



TRACK ETIQUETTE—For SCE Athletes, Families and Friends

- The** entire track and field areas are for the exclusive use of the athletes.
- All** non-enrolled children need to be under the supervision of an adult.
- Show** respect to all coaches and volunteers.
- To** avoid event interference **always** look both ways before crossing the track and runways
- NEVER** cross through the shot put area
- NEVER** cross through the approach area or runways of field events.
- NEVER** “bad mouth,” taunt, or berate others. Throwing of a baton is not allowed.
- UNDER NO CIRCUMSTANCES SHOULD AN ATHLETE OR SPECTATOR ASK FOR TIMES AT THE TIMING TENT**
- If an athlete signs up to be part of a relay team, THEY MUST STAY and participate in the event.**
- INTERFERENCE** with another runner is cause for disqualification
- STAY** in your lane after your race, until the lane judge has taken your race tag.
- NEVER** interfere with an official.
- DO NOT** pace (run along-side) any runner during a race. This will result in **disqualification** of the runner being paced.
- DO NOT** call split times out to any runner
- DO CLEAN** up after yourself. If you brought it or bought it, please dispose of it.
- WE WILL NOT** tolerate any arguments or heated discussions during practice or at meets. We are all human, and errors can and will occur. Disputes should be discussed in a proper manner.
 - a. **First discuss the problem with your age group coach and he/she will determine the next course of action to take**
 - b. **ONLY AGE GROUP COACHES are allowed in the timing tent area to meet with officials and discuss the issue.**

MEET PROCEDURE

Because meets run at different speeds, depending on the size and organization of the home club, it is impossible to state a definite time schedule. Running events and field events run concurrently.

- GREMLINS** are allowed a **maximum** of three events.
- BANTAMS, MIDGETS, YOUTHS** are allowed to compete in a **max. of 3 events and a relay**
- INTERMEDIATES** are allowed to compete in a maximum of 4 events
 - “Over-evented” athletes will be disqualified from all events they participated in. This includes relays teams; the entire team will be disqualified.
- 30 minutes prior to your event** athletes report to their age group coach for warm-up instructions.
- Running events take precedence over field events.** Check in at your field event and then check out of this event, when you hear 2nd call for your running event. Proceed to the staging area. Return to the field event **immediately** after finishing your race.
- Listen** carefully for the announcer’s call of the races. You **must** be at staging **immediately** after 2nd call is made or announced.
- It is the responsibility of the athlete to find their events.**