

**MOUNTAIN VALLEY CONFERENCE**  
**TRACK BY-LAWS**  
(Revised 5/23/08)

**1. Rules**

- A. The National Federation Rule Book (as adopted by PIAA) governs.
- B. All members of the conference shall be governed by rules and interpretations adopted by the P.I.A.A.

**2. Levels of Competition**

- A Girls and Boys Varsity

**2. Contest Rules**

A. Dual Meet Events And Starting Times

- a. **3:30 pm** – 100 m Hurdles (G)\*, Shot Put (G), Javelin (B), High Jump (G), Long Jump (B), Pole Vault (G)
- b. **3:40 pm** – 3200 m Relay (G)
- c. **3:55 pm** – 3200 m Relay (B), Long Jump (G)
- d. **4:10 pm** – 110 m Hurdles (B)\*, Javelin (G), Shot Put (B)
- e. **4:20 pm** – 100 m Dash (G/B), High Jump (B), Pole Vault (B)
- f. **4:30 pm** – 1600 m Run (G/B)
- g. **4:50 pm** – 400 m Dash (G/B), Triple Jump (B)
- h. **5:00 pm** – 400 m Relay (G/B), Discus (B/G)
- i. **5:10 pm** – 300 m Hurdles (G/B)\*, Triple Jump (G)
- j. **5:30 pm** – 800 m Run (G/B)
- k. **5:45 pm** – 200 m Dash (G/B)
- l. **5:50 pm** – 3200 m Run (G/B)
- m. **6:10 pm** – 1600 m Relay (G/B)\*\*

\*Two (2) heats if necessary.

\*\*Run at the conclusion of all events

Note: tracks that have not converted to a 400-meter track may substitute English equivalents in all relay events (3200 m relay – 2 mile, 1600 m relay – 1 mile, 400 m relay – 440 yard relay).

- B. The order of events may be changed in advance by mutual agreement of both schools to accommodate facility limitations.

C. Participants

- a. Entries in the 100 m, 200 m, and 400 m shall be limited to three (3) participants per school. Four (4) participants may be entered in all other running and field events unless otherwise agreed upon by **BOTH** coaches. If additional participants are added to the event it is the responsibility of the coach to designate which participants will be exhibition **PRIOR** to the event. No more than two (2) exhibition competitors shall be added to the field events. No more than (2) exhibition competitors shall be added to the running events. In the

100M and 200M races, exhibition runners will be allowed in the second heat. All exhibition runners must start behind the designated runners.

1. Each participant may enter no more than four (4) events.
2. Each participant in the shot put, discus, javelin, long jump, and triple jump shall be permitted three (3) tries in each event.
3. In the interest of safety, the participants for the shot put, discus, and javelin shall not report to the throwing area until the first call is made. The host school shall provide a common area for the placement of field implements. Warm-up throws must be taken from the competition areas in that event. At the conclusion of the event, all implements shall be put away (home-school field house, visiting school-bus). Warm-up for a field event will be permitted at the conclusion of the previous event when the facility will permit. Example – boy's discus may begin warm-up at the conclusion of the boy's shot put.

#### C. Event Rules

- a. In the 400 m Relay, all four (4) legs shall be run in lanes.
- b. In the 100 m hurdles, 110 m hurdles, and the 300 m hurdles, each school will provide at least four (4) lanes (40 hurdles), with the event to be run in two (2) heats where necessary. Timing will be consistent with sprints and the winner of the event must come from the first heat. The fastest two runners from each school must be in the first heat. Each school, in order to insure keeping with the recommended time schedule, should have hurdle crews ready to set up and tear down hurdles at the proper time.
- c. The following events will be run in lanes: 100 m dash; 200 m dash; 100 m hurdles; 110 m hurdles; 300 m hurdles; 400 m hurdles; 400 m relay; and the first leg of the 1600 m relay.
- d. The pole vault shall begin at eight feet (8') for the boys and six feet (6') for the girls and be raised six inches (6") until a winner is declared.
- e. The high jump shall begin at five feet (5') for the boys and four feet (4') for the girls and be raised two inches (2") until a winner is declared.
- f. In both the pole vault and high jump, if a participant desires to attempt to tie or break an existing record, the bar will be placed at the height of the present record.
- g. All throws in the shot put, discus, and javelin will be measured immediately after each throw.

#### D. Double Dual Meets

- b. In field events, the participant numbers will be limited to four (4) athletes per school with no exhibition participants

- c. Track events
  - In the 100, 200, and 400 m runs, the number of participants will be limited to three (3) per school. The best runners will run in the first heat, lanes 2,3, and 4. The second best runners will run the second heat, lanes 2,3, and 4, and the third heat with a fourth runner being exhibition only. The runners will compete according to time.
  - In the 100, 110, and 300 m hurdles:
    - In schools with only four (4) sets of hurdles, three heats will be run with three participants from each school in each heat. The best hurdlers will run in heat 1, second best in heat 2, and the third best in heat 3. The hurdlers will all compete according to time.
    - Schools with six lanes of hurdles will use the aforementioned regulations for the 100, 200, and 400 m runs
- c. In the 800, 1600, and 3200:
  - Limit of six (6) participants from each school will be permitted (unless otherwise agreed upon by the coaches).
  - Boys and Girls 3200 m event must be run together.
- d. Competing schools should continue using the same order of events and time as regular dual meets.

### **3. Bench/Sideline Protocol**

- D. The area of the javelin shall be roped off to provide a greater margin of safety.
- E. Spectators shall be asked to remain in areas so they do not interfere with the conduct of the meet.

### **4. Postponement**

- A. Postponement of meets is up to the home team.
- B. The home team is responsible to notify all parties involved.
- C. The rescheduling of a Meet must be by mutual consent of the teams involved on the next available playing date, including Saturdays.

### **5. Officials**

- D. This schedule calls for a PIAA starter. It is recommended that each school use an announcer and eleven (11) judges; either faculty members or other responsible adults. The meet may be run with a minimum of eight (8) judges. STUDENTS ARE NOT to be used under any circumstances.
- E. There should be three (3) timers for each running event. One (1) timer will time first place and the other two timers will time second and third place.

- F. Four (4) judges; working as two (2) pairs, should be used in the shot, discus, and javelin. Two (2) judges should be used in the long and triple jump, one (1) judge to call fouls and the other to mark. One (1) judge should be used to judge the high jump. One (1) judge should be used to judge the pole vault.
- G. Field judges will be assigned to act as exchange zone judges in the 400 meter relay.
- H. Judges shall be informed about track and field rules and procedures prior to the start of their first meet.

**6. End of Season Meeting**

- A. “Most Valuable Player” voting:
  - a. The night of the meeting, coaches may nominate one of their own players to be considered for the “Most Valuable Player” Award.
  - b. Voting occurs at that meeting.
  - c. Coaches can NOT vote for their own players.
  - d. In case of a tie, coaches will re-vote once, voting for one of the athletes that were tied during the initial vote (coaches cannot vote for their own players).
  - e. If a tie still occurs after the second vote, “Co-MVPs” will be named.
  - f. A plaque will be awarded to the MVP(s).

**Play-offs/Championship**

- A. League Meet
- B. Regular Season Championship
  - a. The conference champion shall be determined by the won-lost record at the conclusion of the season. In case of a tie, playoff regulation will be held. Site and dates will be determined by conference officials.
  - b. For the purpose of determining a conference championship, any scheduled contest not played shall be treated as a loss by the striking school.

**7. Reporting Game results**

- A. The home team will report game results to the following media:

The Morning Call  
 1-800-999-5625  
 (610) 820-6558  
 Fax: (610) 820-8654

Pocono Record  
 1-800-756-4237  
 (570) 421-3000  
 Fax: (570) 421-6284

The Express Times  
 1-800-360-3601  
 (610) 258-7171

Times News of Lehigh  
 1-800-443-0377  
 (610) 377-2051

Fax: (610) 258-7130

Fax: (610) 826-9608

*MVC League Statistician*

Email: [bross@stroudsburg.k12.pa.us](mailto:bross@stroudsburg.k12.pa.us)

Fax: (570) 424-0789