

Wayne - Finger Lakes League

Track & Field

Handbook

Revised 3/11/2017

INTRODUCTION

Since merging the Wayne and Finger Lakes Leagues in 2011, we hope to improve the quality of the teams and individuals through better competition, giving our league the distinction of being one of the finest in Section V and the State. To help create a new tradition of excellence, and help administrate the league, this handbook has been developed to help clarify rules and procedures set up by the Wayne-Finger Lakes Track & Field Committee.

Committee Organization

Ed Courtney – Waterloo

Bob Goodell – Marion

Debbie Palmer – Sodus

League Chairperson

Duties of chairpersons include:

- Prepare schedules
- Represent league to Athletic Directors and Section V Track Committee
- Organize and run League Championships, JV Championships and Modified Invitational.
- Hear and decide protests
- Conduct pre and post season meetings and provide minutes of meetings
- Assume other responsibilities as outlined in the league chairman's handbook

Meeting Procedures

All rule changes and procedures will be voted on at the post-season meeting in June or during the off-season. A pre-season meeting will be held the following March during the first week of the month. If information for each meeting has not been received by the first of the month, the coach should call his league chairman or AD. The following years schedule will be presented at the post-season meeting.

Meeting Format

The chairman is responsible for an additional letter to be emailed a week before the meeting. The letter should contain the date, time and place of the meeting and an agenda of what is to be discussed. Any items added to the agenda should be presented to the chairman before the letter is emailed or before the meeting formally begins.

League Schedule:

A template of six blocks will be arranged to make up a schedule that has no duplication.

Meets will begin the first Tuesday in April and continue each Tuesday except during spring break. The last block of meets will be contested the Tuesday before the week of league championships. Wednesdays or Thursdays can be used as make-up days for cancellations due to extreme conditions. Fridays/Saturdays will be left open for Invitationals.

The League Championship Meet will be conducted the Friday or Saturday before Sectionals.

Home and away meets will be determined on a yearly basis, taking into consideration the quality of facilities, the number of home meets each school has and the distance each school has to travel. Each coach with all-weather tracks will be given an opportunity to host meets for the following season.

League meets will begin at 4:30pm if all teams are on site and have received the 20 min warm-up time.

League Alignment:

A league alignment of 3 divisions of 8 schools is created based on BEDS numbers.

League Meet Scoring:

All meets will be team scored as 3, 4 or 5 team meets using the scoring tables found in the NFHS rulebook. Win/loss records for each meet will be based on the order of finish in team scoring.

The host school with the help of visiting coaches will keep the official score sheet for the meet. Sheets should be scored as soon as possible after each race or event is completed. The host coach is responsible for distributing results to all coaches as soon as possible before the schools leave.

Team Scoring Procedure For All League Meets

Art 2. The number of places to be scored for each event shall be according to the accompanying table:

Number of Teams Competing	Individual Scoring	Relay Scoring
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2

Team Champions:

Divisional Champions: Will be determined by the number of wins during the regular season.

League Champion: Will be awarded to the team that wins the league championship meet.

League Championship Meet:

The top 32 entries in each event regardless of division will qualify for the league championships. All entry performances must be listed on the league leader board. No Exceptions will be made to this rule. All entries must be submitted online by the deadline listed in the meet info page. Team scoring will be 1st through 8th place in each event.

Points per place as follows: 1st -10, 2nd -8, 3rd -6, 4th -5, 5th -4, 6th -3, 7th - 2, 8th - 1

The league championship meet will be hosted on a yearly rotation.

League Championships Meet Rotation

The league committee will visit and evaluate proposed sites before final approval.

2017	Sodus
2018	South Seneca (pending site completion and league committee approval)
2019	Waterloo
2020	Wayne (pending facility upgrades)
2021	Bloomfield (pending site completion and league committee approval)
2022	Clyde-Savannah (pending facility upgrades)
2023	East Rochester
2024	Geneva (pending site completion and league committee approval)
2024	Lyons
2023	Marion
2024	Mynderse
2025	Newark (pending facility upgrades)
2026	Penn Yan

Coaches May

1. Accept invitation to host League Championships or decline invitation and be placed at the end of the rotation list.
2. School next in line will host current season JV championships.
3. School 3rd in line will host the Modified Invitational.

League Meet Requirements:

1. Adequate Parking for buses and spectators.
2. Adequate restrooms/portajohns for athletes and spectators.
3. Telephone, first aide, ambulance/trainer on site.
4. Press box with awards table/PA.
5. 8 lane track with steeple and all field event facilities and ability to accommodate pentathlon.
6. The host school must submit a list of costs related to using the site that will be reimbursed by the league (Trainer, ambulance, portajohns).

League Awards

Each divisional team champion will receive a trophy from the league.

The league team champion will receive a team trophy from the league.

1st place receives a medal. 2nd - 8th place will get ribbons at the League Championships.

Awards will be given to the most outstanding male and female Track and Field athletes of the meet.

Certificates to 1st - 3rd Team and Honorable Mention All-League award winners.

All League patches to the top athlete in each event.

All-League Selection

All-League will be based on the league leader board

Top athlete in each event receives all-league patch and certificate

2nd and 3rd ranked athlete receives certificate

Honorable Mention will be given to athletes who are ranked 1st in an event in their division, but do not fall in the top 3 ranking overall.

All-league consideration will run through the league championships.

Meet Administration

Organization of league meets is the responsibility of the host school with the assistance of visiting team coaches.

League results sheets should be used to record performances and team score. A copy should be given to each visiting school as soon as possible. All results should be reported to the Democrat and Chronicle, Finger Lakes Times, The Daily Messenger and to the league coordinators. **This should be done by the home team Coach.**

Starting Times and Order of Races

1. Starting times for all meets shall be 4:30 PM
2. If a team has not arrived by 4:30 PM, wait 15 more minutes, and then start the events **if no prior contact has been made**. It is the responsibility of the visiting coach to contact the host site if there will a delay in arrival.
3. The order of events can be found on the league website www.wfltrack.org

Uniforms

1. Each member of each team is required to wear a team uniform in competition.
2. Refer to **NFHS UNIFORM RULES SUMMARY**

Track Facilities

1. A good track & field facility is imperative to promote the sport and ensure the safety of all athletes.
2. The host school is responsible to provide acceptable and legal equipment in the following areas: Hurdles, Long/Triple jump, High Jump, Pole Vault, Shot Put and Discus.

3. Event points will be awarded to the opposing teams upon the determination by the referee, that the venue is unacceptable for competition. Points will be totaled and divided equally among visiting teams. The host team will receive no points.

Meet Entries/ Meet Procedures

1. All entries will be done online and meets will be seeded according to entry performance. Coaches are expected to enter athletes using valid performances or honest estimates. The entry lock on yentiming will be used after week 1.

2. A meet program will be emailed to the host schools the day of the meet. Copies of the program need to be made for each visiting coach, starter, field judges, and score keeper.

3. Other Responsibilities:

a. It is the responsibility of the host school to have an **AED** on site.

b. Host school is responsible to announce calls for events.

3. Officiating: **Each school will provide 1 voucher to pay for an official.** Meets with 5 schools will have 5 officials and meets with 4 schools will have 4 officials.

4. Timing: A time must be recorded for each finisher for each race. **Organize the finish line with coaches or provided help to time places during laned races. A tape watch may be used for non-laned races as long as there is a back-up watch being run.**

5. Each visiting school will be assigned a field event duty to help the officials run the event.

Score Sheets

All coaches will use the TRACK & FIELD SCORE SHEET, available on the league website. Sheets should be scored as soon as possible after each race (preferably before the finish of each succeeding race). The host coach is responsible for distributing results to all coaches as soon as possible before the schools leave.

Meet Cancellation & Reschedule Policy

- 1) If Host site is unable to host on day of meet:
 - A. The host school will contact other schools within the block to host meet.
 - B. Meet will be rescheduled for the Wednesday or Thursday of that week at the host school or other school within block.

- 2) **League Championship** – If Weather related event does not allow the running of our league championships then the meet will be moved to the next day.

Sports Standards for Interschool Competition

1. Number of practices prior to 1st scrimmage Varsity and JV (Team 10, Individual 8)
2. Number of practices prior to 1st contest Varsity and JV (Team 10, Individual 10)
3. Team and individual number of Varsity and JV contests is 16.
4. Minimum time between contests for Varsity and JV is 1 night.
5. Individual limitations per day Varsity and JV — 4 events.
6. To enter and run in a sanctioned meet, a runner must have met the minimum standard of practices needed to participate in the contest.

Track & Field Coaches' Etiquette

1. All coaches should provide a model of good behavior for their athletes and should exemplify good professional conduct. Any departure from good professional conduct could result in a letter from the League Committee to the athletic director and coach.

2. It is the responsibility of the host school to "properly run" all meets assigned.

Post Season Competition

1. An athlete must compete in **six (6) SANCTIONED MEETS IN ORDER TO COMPETE AT SECTIONALS OR STATES.**

2. If an athlete does not have six meets, a letter of appeal must be submitted for that athlete, explaining why that athlete has not competed in six meets. If it is for sickness or injury, medical documentation is needed.

3. The coach must submit his/her entries for the Sectionals by the due date. All signatures are required. Please follow the directions in the Section V Handbook, as failure to do so may result in your team being barred from the Sectional Championship.

Wayne-Finger Lakes Modified Track & Field

Meet Conditions

1. Number of Practices Prior to first Contest is 10 Team and 8 Individual.
2. Team and Individual Maximum number of contests: 10
3. Minimum Time between Contests: 2 nights
4. Individual limitations per day: 3 events

Meet Rules

1. Equipment – Athletes may wear track shoes(spikes) but are not permitted to use the spikes in the shoe. Athletes may also use starting blocks.
2. A runner is permitted 1 false start before disqualification.
3. A student may enter a maximum of 3 events per day; no more than two track events or two field events may be entered each day. If a student is participating in two running events, the total distance may not exceed 2400 meters.
4. The 55 meter 30" and 33" hurdle race with five hurdles shall have the following spacings:
 - a) start to the first hurdle – 12 meters
 - b) distance between hurdles – 8 meters
 - c) fifth hurdle to finish – 11 meters
5. The 200 meter 30" hurdle race with 5 hurdles shall have the following spacings:
 - a) start to first hurdle – 20 meters
 - b) distance between hurdles – 35 meters
 - c) fifth hurdle to finish – 40 meters
6. The 4K metal shot may be used for outdoor track.