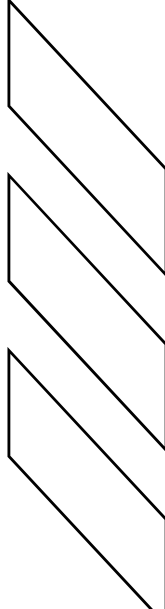




2023

TRACK & FIELD





TRACK & FIELD **MANUAL**

MAILING ADDRESS

**P.O. BOX 29260
WASHINGTON, DC 20017**

MAIN OFFICE

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OFFICE LOCATION

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7202 BUCHANAN STREET
LANDOVER HILLS, MD 20784**

ADWYOUTH   

WWW.ADWYOUTH.ORG

Updated 3/30/2023

MISSION STATEMENT

Catholic Youth Organization (CYO) athletic programs seek to help young men and women, within The Roman Catholic Archdiocese of Washington (ADW), foster strong principles of teamwork and sportsmanship both on and off the field. The CYO further aims to help ADW youth develop their physical talent and learn to play fairly and enthusiastically, while appreciating Christ's presence in their opponents. Through their athletic programs and training linked to parish life CYO offers young people, coaches and their families another opportunity to work together in communion to show the world a new vision of "competition" in athletics.

IMPORTANT DATES

- Age Cut Off: Age as of May 30th
- Check website, <https://adwyouth.org/track-and-field>, for Registration/Roster deadlines.

SCHEDULE OF MEET EVENTS

- Meet entries are due by 11:59pm the Wednesday before the meet.
- Coaches meeting begins at 7:45AM

MEET ONE			
RUNNING EVENTS	FIELD EVENTS		
Beginning at 8:30AM	8:00AM		
4x100 Relay - 400m	Long Jump	Shot Put	Discus
6U - 4x100 Relay - 400m	• 7-8 Girls	• 9-10 Girls	• 11-12 Girls
1600 Meter Run	• 7-8 Boys	• 9-10 Boys	• 11-12 Boys
(Age Groups 7-10, then 11-14)	• 9-10 Girls	• 11-14 Girls	• 13-14 Girls
100 Meter Dash	• 9-10 Boys	• 11-14 Boys	• 13-14 Boys
6U - 100 Meter Dash	• 11-12 Girls		• 9-10 Girls
6U - 50 Meter Dash	• 11-12 Boys		• 9-10 Boys
400 Meter Run	• 13-14 Girls		
800 Meter Run	• 13-14 Boys		
IMMEDIATELY AFTER THE 6U RUNNING EVENTS			
Standing Broad Jump / Softball Throw			
• 6U Girls & Boys			
11:00AM			
Turbo Javelin			
• 7-10 Girls			
• 7-10 Boys			
• 11-12 Girls			
• 11-12 Boys			
• 13-14 Girls			
• 13-14 Boys			

MEET TWO			
RUNNING EVENTS	FIELD EVENTS		
Beginning at 8:30AM	8:00AM		
4x100 Relay - 400m	Long Jump	Shot Put	Discus
6U - 4x100 Relay - 400m	• 9-10 Girls	• 11-14 Girls	• 13-14 Girls
800 Meter Run	• 9-10 Boys	• 11-14 Boys	• 13-14 Boys
100 Meter Dash	• 11-12 Girls	• 9-10 Girls	• 9-10 Girls
6U - 100 Meter Dash	• 11-12 Boys	• 9-10 Boys	• 9-10 Boys
6U - 50 Meter Dash	• 13-14 Girls		• 11-12 Girls
1600 Meter Run	• 13-14 Boys		• 11-12 Boys
(Age Groups 7-10, then 11-14)	• 7-8 Girls		
200 Meter Dash	• 7-8 Boys		
IMMEDIATELY AFTER THE 6U RUNNING EVENTS			
Standing Broad Jump / Softball Throw			
• 6U Girls & Boys			
11:00AM			
Turbo Javelin			
• 11-12 Girls			
• 11-12 Boys			
• 13-14 Girls			
• 13-14 Boys			
• 9-10 Girls			
• 9-10 Boys			
• 7-8 Girls & Boys			

MEET THREE			
RUNNING EVENTS	FIELD EVENTS		
Beginning at 8:30AM	8:00AM		
1600 Meter Run (Age Groups 7-10, then 11-14)	Long Jump	Shot Put	Discus
4x200 Meter Relay - 800m	• 11-12 Girls	• 9-10 Girls	• 11-12 Girls
6U - 4x100 Relay - 400m	• 11-12 Boys	• 9-10 Boys	• 11-12 Boys
100 Meter Dash	• 13-14 Girls	• 11-14 Girls	• 13-14 Girls
6U - 100 Meter Dash	• 13-14 Boys	• 11-14 Boys	• 13-14 Boys
6U - 50 Meter Dash	• 7-8 Girls	• 13-14 Girls	• 9-10 Girls
400 Meter Run	• 7-8 Boys	• 13-14 Boys	• 9-10 Boys
800 Meter Run	• 9-10 Girls		
	• 9-10 Boys		
	IMMEDIATELY AFTER THE 6U RUNNING EVENTS		
	Standing Broad Jump / Softball Throw		
	• 6U Girls & Boys		
	11:00AM		
	Turbo Javelin		
	• 7-10 Girls		
	• 7-10 Boys		
	• 11-12 Girls & Boys		
	• 13-14 Girls & Boys		

MEET FOUR			
RUNNING EVENTS	FIELD EVENTS		
Beginning at 8:30AM	8:00AM		
Sprint Medley Relay (100, 100, 200, 400)	Long Jump	Shot Put	Discus
6U - 4x100 Relay - 400m	• 13-14 Boys	• 11-12 Boys	• 13-14 Boys
1600 Meter Run (Age Groups 7-10, then 11-14)	• 13-14 Girls	• 11-12 Girls	• 13-14 Girls
	• 7-8 Boys	• 13-14 Boys	• 9-10 Boys
100 Meter Dash 6U - 100 Meter Dash 6U - 50 Meter Dash	• 7-8 Girls	• 13-14 Girls	• 9-10 Boys
	• 9-10 Boys	• 9-10 Boys	• 11-12 Boys
	• 9-10 Girls	• 9-10 Girls	• 11-12 Girls
	• 11-12 Boys		
400 Meter Run	• 11-12 Girls		
800 Meter Run	IMMEDIATELY AFTER THE 6U RUNNING EVENTS		
200 Meter Dash	Standing Broad Jump / Softball Throw		
	• 6U Girls & Boys		
	11:00AM		
	Turbo Javelin		
	• 7-8 Girls & Boys		
	• 11-12 Girls & Boys		
	• 9-10 Girls & Boys		
	• 13-14 Girls & Boys		

MEET FIVE			
RUNNING EVENTS	FIELD EVENTS		
Beginning at 8:30AM	8:00AM		
3200 Meter Run (Age Groups 9-14 Only)	Long Jump	Shot Put	Discus
	• 7-8 Girls	• 9-10 Girls	• 11-12 Girls
100 Meter Dash	• 7-8 Boys	• 9-10 Boys	• 11-12 Boys
6U - 100 Meter Dash	• 9-10 Girls	• 11-14 Girls	• 13-14 Girls
6U - 50 Meter Dash	• 9-10 Boys	• 11-14 Boys	• 13-14 Boys
6U - 4x100 Relay - 400m	• 11-12 Girls		• 9-10 Girls
4x200 Graduated Relay	• 11-12 Boys		• 9-10 Boys
(Mixed Gender)	• 13-14 Girls		
200 Meter Dash	• 13-14 Boys		
800 Meter Run	IMMEDIATELY AFTER THE 6U RUNNING EVENTS		
400 Meter Run	Standing Broad Jump / Softball Throw		
	• 6U Girls & Boys		
	11:00AM		
	Turbo Javelin		
	• 13-14 Girls & Boys		
	• 11-12 Girls & Boys		
	• 9-10 Girls & Boys		
	• 7-8 Girls & Boys		

MEET SIX			
RUNNING EVENTS	FIELD EVENTS		
Beginning at 8:30AM	8:00AM		
4x400 Meter Relay - 1600m	Long Jump	Shot Put	Discus
100 Meter Dash	• 9-10 Girls	• 9-10 Girls	• 9-10 Girls
6U - 100 Meter Dash	• 9-10 Boys	• 9-10 Boys	• 9-10 Boys
6U - 50 Meter Dash	• 11-12 Girls	• 13-14 Girls	• 13-14 Girls
6U - 4x100 Relay - 400m	• 11-12 Boys	• 13-14 Boys	• 13-14 Boys
1600 Meter Run	• 13-14 Girls	• 9-10 Girls	• 9-10 Girls
(Age Groups 7-10, then 11-14)	• 13-14 Boys	• 9-10 Boys	• 9-10 Boys
400 Meter Run	• 7-8 Girls		
Graduating 8th Grade Recognition	• 7-8 Boys		
800 Meter Run	IMMEDIATELY AFTER THE 6U RUNNING EVENTS		
200 Meter Dash	Standing Broad Jump / Softball Throw		
	• 6U Girls & Boys		
	11:00AM		
	Turbo Javelin		
	• 9-10 Girls & Boys		
	• 7-8 Girls & Boys		
	• 11-12 Girls & Boys		
	• 13-14 Girls & Boys		

CHAMPIONSHIP MEET			
RUNNING EVENTS	FIELD EVENTS		
Beginning at 8:30AM	8:00AM		
4x400 Meter Relay - 1600m	Long Jump	Shot Put	Discus
100 Meter Dash	• 9-10 Boys	• 11-12 Boys	• 11-12 Boys
1600 Meter Run (Age Groups 7-10, then 11-14)	• 9-10 Girls	• 11-12 Girls	• 11-12 Girls
	• 11-12 Boys	• 13-14 Boys	• 13-14 Boys
4x100 Relay - 400m	• 11-12 Girls	• 13-14 Girls	• 13-14 Girls
400 Meter Run	• 13-14 Boys	• 9-10 Boys	• 9-10 Boys
800 Meter Run	• 13-14 Girls	• 9-10 Girls	• 9-10 Girls
200 Meter Dash	• 7-8 Boys		
4x200 Meter Relay - 800m	• 7-8 Girls		
	IMMEDIATELY AFTER THE 6U RUNNING EVENTS		
	Standing Broad Jump / Softball Throw		
	• 6U Girls & Boys		
	11:00AM		
	Turbo Javelin		
	• 9-10 Girls & Boys		
	• 7-8 Girls & Boys		
	• 11-12 Girls & Boys		
	• 13-14 Girls & Boys		

ELIGIBILITY GUIDELINES

1. COACHES

- Must have, at minimum, 2 coaches per team at all times.
- In order to coach in CYO Athletic Programs, an individual must meet the following criteria:
 - Refer to the CYO Athletic Handbook for full coaching eligibility guidelines.
 - Head coaches must meet the age requirement of at least 21 years old and assistant coaches must be at least 18 years old.
 - All coaches and assistant coaches must meet the requirements of the ADW Child Protection policy, CYO and any additional requirements of their parish.

2. ATHLETES

- Each athlete in CYO Athletic Programs must meet all eligibility guidelines outlined below:
 - Refer to the CYO Athletic Handbook for full athlete eligibility guidelines.
 - Athletes must meet all other CYO eligibility rules including age as of May 30th, gender as listed on birth certificate, and team affiliation.
 - Athletes ages 15-18 may compete as exhibition.
 - 15-18 events will follow the 13-14 events as needed.

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THE CYO OFFICE MUST APPROVE ANY EXCEPTIONS TO THE ABOVE RULES.
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TEAM REGISTRATIONS

1. AGE DIVISIONS

- Divisions are separated by age and gender (as listed on birth certificate). An athlete will play in the age group based on their age as of May 30th. The age groups will be:

CO-ED DIVISION	BOYS DIVISION	GIRLS DIVISION
..... 6 & UNDER 7 & 8 YEAR-OLDS 9 & 10 YEAR-OLDS 11 & 12 YEAR-OLDS 13 & 14 YEAR-OLDS 7 & 8 YEAR-OLDS 9 & 10 YEAR-OLDS 11 & 12 YEAR-OLDS 13 & 14 YEAR-OLDS

- No athlete may compete in two (2) age groups at the same time.
- Athletes may move up one (1) age group at any point during the season, but once the athlete moves they must remain in that age group for the remainder of the season.
- Athletes may not move down an age group.
- Girls may not compete against boys and boys may not compete against girls, this does not apply to 6 and under. This does not preclude a meet director from running boys and girls distance races together.
- Athletes must represent the same parish or school for the entire season.

2. MEETPRO/DIRECT ATHLETICS REGISTRATIONS

- MEET REGISTRATIONS
 - All coaches must register their team with Direct Athletics (www.directathletics.com)
 - TEAM SETUP
 - Create a coach account.
 - Teams must register under “club” as the team type.
 - After setting up your team, a coach is able to set up their roster.
 - Enter the athlete’s name, date of birth, and gender as listed on the birth certificate.
- MEET ENTRIES:
 - All entries are submitted through Direct Athletics.
 - Sign into your account and look for “upcoming meets”.
 - Click on your team.
 - Find the athletes that will be participating in the meet and check the events the athlete will be competing in.

3. PARTICIPATION LIMITATIONS

- Each competitor will be limited to 4 events. (Any combination of individual running, field or relays)
- Each Team will be limited to 5 entries per event with the exception of:
 - Meet 6 or what would be the meet immediately preceding the Championship meet.
 - Limited to 4 entries per team in all the events.
 - Additional entries may be allowed for certain events which will be determined by the meet director and posted on the website schedule (<https://adwyouth.org/track-field-schedule>).
 - The Championship meet:
 - Limited to 4 entries per team in all the events. Individuals must also qualify based on the regular season top 16 time or mark and attendance at a

minimum of 2 meets.

4. TEAM ROSTERS

- Team rosters will be compiled by the cumulative meet entries during the season.

5. EQUIPMENT

- Athletes in the 11-12 and 13-14 age groups may use starting blocks during the 100-Meter Dash and 200-Meter Dash.
 - Starting blocks must properly conform to the track surface of the facility hosting the meet.
 - Athletes choosing to use blocks must have a block assistant. The block assistant must sit while holding the blocks and must remove the blocks from the track once the athlete is off the blocks.
 - Spikes and shoes that take spikes are permissible in CYO Track & Field competitions as long as the facility hosting the meet permits spikes.

6. UNIFORMS AND BIBS

- The CYO Office recommends but does not require team uniforms.
- Bibs must be securely pinned to the front of the athlete's shirt. The CYO Office will provide bibs.

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CYO TRACK & FIELD TEAMS WILL PARTICIPATE IN ACCORDANCE WITH THE CURRENT NATIONAL FEDERATION TRACK & FIELD RULES, UNLESS OTHERWISE SPECIFIED IN THIS MANUAL OR AN UPDATE.
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MEET PROCEDURES

1. WEATHER POLICY

- See CYO Athletic Handbook.

2. ATHLETE CHECK IN/EARLY ARRIVALS

- Athletes must report to the Clerk of Course immediately after the call of their event. Athletes must be on time for their event.
- Only competing athletes can be at the Clerk of Course. Coaches may escort their younger athletes to check in but then must return to the spectator area.
- Athletes should inform the Clerk of Course of any field events / times if they might conflict with the running event.

3. ASSISTING AN ATHLETE

- Athletes may not receive assistance of any kind during their event. If an athlete is found receiving assistance they will be disqualified.

- Assistance includes but is not limited to pacing the athlete, verbal or other communication (including the use of technical devices) by any individual outside of the competition area, or intentionally losing an event to assist another athlete.
- Coaches may announce intermediate times and preliminary winning times to their athletes.

4. RUNNING EVENTS

- Athletes must start from a standing or crouching set position only.
- Athletes must complete the full distance of their race.
- At the start, athletes may not touch either the starting line or the surface in front of the starting line with their hands or feet.
- An athlete's finish time will be recorded when their "torso" reaches the finish line.
- An athlete gets 2 false starts. The first false start in a given race/relay is a warning to the field. The second false start in a race/relay will result in a disqualification of the offending athlete/team.
- The 100-meter dash, 200-meter dash, 400-meter run, 400-meter relay, and 800-meter relay will run in heats and places determined by time.
- The 100-meter dash, 200-meter dash, 400-meter dash, and 400-meter relay will run entirely in lanes, depending on the track.
- The 800m run and longer races will utilize waterfall starts or alley starts (California start).
- In running events with assigned lanes, the athletes must remain in their assigned lanes with the exception of the 800-meter and 1600-meter runs. Interference of any kind with athletes in other lanes will result in disqualification.
- Passing in non-lane running events must occur within the designated lane lines and not inside (left) of lane 1.
- In races partially in lanes, each competitor must keep in the allotted lane from the start to the marked cut-in points.
- RELAY RACES
 - Each athlete must pass the baton to the succeeding athlete within the passing zone (takeover zone). The baton must be carried in the hand throughout the race. If dropped, it must be recovered by the athlete who dropped it. He/she may leave the lane to retrieve the baton, provided no other athlete is impeded.
 - The passing of the baton must be completed within the passing zone. The passing of the baton is completed when it is solely in the hand of the receiving athlete.
 - The baton cannot be touched by the receiving athlete in the fly zone (acceleration zone).
 - In CYO receiving athletes may line up in the fly zone (acceleration zone) when

competing in the 4x100m relay. Receiving athletes must line up with-in the passing zone when competing in the 4x200m, 4x400m, or 4x800m relays.

- Receiving athletes who line up outside of the passing zone in the 4x200m, 4x400m, and 4x800m will result in a relay team disqualification.
- Competitors in 4x100m and 4x200m relays must continue in their lanes, after passing the baton, until all exchanges have been made in the baton passing areas.
 - Should any athlete interfere with a member of another team by running out of the lane, his/her team will be disqualified.
- No competitor may run more than one leg of a relay team.

5. FIELD EVENTS

- Field events will be conducted at all meets provided there are approved volunteer officials to oversee each event.
- Participants must report to field events at the scheduled or announced time. Individuals will be excused from a field event in order to compete in a running event, but the athlete must:
 - Check out with the field event official.
 - Return immediately at the completion of the running event.
 - Immediately check back in with the field event official.
 - Failure to follow the aforementioned procedure may result in the denial of any or all-remaining jumps/throws.
- An open pit will be held for a limited amount of time for individuals.
- Turbo-Javelins/shot puts/discus are to be used in assigned throwing areas and at assigned times only. Throwing outside designated times/locations may result in the disqualification of the offending athlete(s) from the meet.
- Throwing weights are as follows:

AGE	DISCUS	SHOT PUT	TURBO JAVELIN
9-10 Boys	1 kilo (2.2 lbs.)	6 lbs.	300 grams
9-10 Girls	1 kilo (2.2 lbs.)	6 lbs.	300 grams
11-12 Boys	1 kilo (2.2 lbs.)	6 lbs.	300 grams
11-12 Girls	1 kilo (2.2 lbs.)	6 lbs.	300 grams
13-14 Boys	1 kilo (2.2 lbs.)	8 lbs.	600 grams
13-14 Girls	1 kilo (2.2 lbs.)	6 lbs.	600 grams

- The discus must consist entirely of rubber.
- No spin will be allowed in any of the field events.

6. MEET SCORING

- Team scores are recorded at all meets; however only the Championship meet score will count. Points will be awarded as follows (for 7 or more teams):

PLACE	1st	2nd	3rd	4th	5th	6th	7th	8th
POINTS	10	8	6	5	4	3	2	1

7. PROTESTS

- Refer to CYO Athletic Handbook for full details.
- The CYO Office does not accept official protests of meets.
 - Teams wishing to file a complaint may do so through their Athletic Director only, but the filing will not be used to delay or change the result of the meet in question.

8. TEAM FIELD EVENT VOLUNTEER REQUIREMENTS

- All teams should discuss with the parents about the need to volunteer at field events. Volunteers will be called from the stands to assist when needed.
Volunteer jobs include: writing down distances, retrieving shot puts, discus, and turbo javelins after throws and helping to keep kids in order.

9. VOLUNTEER OFFICIALS

- All teams should have parents available to assist with judging relay zones, moving kids to relay zones, and assisting the Clerk of Course or finish line as requested by the meet director.

10. MEET DIRECTOR AUTHORITY

- The Meet Director has the authority to cancel events, modify events or combine heats or events as they see fit to satisfy time limits, safety concerns or the operational flow of the meet.

CHAMPIONSHIPS

1. ELIGIBILITY

- Participants must qualify through their regular season times/marks.
- The 16 competitors selected to participate in the Championship Meet will be seeded in accordance with the rules and regulations voted on by the track coaches/delegates prior to the start of the regular season.
- Only times/marks obtained during CYO sanctioned meets in the current season apply.
- Participants must have been in the top 30 times/marks by the end of the regular season to be eligible for selection to the top 16 and have attended at least 2 regular season meets.

- Meets cancelled due to weather will not count as an attended meet.
- Participants are limited to 4 total events regardless of how many they may have qualified for.
- Each team may enter a maximum of 4 competitors in each individual event.
- No exhibition entries are allowed except for relay teams.
- Competitors may declare a false start "not compete" without penalty to other events.
- No substitutions or changes will be allowed for individual events.
 - Relay participants may be changed, but the coach must provide the changes prior to the completion of the preceding event and all participants must be eligible specifically with their event limits.
- Competitors disqualified for unsportsmanlike or behavioral conduct will be disqualified from the current and/or future events of the meet.

2. VENUE

- The Championship Meet may be held on either a 8 or 6 lane track.

3. CHAMPIONSHIP RELAY ENTRIES

- All teams may enter 1 designated scoring relay team.
 - All participants must still be eligible for the championship meet provided athletes aren't exceeding their individual entry limit of 4 events.
 - A 2nd non-scoring exhibition relay team may be allowed pending space and Meet Director's approval.
- All scoring teams will be seeded first and exhibition teams will follow the last seeded scoring team.
- In the event that the total number of relay entries causes the event to have more than 3 heats, all exhibition teams will be withdrawn.

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THE CYO CHAMPIONSHIP MEET WILL BE UNDER THE DIRECTION OF THE DIRECTOR OF CYO ATHLETIC PROGRAMS. THE DIRECTOR WILL BE ASSISTED IN RULING ON ANY PROTESTS BY THE CHAMPIONSHIP MEET DIRECTOR AND THE ASSISTANT DIRECTOR.

CODE OF CONDUCT

Everyone is expected to conduct themselves at all times as Catholic Christians and to encourage others to do the same. When the spirit of the rules is violated, the program is harmed. In order to protect the athletes, officials, coaches and spectators unacceptable conduct will result in ejections and fines, just as leagues punish athletes, coaches and spectators for violations of game rules and for misconduct. o all parking lots and other church or public grounds.

No CYO athlete, coach or spectator is permitted to:

- Refuse to abide by an official's decisions.
- Display objectionable behavior by throwing equipment or any other forcible object
- Verbally abuse any athlete, coach, spectator or official.
- Lay hands upon, push, shove, strike/threaten to strike or physically attack an athlete, coach, spectator or official.

1. SPORTSMANSHIP

- Clapping and cheering on an athlete is acceptable. Trying to distract or pressure an athlete is not acceptable.

2. EVENT ACCESS

- All spectators, whether parents or not, are to stay off the court at all times. This privilege belongs to only athletes and the coaches.
- CYO officials will remove from the game any spectators, coaches, parents, or athletes who do not display Christian ideals (i.e.: use profane or abusive language, or harass officials, coaches, athletes, or other spectators).

3. ALCOHOL & DRUGS

- Beer, alcohol, as well as any form of illegal drugs, are forbidden at all CYO sporting events, regardless of individual facility rules. This rule extends to all parking lots and other church or public grounds.

4. SMOKING

- Smoking/vaping is not permitted near the gym entrances or inside the gyms at any time. If a coach or spectator needs to smoke, please instruct them to go to another area, regardless of the weather.

5. FOOD & BEVERAGE

- Food and beverages brought/consumed during CYO sporting events must be cleaned up and properly disposed of prior to leaving the event.

6. DAMAGE

- Teams damaging any property of facilities used by the CYO will be suspended from league play until such damage is compensated.

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THE CYO OFFICE MUST APPROVE ANY EXCEPTIONS TO THE ABOVE RULES.