

Updated VCYTC Rules – Memorandum

(The rulebook is superseded by this document for the 2025 Season)

TITLE 1: YOUTH TRACK PROGRAM

ARTICLE 5 – QUALIFYING FOR JUNIOR VARSITY / VARSITY MEETS

At the end of the regular season, there are two additional meets: The Junior Varsity Meet (aka Conference Finals), The Varsity Meet (aka Conference Championship). There are no limits to the number of competitors from a given Association (aka Club) that are allowed to compete in any event except for the relays as defined below. Heats will be seeded at the meet director's discretion.

SECTION 5.01 JUNIOR VARSITY (CONFERENCE FINALS) - QUALIFICATIONS

Qualification rules for the Junior Varsity Meet;

1. For individual events, an athlete needs to have competed in the event at least once at a regular season meet and not qualify in that event for the Varsity meet.
2. An athlete who has qualified for an individual event to compete at the Varsity meet cannot compete in the JV meet. Athletes that compete at the JV meet and have qualified in a varsity event will be disqualified from all events that they compete in. The only exception to this rule is if an athlete has qualified in only one varsity event and declares to forgo competing at the Varsity meet within 48-hours when the top marks are posted.
3. It's not necessary for an athlete to have competed in a relay during the season to compete in a relay at the JV meet.
4. An athlete that has not qualified in any individual varsity events and competes in them at the JV meet can compete in Varsity relays (as a runner or as an alternate) as long as the athlete doesn't run in that relay at the JV meet.
5. The number of events that an athlete can compete in at the JV meet shall be limited by the same event limits that apply at regular season meets. See Title 2 / Article 8 / Section 8.02 for event limits.
6. If a JV athlete intends to participate in the 4x100 relay at Varsity, said Varsity 4x100 relay participation will count towards his/her JV event limit.
7. Each Club may send up to three (3) 4x100 & 4x400 relay teams per Age Division for each gender.
8. The 4 x 400 relay is a free-event and does not count toward an athlete's total number of events.

SECTION 5.02 VARSITY MEET (CONFERENCE CHAMPIONSHIP) - QUALIFICATIONS

Qualification rules for the Varsity meet;

1. The Varsity Meet includes the following top individual performers.
 - a. Top 9 individual performers for "laned" events (hurdles, 100, 200, 400)
 - b. Top 12 individual performers for field events
 - c. Top 16 performers in non-laned events (800, 1600, 3200)
2. The Varsity Meet includes the following top relay team performances with a maximum of one team per Age Division for each gender from a Club.
 - a. Top 9 team performances for 4 x 100 relay
 - b. Top 9 team performances for 4 x 400 relay
3. During the regular season, each relay team can field their best team by switching athletes as needed. Each team can have up to two (2) alternates take the place of the athletes so long as he or she has not competed in that relay at the JV meet.
4. The number of events that an athlete can compete in at the Varsity meet shall be limited by the same event limits that apply at regular season meets. See Title 2 / Article 8 / Section 8.02 for event limits.
5. Tie-Breaker Policies: If there is a tie for 9th/16th place in running events, the athlete with the next best time in that event will qualify over the other athlete. If there is not a next best time in that event for both athletes, then both athletes will qualify. All 12th place ties in Field events will qualify for the Varsity meet.
6. Athletes that compete in a 4x100 relay at both the JV & Varsity meet will result in a team disqualification at the Varsity meet. Additionally, the team will be disqualified if athletes exceed the combined JV & Varsity meet event limit.
7. Athletes that compete in a 4x400 relay at both the JV & Varsity meet will result in a team disqualification at the Varsity meet.
8. Varsity qualification shall only be achieved in an approved Conference regular season meet.
9. Qualification for any events at the Varsity meet shall not be achieved at the JV meet.
10. The 4 x 400 relay is a free-event and does not count toward an athlete's total number of events.

TITLE 2: MEET PROCEDURES

ARTICLE 8 - TEAM ENTRY LIMITATIONS

SECTION 8.02 SEASON MEET REGULATIONS:

1. Individual Entry Limitations

A competitor in the 7-8 age group through 13-14 may participate in a maximum of four events with a maximum of three running events. 15-16/17-18 athletes may participate in a maximum of any four events. The 4x400 relay is a “free” running event and this event will not count against an athlete’s number of events.

Athletes must adhere to the event limits set for each meet. All marks obtained by an athlete in a meet where that athlete over-evented will be disqualified.

TITLE 6: RUNNING EVENTS (updated order of hurdle events)

ARTICLE 7 - TIMING AND THE FINISH

SECTION 7.06 HURDLE PLACEMENT/ORDER OF EVENTS

The hurdles shall be placed so that the turn over force (resistance) is less toward the finish line and such that the base of the hurdle is on the side of the approach of the runner.

The hurdles shall be located on the track in the following order of events:

DIVISION	DISTANCE	FLIGHTS	HURDLE HEIGHT	DISTANCE FROM START TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE FROM LAST HURDLE TO FINISH
17-18 Men	110M	10	39"	13.72 M	9.14M	14.02M
17-18 Womens	100M	10	33"	13 M	8.5 M	10.5 M
15-16 Boys	100 M	10	33"	13 M	8.5 M	10.5 M
13-14 Boys	100 M	10	33"	13 M	8.5 M	10.5 M
15-16 Girls	100 M	10	30"	13 M	8.5 M	10.5 M
13-14 Girls	100 M	10	30"	13 M	8.5 M	10.5 M
11-12 Girls	80 M	8	30"	12 M	7.5 M	15.5 M
11-12 Boys	80 M	8	30"	12 M	7.5 M	15.5 M

TITLE 7: FIELD EVENTS

ARTICLE 2 - HIGH JUMP

*SECTION 2.10 BAR PROGRESSION FOR REGULAR SEASON, JUNIOR VARSITY & VARSITY MEETS**

The following table lists the opening heights for each age group:

9-10 G	9-10 B	11-12 G	11-12 B	13-14/15-16/17-18 G	13-14/15-16/17-18 B
3' 0"	3' 0"	3' 0"	3' 3"	3' 5"	3' 6"

The bar shall be raised in two (2) inch increments until the bar is at Varsity height. Then it shall be raised in one (1) inch increments until one (1) competitor remains. When one (1) competitor remains in competition, the bar shall be raised by any increment that the competitor requests, but not less than 1/4 inch.

*Note: The opening heights referenced in Section 2.11 of the rulebook are superseded by the opening heights listed above for the Varsity meet

APPENDIX 1

JUNIOR VARSITY & VARSITY ORDER OF EVENTS:

3200 meter	(11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
110 meter 39" hurdles	(17-18 Men)
100 meter 33" hurdles	(17-18 Women, 15-16 B, 13-14 B)
100 meter 30" hurdles	(15-16 G, 13-14 G)
80 meter 30" hurdles	(11-12 G, 11-12 B)
400 meter/relays	(7-8 G, 7-8 B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
1600 meter	(7-8 G, 7-8 B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
400 meter/dashes	(7-8 G, 7-8 B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
100 meter	(7-8 G, 7-8 B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
800 meter	(7-8 G, 7-8 B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
200 meter/dashes	(9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men, 7-8 G, 7-8 B)*
1600/Mile relays	(9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
Long Jump:	(7-8 G, 7-8 B, 9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
High Jump:	(9-10 G, 9-10 B, 11-12 G, 11-12 B, 13-14 G, 13-14 B, 15-16 G, 15-16 B, 17-18 Women, 17-18 Men)
Shot Put:	(17-18 Women, 17-18 Men, 15-16 G, 15-16 B, 13-14 G, 13-14 B, 11-12 G, 11-12B, 9-10 G, 9-10

*Note: The Gremlin 200 meter dashes have been moved to last for the order of that event.