

Section V Modified Indoor TRACK & FIELD

Meet Conditions:

- Practice Requirements to Compete: 6
- Maximum Contests in a Season: 10
- Minimum Time Between Contests: 2 Nights
- Individual Limits Per Contest: 3 Events

Meet Rules:

1. Runners permitted one false start before disqualification.
2. A student may enter a maximum of three (3) events per day.
3. The 55 meters 33"/30" hurdle race with five hurdles shall have the following spacing's:
 - a. Start to first hurdle – 12 meters
 - b. Distance between hurdles – 8 meters
 - c. Fifth hurdle to finish – 11 meters
4. The 4K indoor shot put will be used for outdoor track.
6. Order of Events:

B 55m Hurdles 33"	4k Shot Put
G 55m Hurdles 30"	High Jump
B/G 55m	
B/G 1600/1500m	
B/G 600m	
B/G 1000m	
B/G 300m	
B/G 4x200m Relay	