

**BIG NORTH CONFERENCE  
INDOOR TRACK RULES AND REGULATIONS**

1. National Federation and NJSIAA rules shall govern Conference Championship competition.
2. Divisional champions shall be determined at the Divisional Championship Meet.

**Championship Meet Rules and Regulations**

1. The Big North shall appoint a Meet Director to conduct the championship meet. The Meet Director shall assume full responsibility for all aspects of the meet, including procurement of all **materials, equipment, awards, and officials.**
2. The Meet Director will recommend to the BNC Executive Committee expenses including names and cost of officials for approval. Upon approval, the meet director will then hire the number of persons required to run the Conference Championship Meets.
3. The Meet Director will recommend the Order of Events of the Conference Championship Meet to the BNC Executive Committee for approval.
4. The Order of Events will be as follows:

**Big North Indoor Track Championships  
Order of Events**

**On the Oval**

3200m Run  
3200m Relay  
400m Dash  
800m Dash  
200m Dash  
1600m Run  
1600m Relay

**In the Infield**

55m Hurdles – Trials  
55m Hurdles – Finals  
55m Dash – Trials  
55m Dash – Finals

- In all events except hurdle finals and long jump, boys first, followed by girls.
- All finals, track and field, are one more than there are places scored.-
- Three athletes per school, per event.

## Field Events

- Shot Put 7 to Finals (Throws by Division trials then finals, no open pit)
- High Jump Two Pits opening ht. determined by seed heights
- Long Jump/Triple Jump Two Runways. Open Pit to Finals
- Pole Vault opening ht. determined by seed heights

\*Each school provides one student worker to help at events. No fee to be paid.

5. **The Championship Meet will be scored and points will be awarded by the team's overall finish (e.g.—the team that finishes first in a ten-team league will receive then (10) points, the team that finishes second will receive nine (9) points, etc.).**
6. All-Conference Selection: each division will select 1st and 2nd teams for each event, plus one all-around. Each school will select one (1) Honorable Mention.
7. Awards will consistent with Federation rules