

SUBURBAN ONE LEAGUE BOYS' AND GIRLS' TRACK

Composition

The Suburban One Boys and Girls Track League consist of 24 schools divided into two conferences and four divisions based upon the setup of 2020 with schedule rotation every two years.

<u>NATIONAL</u>		<u>AMERICAN</u>	
Patriot Division	Colonial Division	Liberty Division	Freedom Division
Bensalem	Central Bucks East	Abington	Cheltenham
Council Rock North	Central Bucks South	Hatboro-Horsham	Lower Moreland
Council Rock South	Central Bucks West	Plymouth-Whitemarsh	New Hope
Neshaminy	North Penn	Quakertown	Springfield
Pennsbury	Pennridge	Upper Dublin	Upper Moreland
Truman	Souderton	Wissahickon	William Tennent

Scheduling

The league schedule will be developed in accordance with the format adopted by the Suburban One League. The number of contests will comply with current PIAA guidelines. Scheduling will be once around the division.

Officials

Adult officials will be assigned by the home school. It is recommended a minimum of eight officials for the girls meet and eight for boys meet are assigned.

1 starter	2 weight events
3 timer/judges	1 high jump
2 long/triple jump	1 pole vault

Fees for officials will be set by the home school.

Mandate that at least one (1) PIAA official be assigned per meet.

SUSPENDED MEET

A meet interrupted because of events beyond the control of the responsible authority, shall be continued from the point of interruption unless opposing coaches and Suburban One League Officials mutually agree to terminate the contest with the existing score and declare a winning team

Division Championship

The division championship will be determined by combination of regular season division meets points and all points scored in the division championship. Only division meets will count for championships.

Scoring shall be as follows:

Division with 6 teams - Win = 8, Loss = 0.

ALL POINTS SCORED IN THE MEETS WILL COUNT TOWARDS DIVISION CHAMPIONSHIP.

Dual Meets:

The Suburban One Track and Field will follow the rules as written by the National Federation of State High Schools Associations except where PIAA shall mandate procedures and events to follow.

All participants must be attired in the official track uniform.

Starting time shall be 3:30 p.m. unless mutually agreed upon by both schools.

All hurdle events shall have minimum of 4 lanes.

If a tie occurs in a dual meet the following procedure should be applied to determine the winner of the meet:

-The team which has the greater number of first places finishes among the tied teams;

- The team which has the greater number of second place finishes among the tied teams;**
- The team which has the greater number of third place finishers among the tied teams;**
- The meet is declared a tie.**

The host school shall provide the number of starting blocks that will match the number of lanes on the track. Visiting team shall have a choice of blocks. The host school will also provide one box of 32 caliper blanks to the starter at the beginning of each meet.

All legal attempts in field events shall be measured unless both schools agree to mark all attempts but measure only the best from each athlete.

Order of Events in Dual Meets:

1.300 meter hurdles	8. 800 meter run
2.3200 meter relay	9. 200 meter dash
3.100 meter dash	10. 3200 meter run
4.1600 meter run	11. 1600 meter relay
5.400 meter relay	12. Shot put, discus, javelin
6.400 meter dash	13. Long/triple jump
7.110 meter high hurdle B	14. High jump
7.100 meter inter hurdle G	15. Pole vault

The order of events for Event #12 and the starting heights for Event # 14 & 15 will be determined by the coaches prior to the start of the meet. A contestant may compete in any four- (4) events.

Contestants in all field events will be permitted a maximum of 3 trials. Top four qualifiers go to finals. Each contestant will get three (3) attempts in finals. Contestants in all running events will have all heats count as being official and will count toward the final results.

There will be no limit on the number of entries in an event.

Starting height for the high jump and the pole vault will be decided at the league coaches meeting in February. By common agreement of both schools the pre-determined heights may be changed.

Division Championship Meet

Each school shall be entitled to two (2) entrants in each event, except relays, which will be one. Additional entrants will be determined on or before the seeding meeting by the coaches. All entrants scratched may not be replaced.

In all field events, except pole vault and high jump, each contestant will be allowed three (3) tries. One more athlete than the number of positions that score in the event will qualify for the finals. Those qualifying will have three (3) tries in the finals (National Federation).

The number of places scored at the SOL Championship meet will be determined by the number of teams competing in the event". This is in line with NFHS Track & Field Rule 2: Scoring; Article 2.

All implements used in the field events must be approved and so marked by the inspector.

Starting heights and movement of high jump and pole vault will be determined at the seeding meeting.

All running events shall be seeded. Coaches shall list all entries.

Teams shall come dressed in official team uniforms.

Track chairperson will send out information concerning closing date for entries.
Contestants must remain in designated area when not in competition.

A special work crew will be present to set up and take down hurdles.

Medals will be awarded to first three (3) places in each event.

The championship trophy will be presented at conclusion of meet.

The seeding meeting will be called by the conference chairperson on the Wednesday before the meet.

A contestant may not be seeded in more than four (4) individual events.

The schedule and order of events for the conference meet will be approved at the February coaches meeting and a Meet Director will be appointed at this time by the Conference Chairperson.

Awards

4 team trophies with a male track runner; 2 with a blue background and 2 with a red background; no engraving
108 team medallions; no engraving

324 medals for the top 3 in each event; engrave with event

4 team trophies with a female track runner; 2 with a blue background and 2 with a red background; no engraving
108 team medallions; no engraving

324 medals for the top 3 in each event; engrave with event

Postponement Procedures

Postponement: The home school is responsible for a decision on meet postponements. The visiting school is to be notified a minimum of 2 - 2 1/2 hours prior to start time. Any postponement should be re-scheduled as soon after the regularly scheduled meet as possible.

Division Chairpersons

Shall call a meeting of all Head Coaches by the last week of February each year (or in conjunction with the PIAA Rules Interpretation Meeting) to discuss the coming season. The chairperson will also schedule an end of the season meeting with the coaches for the purpose of All-League Selection and to discuss any concerns regarding the past season.

All League Selection

Please refer to the SOL All-League Selections section under the Policy/Procedure section.

The selection procedure shall be as follows:

Chairperson will generate ballots and distribute to coaches. Coaches will select 1st, 2nd, and Honorable Mention based on dual meet and conference championship performance.

Suburban One League "Senior Night" Guidelines

The Suburban One League appreciates the importance of honoring the senior student-athletes that represent our schools. When individual schools honor their student-athletes, the SOL expects consideration be given to visiting teams and the assigned game officials. The SOL suggests that any extensive student recognition take place after the scheduled contest.

1. Procedures

When "Senior Nights" are scheduled before, or at half time of a contest, the following procedures are recommended

a. Visiting teams and game officials must be notified in advance of the Senior Night agenda.

b. It is expected that all varsity contests begin at, or close to, the scheduled game time.

c. Proper warm up time must be given to both teams.

d. An adult associated with the team must read senior profiles.

2. Information Sheet

a. Senior team members names with their parents.

b. A short summary of the senior's achievements in their sport.

c. Another sentence explaining the future plans of the athlete

Rescheduling of Contest

All contests should be rescheduled for the next available date taking into consideration the following factors:*(with the exception of baseball)

1. Availability or condition of facility
2. Availability for transportation
3. Availability of officials.
4. It is recommended no school should be required to play more than three contests within a week in the following sports:

Wrestling	Field Hockey	Lacrosse
Boys & Girls Soccer	Boys & Girls Basketball	Boys & Girls Volleyball

A If it is necessary to finish the schedule because of a deadline to enter the playoffs, four games could be played.

5. If a mutually agreeable playing date cannot be agreed upon, the game must be played on the next available date (not including Saturday).

* **EXCEPTION:** Baseball is required to play the next available date. (Please refer to the baseball by-laws regarding alternating sites).

Scheduling Miscellaneous

1. If a coach has an idea concerning a change in a master schedule, that coach must meet with their Athletic Director.
2. If the AD believes there is merit in a change, the Athletic Director contacts the Scheduling Chairperson to receive background information. If there is still merit in a change, the Athletic Director presents the proposed change at the monthly meeting. If more consideration is needed, the change is forwarded to the Scheduling Committee.
3. The Scheduling Committee seeks feedback from coaches/ Athletic Directors.
4. The Scheduling Committee presents their decision to the Athletic Directors at a monthly meeting for a vote.