



PHILADELPHIA CATHOLIC LEAGUE
OUTDOOR TRACK & FIELD REDBOOK
2014 - 2015

OUTDOOR TRACK & FIELD

I. LEAGUE DIVISIONS

- A. There is a Northern Division and a Southern Division for competition in Catholic League Outdoor Track and Field.
- B. **Boys'** member school by division

Northern Division

Archbishop Ryan
Archbishop Wood
Bishop McDevitt
Conwell-Egan
Father Judge
LaSalle
Lansdale Catholic

Southern Division

Archbishop Carroll
Cardinal O'Hara
Monsignor Bonner
Neumann-Goretti
Roman Catholic
St. Joseph Prep
West Catholic

II. SCHEDULING

A. SCHEMA FOR SCHEDULING OF LEAGUE MEETS

The Catholic League moderator for Outdoor Track and Field, with the assistance and consultation of the Catholic League coaches make up all schedules for competition. The schedule should consist of 4 regular season meets, a Divisional Championship Meet and the Catholic League Championship Meet. Available sites and balance of competition will be considered, as well as having each team meet every other league team at least once in drawing up the league schedule which will be presented at the June meeting of the Catholic League Board of Directors.

B. LENGTH OF SEASON

Meets will normally begin on the first Monday of April and continue through the second week of May, concluding with Catholic League Championships.

C. DAY AND STARTING TIME – REGULAR SEASON MEETS

The four regular season meets are normally scheduled for Mondays (for Boys' competition) and Tuesdays (for Girls' competition) and are to begin at 3:30 P.M. In the event of a postponement due to inclement weather, the meet should be rescheduled for the next available day as explained in Item #8.

D. SITES FOR LEAGUE MEETS

All regular season meets will be held at sites that have been approved by the League Moderator. When a "Site Team" is listed, it is the duty of that team to produce an acceptable site for the meet and to report that site to the competing teams at least two weeks in advance of the meet.

E. ORDER OF EVENTS – REGULAR SEASON MEETS

Regular season meets shall consist of *running events* competed in the following order:

1. 300 Meter Intermediate Hurdles
2. 3200 Meter Relay
3. 100 Meter Dash
4. One Mile Run
5. 400 Meter Relay
6. 400 Meter Dash
7. 110 Meter H.H. (100 Meter Hurdles – Girls)
8. 800 Meter Run
9. 200 Meter Dash
10. 3200 Meter Run
11. 1600 Meter Relay

Field events are normally contested in the order:

1. Starting concurrently – High Jump – Long Jump
Shot Put – Pole Vault
2. Triple Jump follows Long Jump
3. Discus follows Shot Put
4. Javelin follows completion of Shot Put and Discus
The Open Pit Rule may be used in the Long Jump and Triple Jump by agreement among the competing teams.

F. NUMBER OF COMPETITORS – REGULAR SEASON MEETS

The number of competitors per event in any Catholic League regular season meet is unlimited.

G. JUNIOR VARSITY AND FRESHMAN COMPETITION

The Catholic League does not officially schedule Junior Varsity or Freshman competitions; however, for the purpose of giving non-varsity competitors experience and competition, individual schools may schedule Junior Varsity or Freshman Meets at their discretion. The Catholic League coaches may hold a Developmental Clinic for Freshmen only approximately one week prior to the Varsity Championships.

H. POSTPONEMENTS AND RESCHEDULING – REGULAR SEASON MEETS

1. If a meet must be postponed, it will be rescheduled at a time and place determined by the league moderator. The normal days for rescheduled meets are: Wednesday (Boys) and Thursday (Girls). The league moderator shall resolve any problems which may arise in rescheduling meets.
2. All postponed meets should be rescheduled at least 10 days prior to the scheduled date of the Catholic League Championship meet in order to allow the performances to be used for the purposes of seeding individuals and relay teams for the championship events.

III. DIVISIONAL CHAMPIONSHIP

- A. A Divisional Championship Meet will be held the week preceding the Catholic League Championship Meets. This meet will determine the Northern and Southern Division Championship Team.

- B. The Divisional Championship Meets will be held at sites to be determined by the League Moderator in conjunction with the league coaches. Such sites should be of comparable quality in both divisions.
- C. The order of events for the Divisional Championship meets shall be the same as during the regular season Catholic League meets.
- D. The number of competitors permitted in each event shall be: 3 competitors allowed per school – individual events, 1 relay team per school

IV. LEAGUE CHAMPIONSHIP

A. STRUCTURE, DATE, RULES AND MEET LOGISTICS

1. The Catholic League Outdoor Track and Field Championship is normally held two weeks prior to the PIAA State Championship Meets.
2. Competitors are admitted to competition in the Championship Meet as follows:
 - a. Each school may enter two athletes in each individual running event & each individual field event in the trials. Additional entrants from each school will be accepted in the trials provided that ALL THE ATHLETES ENTERED IN THE EVENT MEET THE QUALIFYING STANDARDS ESTABLISHED BY THE COACHES at the league meeting held prior to the first regular season meet.
 - b. Each school may enter a relay team in each relay event. Entry into the championship relay events is automatic (no trials) and all such teams entered will be seeded directly into the Championship meet heats by the games committee.
3. The Championship meet follows a schedule as determined by the Redbook. In the Championship Finals, the field events will normally begin prior to the start of the first running event. The top 8-10 competitors will be given additional throws or jumps. In the field events, only the performances in the final count for scoring and placement unless the field event trials are held on the same day as the finals.
4. Trials for the Championship Meet are held as follows:
 - a. Tuesday: Boys/Girls Running Trials: 100d, 110/100 hurdles, (3:30pm)
Freshmen Distance Races

Boys/Girls Field Trials: Long Jump, Triple Jump,
Discus and Shot Put
 - b. Wednesday: Scheduled make up day
5. The running trials which are affected may be held at a site other than the Championship Site if necessary in order for the event to be held.

B. SCRATCH RULE

An athlete is only considered a competitor after checking into an entered event. However, if an athlete does not check in for a trials event on the day of trials, the athlete is not penalized, but it does count as an event. The maximum number of events that an athlete can compete in or enter is four. The penalty for an athlete who is scratched after checking in is that he/she is ineligible for further competition. An athlete entered in four events who does *not* check in for one of those four events may not compete in a relay.

NOTE: Any athlete in the finals (by virtue of qualifying) is already

checked in and thus is a competitor for the event.

Further Classification

Athletes must participate honestly in all trials and finals of all track and field events in which they are legally “checked in” or they will be barred from all remaining events in the meet. Competitors advanced to the finals are considered “checked in” for the purpose of this rule.

C. ORDER OF EVENTS FOR THE *RUNNING TRIALS* on Tuesday starting at 3:30pm:

1. 100m Dash (Semi-final event)
2. 110/100 High Hurdles (Semi-final event)
3. Frosh Distance Run (Non-Scoring Event)
4. 200m Dash (Preliminary Heats)

D. ORDER OF EVENTS FOR THE *FIELD TRIALS* on Tuesday beginning at 3:30pm:

Beginning concurrently: 1st – Shot Put Girls & Discus Boys
2nd – Discus Girls & Shot Put Boys

E. All *other* running and field events are finals and contested on the day of the Championship.

F. ORDER OF EVENTS FOR THE CHAMPIONSHIP FINALS

1. Field events in the Championship finals are completed in the following order starting at 9:30am:
 - a. Girls Shot Put and Boys Javelin
 - b. Girls Pole Vault, Boys Long Jump & Boys High Jump
 - c. Girls Discus follows completion of the Girls Shot Put
 - d. Girls Javelin follows completion of the Boys Javelin
 - e. Boys Shot Put follows completion of the Boys Javelin
 - f. Boys Discus follows completion of the Boys Shot Put
 - g. Boys Pole Vault follows completion of the Girls Pole Vault
 - h. Girls High Jump follows completion of the Boys High Jump
 - i. Girls Long Jump follows completion of the Boys Long Jump
 - j. Boys Triple Jump follows completion of the Girls Long Jump
 - k. Girls High Jump follows completion of the Boys High Jump
 - l. Girls Triple Jump follows completion of the Boys Triple Jump
2. Running events in the Championship finals are competed in the following order:
 - a. Girls competition precedes the Boys in each running event.
 - b. Competition in the running events begins at 1:00 P.M. and follows the time schedule below:
 - c. Order of running events:
 - 1:00 - 300m Intermediate Hurdles
 - 1:20 - 4x800m Relay
 - 1:50 - 100m Dash
 - 2:00 - One Mile Run
 - 2:15 - 4x100m Relay
 - 2:35 - Freshman Sprint Medley Relay (Non-scoring)
 - 2:50 - 400m Dash

3:15 - 110m High Hurdles (Boys)
100m High Hurdles (Girls)
3:30 - 800m Run
3:55 - 200m Dash
4:05 - 3200m Run
4:35 - 4x400m Relay

G. SITE OF THE CHAMPIONSHIP MEET

1. The site for the trials and championship meet must be a facility that is measured in meters. It should also be a site where all track and field facilities conform to current safety rules. If a rental fee is involved, prior approval must be obtained from the Catholic League Board of Directors.

V. RULES OF PLAY

- A. Catholic League Outdoor Track and Field competition is governed by the rules of the National Federation for High School Rule book and the PIAA Rule book.
- B. The Philadelphia Catholic League allows the wearing of RELIGIOUS MEDALS during competition. *No other jewelry may be worn during competition.*
 1. An athlete is officially entered in an event at the close of the Direct Athletic Website online entry deadline prior to the League Championship trials. That date is determined by the executive committee at the first coaches meeting prior to the start of the season. It will also be posted on the PCL Track and Field Website (www.thepcl.org). SEE THE LEAGUE CHAMPIONSHIP ENTRY PROCEDURE HEADING BELOW.
 2. Scoring for the regular season meets is as stated in the National Federation Rule Book.

With 5 teams in the meet: 8-6-4-2-1
Individual Events: 6-4-3-2-1 (5 Scoring places)
Relay Events: 8-6-4-2 (4 Scoring places)

3. Scoring for the Divisional and League Championship Meets
 - a. There are 6 scoring places in each event.
 - b. Points awarded are: 10-8-6-4-2-1
4. Duties of the *Site Team* and other teams engaged in competition
 - a. The *Site Team* is responsible for the assignment of officials & the overall operation of the meet. The Team designated as the "*Home Team*" on the schedule shall assist the site team in these duties & specifically shall help in putting away all equipment at the conclusion of the meet. The designated "scoring" team is responsible for typing up the results of the meet and emailing them to the league website master.
 - b. All meet results must include at least the last name of all competitors & all scoring performances. Additionally, any performances which meet the league qualifying standards for the championship meet entry must be included in the results.

- c. In the event of inclement weather, the SITE TEAM shall consult with the league moderator and, if necessary, notify the other competing teams of any postponement & rescheduling. Any such postponement should be done before noon so that transportation schedules may be changed.

C. COMMITMENT OF MEMBER SCHOOLS TO LEAGUE COMPETITION

1. Each school must field a team on the date and time scheduled for each league meet. If a member school fails to meet such obligations then a member school shall be ineligible for the League Championship meet.
2. If such failure to meet a commitment is due to extenuating circumstances, the team involved must submit a written statement explaining such circumstances. Such statements must be submitted to the league moderator within 48 hours of the meet which was not attended. A decision as to the eligibility of the affected team for the League Championship competition will be made by the Board of Directors of the Catholic League.

D. LEAGUE CHAMPIONSHIP ENTRY PROCEDURE

1. All entries must be submitted online through the Direct Athletics Website (<http://www.directathletics.com/>). It is the responsibility of the coach to enter his/her team's entries. Failure to do so will result the offending team being ineligible for competition in the League Championship Meet. The League Moderator will be notified of any team that has been disqualified.
2. Information and deadlines will be provided on the Coaches Association website. (<http://www.thepcl.org>). The entry deadline date is determined by the executive committee at the first coaches meeting prior to the start of the season.
3. At the coaches ranking meeting prior to the League Championship meet, all coaches must submit a hard copy printout of their entries printed from the Direct Athletics Website. All entries must be verifiable (results are published and/or posted). The performance must be done while representing your high school. No club teams or unattached entries are permitted. Any non-verifiable or false entry will result in the athlete being disqualified from that event and will be counted as an entered event.

VI. EQUIPMENT

- A. All equipment used in Catholic League Competition shall conform to the standards and regulations of the National High School Federation.
- B. Additional regulations governing equipment usage may be made by the Site Team (for regular season competitions) or by the Host Institution (for the Championship meet). Any such additional regulations must be followed by all competitions.
- C. Individual events shall not be contested unless the site conforms to the rules of the National High School Federation.

VII. FINANCES

A. TRAINER FEES

1. Schools will be assessed at the conclusion of the spring season to cover the costs of an on-site certified athletic trainer during the regular season meets.

B. ADMISSION PRICES

1. No admission fee is charged for regular season meets
2. Admission Prices for the Catholic League Championship Meet.
Admission - \$5.00
3. Admission Prices are for the Final Competition Day only.
4. It is the policy of the Catholic League that complimentary passes are not valid for league champion competition.

VIII. OFFICIALS

- A. Officials are subject to the approval of the Board of Directors and shall be obtained by the league moderator.
- B. The Catholic League Coaches should be consulted by the league moderator with respect to the selection of competent officials.
- C. Regular season meets are officiated by the coaches of the participating teams and other such qualified individuals who may be called upon by the coaches involved.
- D. The Championship meet is officiated by the Catholic League Track and Field Officials group under the direction of the League Assignor.
- E. A mutually agreed upon fee shall be paid to the officials group for officiating the Catholic League Trials and Championship Meet.

IX. DUTIES OF THE LEAGUE MODERATOR

- A. Publish the track schedule for the following season at the June meeting of the Board of Directors.
- B. To resolve any scheduling problems resulting from the postponement of meets if the involved teams are unable to agree upon a date to reschedule a meet.
- C. To determine the date and site of the League Championship.
- D. To meet with the Catholic League Coaches at least once prior to opening the regular season to discuss any modification of league rules or qualifying standards as may be deemed necessary or desirable. Additional meetings may be called by the league moderator as deemed necessary.
- E. Schedule a meeting with the coaches prior to the League Championship Meet for the purpose of seeding the trials. This meeting will generally take place on the Monday preceding the start of the trials.
- F. Minutes of coaches meeting are to be sent to the members of the Board of Directors and to the Catholic League Coaches.
- G. As designated by the League Moderator, a Games Committee will be elected by the coaches, made up of 5 members.

1. This committee shall assist the League Moderator in all matters pertaining to the Catholic League Track and Field Meets and rules. (In particular, the games committee shall set up the opening heights, time schedule, and other procedures for the trials and championship finals). Additionally, the games committee shall carry out any and all duties as directed in the National Federation & PIAA Rule Book.
- H. The League Moderator and Executive Committee shall make all arrangements for the Catholic League Track and Field Trials and Championships.
- I. The League Moderator shall report to the Board of Directors the final league standing, the accurate records of the Catholic League Championship Meet, and a list of the athletes who gain All-Catholic Honors.

X. LEAGUE AWARDS

- A. A Catholic League Championship Plaque shall be awarded to the winning team in the Catholic League Championship Meet.
- B. All-Catholic recognition is gained only by competition in the Catholic League Championship Meet.
1. The First and Second place finishers in the individual events and the First place finishers in relay events are awarded First Team All-Catholic Honors.
 2. The Third and Fourth place finishers in the individual events and the Second place finishers in relay events are awarded Second Team All-Catholic Honors.
 3. The Fifth and Sixth place finishers in the individual events and the Third place finishers in relay events are awarded Honorable Mention All-Catholic Honors.
 4. If an athlete has an outstanding season and is unable to participate in the Championship Meet, the school may petition the games committee to grant All-Catholic Honors to the individual. Such petitions must be made in writing before the end of the Championship Meet. A majority vote of the games committee is required to grant All-Catholic Honors.
- C. The Coaches Association will provide medals to the top 6 individuals and top 3 relays.

XI. COACHES ASSOCIATION

- A. The Board of Directors recognizes a Catholic League Track and Field Coaches Association.
- B. Is authorized to have an assessment for each team to provide awards for the Championship Meet.
- C. Is authorized to have League dues in the amount of \$50 per team per school per year.
- D. Is authorized to access each school team (boys and girls) \$80 for medical expenses.
- E. For awards and an ad book, each team will be assessed \$100 per season.
- F. The Coaches Association should submit minutes of its meetings to the League Moderator.

- G. The Coaches Association should have a copy of its constitution and by-laws on file with the League Moderator.

PHILADELPHIA CATHOLIC LEAGUE

CODE OF CONDUCT

The PCL is our identity. We are a league – a unity – guided by the teachings of Jesus Christ and principles consistent with his teachings. Therefore, if our league does not produce a better person, it has no reason, adequate to its financial investment, to exist. The directives below are intended to guide all concerned with making our competition a healthy experience in individual and social growth.

ARTICLE I

ATHLETIC COURTESY

Athletics should foster sportsmanship. It is the privilege of each one of us associated with athletics to bear witness to our principles in our own actions.

1. Visiting teams and spectators are guests of the home team and should be treated as we would like to be treated.
2. The rules of the game are to be regarded as mutual agreements, the spirit or the letter of which no honorable person would break.
3. No action is to be taken, or course of conduct pursued which would seem unsportsmanlike or dishonorable if known to one's opponent or the public.
4. All coaches should refrain from making contact with their respective assignors for at least 24 hours after the conclusion of their contest. All questions and issues should be communicated through their respective Athletic Director before contacting the assignor.

ARTICLE II

ETHICS PERTAINING TO CATHOLIC HIGH SCHOOL ATHLETICS

This Code of Ethics is to be regarded not simply as a compilation of recommendations, but as a set of rules governing the conduct of student spectators, student-athletes, coaches and Athletic Directors.

SECTION I: Student-spectators must adhere to the following Code of Ethics:

1. Student-spectators must realize that they represent their school just as athletes do.
2. Student-spectators must appreciate and give suitable recognition to the good in others.
3. Only positive cheering is permitted by spectators for a PCL event. Spectators must avoid “booing”, abusive language or vulgarity as they are clearly a lack of charity that breeds the same in opponents.
4. All signs and posters must be pre-approved by the Assistant Principal for Student Affairs of the local school.
5. Inappropriate dress or conduct will not be permitted during a PCL event.
6. Student-spectators must refrain from using musical instruments and noise-makers, as these are annoying to some and inflammatory to others.
7. Student-spectators must regard officials and opponents as honest; officials’ decisions should be abided by, even when they seem unfair.
8. Student-spectators must be aware that if they continually evidence poor sportsmanship, they will be requested not to attend future contests.
9. If any of the above-mentioned violations are encountered during a PCL event, the officials have the authority to penalize the individual team and the school’s administration has the authority to stop the game and remove all spectators from the event if the spectators do not comply with the administrations’ request.
10. Student-spectators must realize that a contest ends with the final whistle or other signal; post-game injury to others or damage to property is un-Christian behavior.

POLICY FOR COACHES INTERACTION WITH THE MEDIA

The PCL, through the principles outlined in the Code of Conduct, demands that all members of the league, administrators, coaches, players, and fans, should in all circumstances demonstrate their Catholic identity through sportsmanship and spirituality.

Problems that arise in the course of competition must be addressed by the adults in charge. They must show leadership and maturity to defuse the situation and allow a sensible and honorable solution to occur. Where the adults in charge are unable to resolve the situation, and the controversy lingers, the matter must be presented before the Board of Directors.

It is important to understand that all parties involved, especially coaches, at all times represent their team, school, and the league. At all times, coaches are to refrain from making derogatory, damaging, and offensive remarks to the media. The Principal and Athletic Director of the school are to be informed of any emotional or potentially scandalous media situations. Coaches are not allowed to inflame a situation by giving such emotional or personal remarks to the media. Coaches are also

prohibited from addressing personal comments to the media regarding league-wide policies and procedures.

Penalties for such behavior will result in censure, suspension, or dismissal of the coach.