

# Bylaws for the 2010 San Diego Track and Field Series

(<http://www.sdusatf.org/ldr.html>)

April 21, 2010

## Meet Events

\* Races and schedule for the San Diego Track and Field Series will be determined by the planning committee.

\* An advisory committee will evaluate proposed events and provide recommendations on the series schedule.

To enter the San Diego Track and Field Series:

\* There is a charge of \$10 per meet for unlimited events.

\* There is no entry fee for the series (only to enter the individual races).

\* Athletes with high school or college eligibility are not eligible for cash awards.

## Awards

\* The winners of each event division

1. Sprint (100 & 200)

2. Long Sprint (400)

3. Hurdles (100 & 400)

4. Middle distance (800 & 1500)

5. Distance (3000 & 5000)

6. Long Jump

7. High Jump

8. Shot Put

Shall receive product type awards at the end of the series.

\* High school and college athletes that score may not accept financial prizes.

\* The top 10 finishers in each event will score, however, i.e. if a top placed series finisher cannot accept prizes that award will be presented to the next finisher in the series.

## Individual Scoring

\* There are two divisions each for men and women: (1) Open 39 & under, (2) Masters 40 +

\* A runner's division for the series if he/she turns 40 between June 2 – July 21 is determined by his or her age on the date of the Championship races July 21, 2010). For example, a runner turning 40 on June 21, 2010 would compete as a 40-year-old for series scoring purposes for the entire series.

\* Highest scores win. Higher placing in the Championship race will break ties.

\* The Board of Directors of San Diego USATF will name a Jury of Appeal to resolve appeals of protests. Appeals must be raised within 30 minutes of posting the results.

\* Scoring for all divisions will be based on all races except the Championship

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### Point value for meets prior to Championship

1st = 20 pts

2nd = 17 pts

3rd = 15 pts

4th = 13 pts

5th = 11 pts

6th = 9 pts

7th = 7 pts

8th = 5 pts

9<sup>th</sup> = 3 pts

10<sup>th</sup> = 1 pt

### \* Point value of the Championship

1<sup>st</sup> = 30 pts

2nd = 26 pts

3rd = 23 pts

4th = 20 pts

5th = 17 pts

6th = 14 pts

7th = 12 pts

8th = 10 pts

9th = 8 pts

10th = 6 pts

## Day of Track Meet Events Rules

\*3/16 is the maximum length of spikes

\*Automatic Timing will be provided at all track meet events.

\*If a meet chooses to run additional events, that should be left up to each meet director.

These events will be non-scoring and wouldn't count toward the series scoring.

\*Below are the track and field events offered in the series:

Hurdles (100-400)	Long Jump
Mid-Distance (800-1500-Mile)	High Jump
Sprint (100-200)	Shot Put
Distance (3000-5000)	
Long Sprint (400)	

\***Long jump** should be an open pit for 90 minutes so that athletes can check out to compete in running events. Each competitor will have 4 jumps.

\***High Jump** will open at any height, no minimum beginning bar height. The bar will be raised at 2 inch increments. It will be left to the discretion of the competitors and officials on the opening height of the high jump. If an athlete leaves to compete elsewhere they must return to high jump event to attempt at current height of high jump bar. High jump bar will not be lowered for any competitor. Competitors may pass any jump. A competitor is out of the competition when he/she fails to clear the bar on 3 consecutive attempts. Winners and tie breakers will be determined by USATF rules.

\***Shot Put** shall consist of four throws each and will be open for 90 minutes.

\* Registration at each of these track events will start at 5pm. All Track and Field events will begin at 6pm.

## Events Offered in SD Track and Field Series:

### June 2

#### Estimated Event Times

6:00pm	100 Hurdles
6:10pm	110 Hurdles
6:20pm	W-800M
6:25pm	M-800M
6:30pm	W-100M
6:35pm	M-100M
6:40pm	Neighborhood 100m
6:45pm	5000M
7:15pm	W-400M
7:20pm	M-400M

Field Event Start 6:00pm

Long Jump  
High Jump  
Shot Put

### June 23

#### Estimated Event Times

6:00pm	W-400 Hurdles
6:10pm	M-400 Hurdles
6:15pm	W-Mile
6:25pm	M-Mile
6:35pm	W-200M
6:40pm	M-200M
6:45pm	Neighborhood 200m
6:50pm	3000M
7:05pm	Neighborhood Mile
7:15pm	W-400m
7:20pm	M-400m

Field Event Start 6:00pm

Long Jump  
High Jump  
Shot Put

### July 21

#### Estimated Event Times

6:00pm	100 Hurdles
6:10pm	110 Hurdles
6:20pm	W-1500
6:25pm	M-1500
6:30pm	W-100m
6:35pm	M-100M
6:45pm	5000M
7:15pm	W-400M
7:20pm	M-400M

No neighborhood races

Field Events Start 6:00pm

Long Jump  
High Jump  
Shot Put

Updated 5/29/2010