

Section 1.01 **Southern California Youth Invitational (SCYTFC-VCYTC) Meet**

- a. All rules will follow SCYTFC and VCYTC Rulebooks; unless, specifically stated in this section which takes precedent.
- b. Each Association or club will be charged a fee of \$6 per athlete to compete in the meet. The fees along with Concessions and T-shirt Sales will pay for meet expenses and any net proceeds will be carried over Southern California Youth Championships. Any net proceeds from these two meets will be equally split between SCYTFC and VCYTC. Net Proceeds to be used at the discretion of each conference. SCYTFC split of net proceeds will go towards post season funding.
- c. Gremlins cannot compete at this meet.
- d. No Coaches allowed inside the track fence or infield.
- e. This meet is pre-seeded in advance of the meet with deadline entry dates - utilizing EPI Sports registration.
- f. All clubs must provide competitor tags to assist staging/timing. Athletes' best mark of the season should only be used.
- g. The maximum number of events is: 2 individual events and 1 relay or 1 Individual event and 2 relays. Over events will result is disqualification of athlete and marks of record for this meet.
- h. The two conferences will alternate Timing Duties with VCYTC taking even years and SCYTFC taking odd years; the backside 100's will be run by the non lead year conference responsibly.
- i. All Associations must perform assigned jog and volunteer duties as well as set-up and breakdown at this meet or a \$250 fine will be imposed by the joint conference Presidents to the Association not volunteering.
- j. For Long Jump and High Jump the number of attempts will be reduced from 4 to 3. The legal allowed number of attempts for this meet is 3. Maximum warm ups are 2 jumps. The bar may be lowered in the HJ at the discretion of the HJ Judge. If in the event of a conflict between the two conferences rulebooks, the jury of appeals will discuss and resolve the matter. Their decision will be binding for this meet.
- k. VCYTC High Jump starting heights will be used with the exception of YW and YM, where SCYTFC heights will be used. The following opening heights for this meet, include: BG 2'9", MG 3'3", YG/IG 3'8", YW 4'6"; BB 2'11", MB 3'7", YB/IB 4'2", YM 5'6"
- l. Shot Put: Once the officials close a division/gender; the event will not be reopened, even if an athlete checked in earlier. Maximum warm-ups are 3 throws.
- m. For the long distance races, the 800, 1500 and 3000 meter runs will be contested. The start for the 800 and 3000 meter runs will be a two-alley waterfall.
- n. Each club will be allowed 3 relay teams per gender per age division.

ARTICLE 2 - METHOD OF CONDUCTING EVENTS

The following events shall be conducted entirely in lanes:

- (a) 100 Meter Dash / 100 Meter Hurdles

(b) 200 Meter Dash / 4x 100 Meter/400Meter Relay

(c) 400 Meter Dash

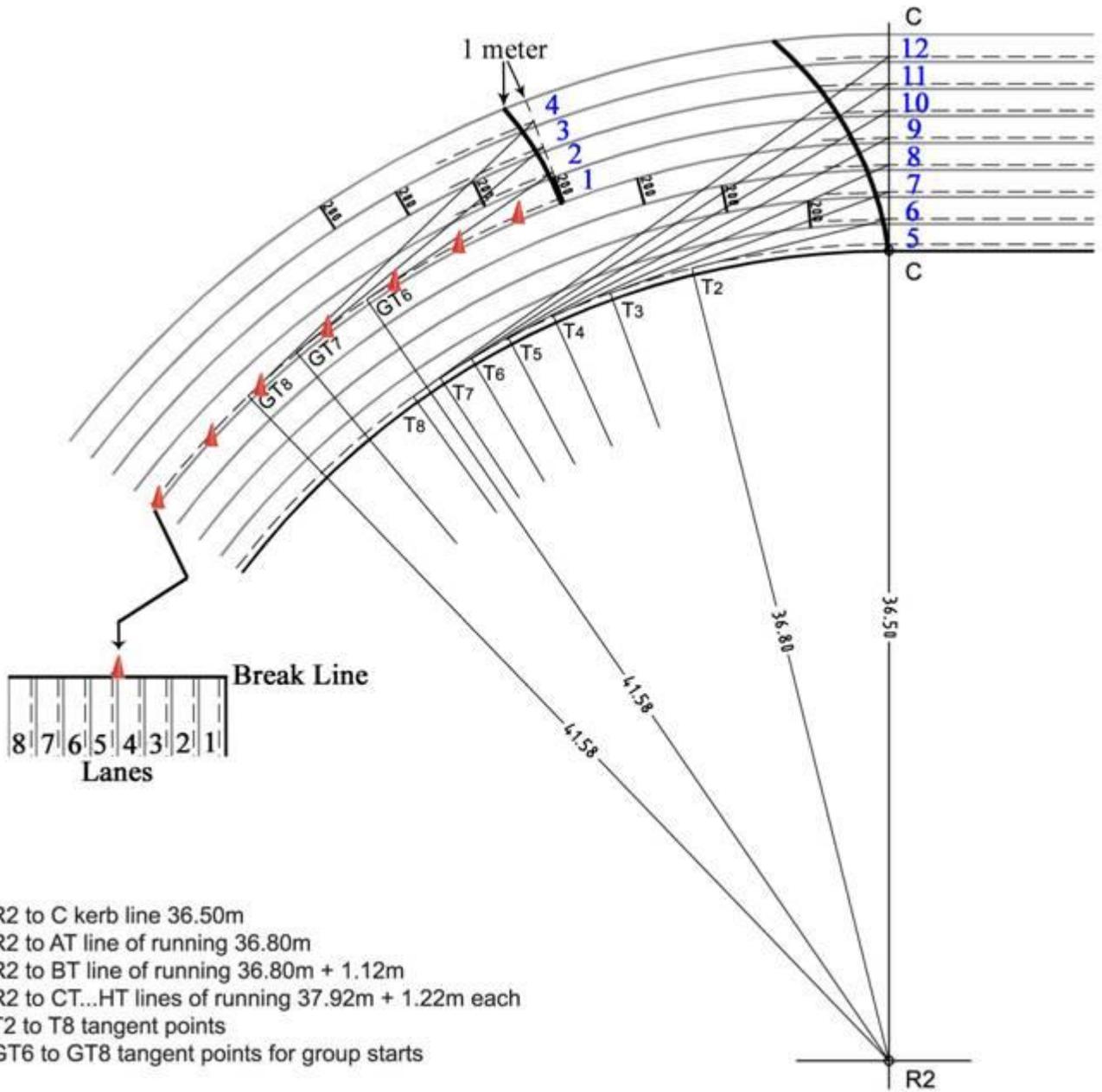
(d) The 200 Meter /Dash shall be run around one curve.

(e) The 800 Meter Run shall preferably be run in lanes around one (1) curve and the competitors allowed to "break" for lane one at the start of the back straight-away. If the track is not surveyed for a one turn stagger, a curved or "waterfall" start may be used. With a curved starting line, competitors shall not be assigned lanes and shall be allowed to "break" for lane one as soon as it can be done safely.

The 1500 and 3000 Meter Runs shall not be run in lanes. A curve line, or "waterfall" start shall be used. Athletes should be cautioned to cut in safely. Note: a non-lane distance race can be stopped if a runner falls within the first 100 Meters. For only the 800 and 3000 meter runs, when there are more than 12 athletes in a race they may be divided into two groups: with one group of approximately 65 percent of the athletes on the regular (inside) arced start line fastest to slowest 5-12; and the other (outside) group on a separate arced start line marked across the outer half of the track with the fastest athletes inside to outside 1-4, etc. The other group shall run as far as the end of the first bend on the outer half of the track. If there are more than 12 athletes in the race, a balance of 65 percent and 35 percent should be used up to the maximum limit allowed in these events. [Example: 800 Meter Run (2 x 8 lanes = 16 + 1 = 17 maximum athletes); thus, 11 on the inside alley and 6 in the outside alley]

The separate arced start line shall be marked in such a way that all the athletes shall run the same distance. A cone or other distinctive mark shall be placed on the inner line of the outer half of the track at the beginning of the following straight to indicate to the athletes of the outer group where they are permitted to join the athletes using the regular start line. At this point the intersection of the 800 and 3000 break lines and the inner line come together and all athletes can safely break down the straight away. (Source: IAAF and See Diagram on following page).

Two Alley Waterfall Start Diagram:



Source: Swedish Athletic Federation