

Kensington Lakes Activities Association By-Laws
Revised 6/4/19
Track and Field

Dual Meet Format:

- Dual meets are to be run in a manner that will best prepare our athletes for Regional/State meet. Only dual meet scoring will be contested in the KLAA. Alternative meet configurations will not be allowed. (i.e. Triangular)
- Official Start Time - 4:00pm, however, this can be altered by mutual agreement between coaches/athletic directors. If a time change occurs, please have it updated on the scheduling site so that coaches who may want to scout can see that the time has been changed.
- Start Time - No later than 4:00pm field event start/ 4:30pm running events start (or by mutual consent of the two teams participating, an alternative time can be set). Additionally, the meet will start no earlier than 30 minutes after the visiting school arrives.
- The meet host school must run all seventeen track and field events unless deemed that equipment is unsafe (weather, repairs, etc.). In the event that the host school cannot host an event. The host school must contact the visiting school one week prior to the event. The competition of that event would then be held at the visiting school at a mutually agreed upon time.
- It is strongly recommended that all KLAA schools use FAT systems for event timing.
- Sprint Events - determining varsity competitors - the first heat will be the "Varsity Heat" and eligible to score in the top 3.
 - 6 lane track - 3 from each team to race in the first heat and have the potential to score in the top three. No athlete can score from any other heat.
 - 7 lane track - will function as if it is a 6 lane track; one lane will be empty in the first heat.
 - 8 lane track - 4 from each team will race in the first heat and have the potential to score in the top 3. No athlete can score from any other heat.
 - If one team only has two runners, the other team is not allowed to fill in the lanes in the first heat.
- Field Events - determining varsity competitors - it was determined that for all of the field events, 4 athletes from each team will be identified as "varsity" and only those athletes are eligible to score.
- It is recommended that the host school keep athletes to time guidelines as indicated in the MHSAA rules and regulations book to keep the meet running more efficiently as well as preparing the athletes for the Regional/State Meet.
- Long Jump/Shot Put/Discus
 - There will be finals only.
 - Open order for 30 minutes (4 jumps/throws each)
 - Suggestion: Open pit for long jump after varsity.
 - 4 attempts - no finals
 - There will be up to 30 minute warm up time between varsity events.

- All varsity competition should be completed prior to the JV event opening. (4 attempts for varsity and at least 3 attempts for JV)
- High Jump/Pole Vault
 - Each team will declare 4 varsity. If not otherwise indicated, it will be assumed the first 4 on the list from each team are the varsity.
 - Varsity and JV will all jump together (to avoid raising and lowering the bar)
 - Boys and girls will jump separate per MHSAA rules.
 - There will be up to 30 minutes of warm up time between girls and boys events.
- Opening Heights - Each season opening heights will be determined so the bar hits the AQ Regional mark. The AQ Regional mark must be hit during each competition. The heights will be updated annually by the track and field commissioner.
- High jump and pole vault adjustments may be changed by mutual agreement of the competing schools.
- The bar may only move up during competition.

Event	Opening Height	First Two Raise	Subsequent Raises
High Jump Girls	4'0"	3"	2"
High Jump Boys	5'0"	3"	2"
Event	Opening Height	First Raise	Subsequent Raises
Pole Vault Girls	6'0"	12"	6"
Pole Vault Boys	8'0"	12"	6"

- Reminder: When there are 4 or less in the high jump left, bar goes to 1" raises and in the vault when there are 4 or less competitors the bar goes to 3" raises.
- Middle Distance/Distance
 - No declaration of varsity scorers
 - Not recommended that girls/boys run any events together unless mutually agreed upon by the competing schools.
- Scoring: 5-3-1 (individual events); 5-0 (relays)
- As indicated in the KLAA bylaws, it is required that there be 2 officials at each meet. (starter and clerk)
- Suggestions to help the meet run efficiently:
 - Efficient hurdle crew

- Use 4x100 and 4x200 races for JV rather than running all of them in the open events.
- Division Championships will be determined by dual meet record.

Conference Meet Format

- To be held Saturday one week prior to the MHSAA Regional Meet. To be held on an 8 lane track.
- There will be a coaches seed meeting on the Thursday prior to the Conference Meet.
- The Conference Meet host school must utilize FAT systems during the meet.
- Entries per school: 4 can be entered, but only 3 can compete.
- 1 relay team per relay event.
- Entries are due prior to the seed meeting.
- NFHS scoring guidelines to be used. 10-8-6-5-4-3-2-1 in all events.
- All sprint events - pre-lims and finals
- Throws are to be set into flights of no more than 8 per flight, 3 throws in the pre-lims; one more than scores will advance to the finals; 3 throws for the finals; worst flight to best as well as worst to best in the finals.
- PV and High Jump - It is recommended "5 alive" format be used.
- All Field events will start at the same time.
- The Conference Meet must hit Regional qualifiers for height (high jump/pole vault).
- Scratching - Scratches may not be altered or changed after they are due. If you have not scratched competitors the lowest seeded athlete is scratched from events.
- Conference Meet Awards
 - Medals top 5 in each event (beginning in 2019-2020)
 - Top team to receive a permanent award
- Conference Standings
 - Determined by final team scores at the Conference Championship Meet