

# 2017 SJS DII-III Hurdle / Relay Judge Officiating Instructions

## 4 x 100 Relay

- Officials flags will be available in the clerking area on the north side of the track.
- Please return flags to clerking area.
- Competitors receiving the baton (2nd, 3rd, and 4th legs) shall be positioned entirely within the limits of the acceleration zone (**small yellow triangle**) and exchange zones (20 meters between the **two large yellow triangles**) before the race starts.
- The baton (not the runner) must be within the exchange zone when passed (handed off not thrown). The incoming and outgoing runners shall not simultaneously touch the baton outside of the 20-meter exchange zone.
- All track rules relative to fouling or interference apply to relays (*See NFHS Rule Book*).
- A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.
- If a baton is dropped in the exchange zone either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track.
- If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.
- After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.
- The baton shall not be thrown following the finishing of any relay.

## Hurdles

- After 100/110 hurdles are complete put hurdles back on cart and then take to 300 hurdle flight or shed
- After 300 hurdles are complete put hurdles back on cart and take to shed.

- **Hurdle Markings**

Hurdle Race	Hurdle Marking Color
Girls 100 Hurdles	Small Yellow Triangle
Boys 110 Hurdles	Small Blue Triangle
All 300 Hurdles	Small White Triangle

- **Hurdle Heights**

Hurdle Race	Hurdle Height
Girls 100 Hurdles	33 inches or second notch
Boys 110 Hurdles	39 inches or fourth notch
Girls 300 Hurdles	30 inches or first (lowest) notch
Boys 300 Hurdles	36 inches or third notch