



Northwest Catholic Conference

Track & Field Handbook

(Last Edit - 4/25/24)

Holy Family Catholic Academy – Inverness
Our Lady of the Wayside – Arlington Heights
**Queen of the Rosary – Elk Grove
St. Alphonsus – Prospect Heights
St. Anne – Barrington
St. Emily – Mount Prospect
**St. Francis – Lake Zurich
**St. Hubert – Hoffman Estates
St. James – Arlington Heights
St. Mary – Buffalo Grove
St. Raymond – Mount Prospect
St. Theresa – Palatine
St. Thomas – Palatine
**Willow Academy – Des Plaines
**St. Zachary – Des Plaines

****No Track Team for 2024**

Tracks

Hoffman Estates High School

1100 W Higgins Rd
Hoffman Estates, IL
(8 lane track)

General meet registration & participation rules for NWCC track meets

- Athletes can participate in a MAXIMUM of 4 events per meet (per IESA rules for regular and post-season).
- Athletes may only participate in 2 relays.
 - If an athlete participates in 2 relays, one of them MUST be the 4x400.
 - NO athlete can participate in the 4x100 & 4x200 in the same meet.
- JV (5th & 6th grade) Athletes can compete in mixed-age events throughout a meet (ex. JV 50 & Var 400, etc.).
- Athletes cannot compete in two events that are considered equivalent. (ex. No JV 50 & Var 100, no JV 200 & Var 200, etc.).
- Teams can place no more than (10) athletes in any event.
- Schools may enter a max of (2) relay teams in any relay event. When competing with multiple teams, only the faster of a school's two teams is eligible to score points. The slower of the two teams will compete as exhibition only and will not be scored.
- Each athlete will get (3) long jump attempts at regular season meets and conference finals. All jumps need to be recorded prior to the start of the 4x400 Relay. Jumpers must declare whether they are jumping from the regulation board or the NWCC modified spot.
- All final team rosters must be turned in prior to the first meet.
- Meet Rosters shall be submitted on Athletic.Net, by **Midnight on Friday** before each scheduled meet.
- Once in, no additions can be made to your roster unless it is cleared by the Track Director(s).
- Jewelry cannot be worn by any Athlete participating in the meet. Athletes will be disqualified if they run with jewelry on during a meet.

Player Eligibility

- Junior Varsity events may only consist of 5th and 6th graders.
- Varsity events may consist of 5th thru 8th graders.
- No athlete can compete in a field or running event that they are not signed up for, unless discussed/approved with the Clerk prior to the event at the starting line.
- A student/athlete is eligible for the conference finals only if he or she has participated in **1** of the regularly scheduled conference meets. (Provisions for injured runners can be made. However, they must be on the roster before the 1st scheduled meet)
- Non-conference meets/invitationals do not qualify for conference meets.

Track Meet Events

NWCC FIELD EVENTS

Long Jump

Discus

4.4 # Shot Put (JV Only)

8.8 # Shot Put (Varsity Only)

NWCC TRACK EVENTS

100m Hurdles (Girls)

Order: JV Girls, Varsity Girls

110m Hurdles (Boys)

Order: JV Boys, Varsity Boys

50m Dash

Order: JV Girls, JV Boys

100m Dash

Order: Varsity Girls, Varsity Boys

1600m Run

Order: Varsity Girls, Varsity Boys

4x200m RELAY

Order: JV Girls, JV Boys, Varsity Girls, Varsity Boys

4x100m RELAY

Order: JV Girls, JV Boys, Varsity Girls, Varsity Boys

400m Dash

Order: JV Girls, JV Boys, Varsity Girls, Varsity Boys

200m Dash

Order: JV Girls, JV Boys, Varsity Girls, Varsity Boys

800m Run

Order: JV Girls, JV Boys, Varsity Girls, Varsity Boys

4x400m RELAY

Order: Varsity Girls, Varsity Boys

Meet Guidelines/Rules

- **Meet Director or designee** is responsible for canceling the meet due to poor weather.
- All meet results will be posted in real time on Athletic.Net as they become available.
- **Each** school will be responsible for (10) volunteers per meet.
- **Each** school participating in the meet is responsible for cleaning up their own designated area, as well as the entire track. Schools are encouraged to assign volunteers/athletes to walk the track at the end of the meet to ensure the entire area is clean. We rely on high schools to loan us their tracks, and we all would like to be welcomed back to utilize the space in future meets.
- Every effort should be made to keep the meet on schedule. Coaches need to assist this effort by ensuring your team is ready to compete in their events.
- Announcements will be made prior to running the events.
 - **1st call 15 minutes prior to the start of an event.**
 - **2nd call 10 minutes prior to the start of an event**
 - **Final call 5 minutes prior to the start of an event**
- **Meet event rosters must be submitted on Athletic.Net by Midnight on Friday prior to each meet so the timing company has adequate time to prepare the heat assignments.**
 - Instructions for submitting last-minute roster changes will be explained by the timing company.
 - If rosters are not submitted prior to the meet, your team is considered an addition to heat sheets.
 - Additions and subtractions to events will be made at the starting line by the clerk and submitted to the finish line recorder prior to running that event.
 - All additions to races will fill lanes not occupied by runners or placed in the last heat. If additional heats need to be added these runners will fill those lanes.
 - **No runners will be moved from one heat to another.**
 - Runners will be automatically placed in heats based on their seed time.
- Spikes allowed (1/4-inch max.)
 - **Note:** School facilities may have different rules applied for spikes.
- For races requiring runners to stay in their lanes, instruct your runners to stay in their lane even after crossing the finish line. This will reduce the possibility of runners colliding after the finish and assist the spotters. **A runner can be disqualified for running out of their lane during and immediately after a race.**

Starters/Race Commands

- The commands prior to starting “**Sprint**” races are:
 1. “Runners take your Mark”...
 2. “Set”...
 3. Gun / Horn / Whistle
 - The first command is designed to simply allow a runner to position him or herself at the starting line.
 - The “Set” command signals the runner to assume and hold their starting position.
 - After 1-second pause, the Starter should sound the gun/horn/whistle (runners must remain motionless during 1-second pause)
- The commands prior to starting the **half mile and mile** races are;
 1. “Runners Set”
 2. Gun / Horn / Whistle
- A runner is allowed 1 false start per race. The runner’s 2nd false start will disqualify that runner for that event.
- If a runner false starts, “pulling” other runners with him/her, the starter fires two rapid shots or horn blasts, indicating a false start. Only the runner who created the false start is charged.
- The starter should explain the starting commands, false start rules, lane restrictions to the runners prior to beginning the race.
- A runner has “crossed the finish line” at the exact moment when that runner’s torso (chest and stomach areas) crosses the finish line. Leading arms, legs or head do not count.

Relay Races

- **Schools may enter a max of (2) relay teams in any relay event.** When competing with multiple teams, only the faster of a school’s two teams is eligible to score points. The slower of the two teams will compete as exhibition only and will not be scored.
- All team members of a relay must wear matching uniforms. No team will be allowed to have any of their four runners wearing a jersey that does not match their teammates. Any team doing so will not be allowed to compete.
- The runner receiving a baton must start **INSIDE** the exchange zone and receive their baton before they exit the exchange zone.
- Baton must be passed, not thrown.
- The runner is allowed to retrieve his/her dropped baton if there is no interference with another runner. Once the baton is retrieved the runner must begin running again at the location the baton was dropped (runner must return to their lane at the point they picked up the baton).
 - Any runner can retrieve the baton if dropped in the exchange zone.
 - If out of the exchange zone, the runner who dropped it must retrieve it.

Starting a Race

- **The 200 and 400 Meter Dashes**, along with the 4x100 and 4x200 Meter Relays are staggered starts with no lane changes throughout the race. The 200 Meter Dash is occasionally run on a straight away and then not staggered.
- **The 800 Meter Run** is a waterfall start. Participants are allowed to change lanes after passing the designated point between curves 1 and 2. A runner may not interfere with another runner, at any time during the race.
- **The 1600 Meter Run** is a waterfall start. Runners may change lanes at any time, provided they do not interfere with another runner. See below.
- **Starting blocks are allowed (schools must supply their own blocks)**
- A team's lane assignments are determined by their qualifying times, if submitted.

Team Scoring at Regular & Conference Meets for Solo, Field, & Relay Events

- 1st Place - 10 Points
- 2nd Place - 8 Points
- 3rd Place - 6 Points
- 4th Place - 4 Points
- 5th Place - 2 Points
- 6th Place - 1 Point

Individual awards for each event at NWCC Conference Finals (1st - 5th Place)

- 1st Place - Medal Award (solo & each member of relays)
- 2nd Place - Medal Award (solo & each member of relays)
- 3rd Place - Medal Award (solo & each member of relays)
- 4th Place - Ribbon Award (solo & each member of relays)
- 5th Place - Ribbon Award (solo & each member of relays)

Team awards at NWCC Conference Finals (1st - 3rd Place)

- Team Trophies for Each Division (JV Girls, JV Boys, Varsity Girls, Varsity Boys)

Team with highest total points in all divisions wins Conference Championship.

Volunteer Positions needed for Meets:

Job
Microphone Announcer / Host
Heat Sheet (6 sets: tents, staging, start, etc)
Field Event Sheets (1 full set)
Popup Tent for North End-Zone
Folding Table for North End-Zone
Two folding chairs for North End-Zone
Popup Tent for South End-Zone
Folding Table for South End-Zone
Two folding chairs for End-Zone
Starter
Timing
CONF ONLY - Large Folding Table (Awards)
CONF ONLY - Two Folding Chairs (Awards)
Runner (1)
Track Entrance Gate Monitors (2)
Start Flag (1)
Finish Line Assistant (1)
Running Event Staging Volunteer (4)
Bull Pen (2)
Check-In / Hip Number Team (3)
Long Jump - Clerk/Recorder
Long Jump - Starter
Long Jump - Raker
Long Jump - Measurer
Long Jump - Measurer
Shot Put - Clerk/Recorder
Shot Put - Starter
Shot Put - Shot Returner
Shot Put - Measurer
Shot Put - Measurer
Discus - Clerk/Recorder
Discus - Starter
Discus - Disc Returner
Discus - Measurer
Discus - Measurer
Split Callers (2)
4x200 Exchange 2 (2)

4x100 Exchange 1 (1)
4x100 Exchange 2 (1)
4x100 Exchange 3 (1)
4x400 Exchange (1)
Spotters (Hurdles/100) (4-8)

Materials Needed (supplied by the conference)

Long Jump. 1 (50') Tape Measure

1 Rake
2 Clip Boards

Shot Put 1 (50') Tape Measure
 2 (8 lb.) shotputs (Var)
 2 (4.4lb) shotputs (JV) **Provided by each team as of 2023
 2 Clip Boards

Discus 1 (200') Tape Measure
 2 Discs
 2 Clip Boards

Running Events Batons supplied by team.
 1-3 Clip Boards with upcoming heat sheets.