 - Shots available at www.mfathletic.com
- Field Events: High Jump
 - Take off from one foot
 - 1m minimum opening height
 - Cannot dive forward over the bar or take off from two feet
 - Don't do it even do it during warm-up, you'll get a participation ribbon*
- Field Events: Softball Throw
 - Use any type of throw
 - Age 12 – Up use standard size softball; 8 -11 may use smaller “women’s slow pitch” softball
 - Take measurement from front intersecting line to landing point (pg. 60)
- Field Events: Mini Javelin
 - Shaft, grip, fins made out of plastic
 - Tip shall be made of rubber with a blunt, rounded end (No Points)
 - Consists of 4 fins; flat and perpendicular to the surface of the mini – jav
 - 300g for men/women (8-15), 300g for women, 400g for men
 - Held at the grip with one hand only; Thrown over the shoulder or upper part of throwing arm
 - Can't have your back to the throwing area*
 - Allowed (3) non-consecutive throws with the best throw being scored
 - Tip has to land first, use proper technique, get it within the inner edge, stay behind the line
- Pentathlon
 - 100M dash, long jump, shot put, high jump, 400M dash (in that order)
 - Compete in (3) events one day, (2) events the next*