*VARSITY TRACK AND FIELD*

**IAAF RULES WILL APPLY- WITH THE FOLLOWING MODIFICATIONS:**

[**IAAF Rules**](file:///C:\Users\cdueck\Downloads\IAAF%20Competition%20Rules%202016-2017,%20in%20force%20from%201%20November%202015.pdf)

**A. Meet Format:**

1. No divisional track, advance straight to Zones.

2. Rules in effect are the same as M.H.S.A.A.

3. Students can do three individual events plus one relay.

4. Multi event competitors can also be involved with a relay team.

5. Three entries in each event per school plus one relay team.

6. Ribbons for first, second and third place finishers.

7. Banner will be given out to the team with the highest total of points at zone competition.

8. Point scoring will be decided upon by the zone results

9. Implement weights:

a) Shot put:

junior girls 4kg (9lbs)

junior boys 5kg (11lbs)

senior girls 5kg (11lbs)

senior boys (12lbs)

b) Discus:

junior girls 1kg (2.2lbs)

junior boys 1.5kg (2.2 lbs)

senior girls 1kg (2.2 lbs)

senior boys 1.5kg (3.3lbs)