

NEW HAMPSHIRE WINTER TRACK LEAGUE RULES SPECIFIC TO UNH

1. Number of laps per event: 3000m—18.75; 1500m—9.375; 1000m—6.25; 600m—3.75; 300m—1.875. All of these events finish at the same place—underneath the big white beam on the sprint straight-a-way.
2. **All competitors and spectators must remain within the track facility. Anyone found in other parts of the building will bring immediate disqualification to their team that day. The only time athletes should be in the main hallway and front lobby is when they are entering the building, going to the bathroom, or visiting the concession in the front lobby. They should not "hang out" in the hallways nor can they warm up in the hallways. THEY MAY GO OUTSIDE TO WARM UP.**
3. Do NOT arrive more than **45** minutes before your meet starting time. The coach's first responsibility when arriving is to do any scratches and/or adds that they have. These will be done at a scratch/add table near the 55 dash/hurdle finish.
4. In the 3000 meter run, we will get times for all finishers. However, counting the laps of athletes outside of the top 6 has always been the coach's responsibility so please continue to do that. You should assign one person to each of your athletes (non-scorers) to count their laps and to tell them how many laps they have to go.
5. The 3000m run will be combined (boys and girls) at every meet unless the entries dictate splitting them. Meet management will decide if they will be split approximately 15 minutes before the start of the race and it will be announced. Assume they will be combined.
6. In all meets, the 4x160m relay will be run in lanes for the first two laps. The 3rd runner may cut in immediately after receiving the hand-off. In this relay, we will only run 2 teams at a time. If there is an odd number of teams, then we will run 3 teams in the slowest heat.
7. In all meets, all heats of the 300m will be run in lanes all the way. **No** blocks will be allowed in the 300m.
8. If an athlete becomes ill, they should try and find a barrel if they can't make it to the restroom. If one of your athletes gets sick on the floor, it is your responsibility to clean it up.
9. As the meet progresses, if you have scratches, particularly in the 300m and relays, please report them to the clerk at the check in table ASAP so that we can reseed the heats if necessary.
10. In the shot put, an athlete's 1st throw will be measured. After that, only girl's throws of 20ft+ and boys of 30ft+ will be measured.