

NORTH SUBURBAN CONFERENCE GUIDELINES

GIRLS' TRACK

I. SEASON LIMITATIONS

Practice may begin Monday of week 29 of the I.H.S.A. standardized calendar. The first contest may be no earlier than Monday of week 31. The season shall end no later than Saturday of week 47.

II. CONTEST LIMITATIONS

18 dates + IHSA State Series

III. LEVELS OF COMPETITION

- A. Varsity
- B. Junior Varsity
- C. Participation: Refer to Article IX of the N.S.C. Constitution regarding eligibility.

IV. COACHES' MEETING

The NSC Track Coaches' Meeting will be held at the seeding meeting. Head Coaches only will make recommendations for guideline revisions at this meeting.

V. CHAMPIONSHIPS

- A. The Division Championships shall be determined by the best record within Division meets. Crossover contests do not count in Division standings. In case of ties, duplicate trophies will be awarded.
- B. The Conference Championship will be awarded to the team winning the Conference Tournament. In case of ties, duplicate trophies will be awarded.

VI. CONDUCT OF CONTESTS

A. Dual/Triangular Meets (Rules as per IHSA/National Federation)

1. Scoring - All triangular meets will be scored as double duals.
2. Starting time 4:30 p.m. or 20 minutes after the last bus arrives. Head coaches will meet as soon as the last bus arrives to discuss the running of the meet, heats, etc.
3. Entry Limitations - as per IHSA. A competitor may enter only one level of competition on a given date.
4. Field events (order of events/starting heights to be determined by host school)
 - Shot: Varsity first, then JV. Each competitor will be given four (4) trials.
 - Discus: JV first, then Varsity. Each competitor will be given four (4) trials.
 - Long Jump/Triple Jump: To be run as determined by host school. Each competitor will be given four (4) trials.

High Jump: Varsity first, then JV

5. Running Events: all heats count in scoring. If two levels are contested, the JV level should be run first. If more than one heat per level is contested, the best competitors from each school should be in heat one.

Relays: Only one heat of 3200 Relay (with exhibition allowed if there is room in the opinion of the host school). Others by mutual agreement.

400 M: If there is a third heat per level, and there are more than 6 runners, the third heat will be run in alleys.

800 M: To be run JV first, then Varsity.

1600 M & 3200 M: Host decides if 2 heats are needed.

Draw for Lanes/Position: Runners will draw for lanes/position for each event (Varsity uses same lanes/positions as JV).

6. Cancellation/Suspension - meets canceled or suspended due to inclement weather must be rescheduled/completed the next playable date that does not cause NSC meets on two successive days (Friday & Saturday excluded)
7. Scoring according to National Federation rules.
8. The order of events will be as prescribed for the I.H.S.A. State finals.
9. Each school must provide its own batons, shot, discus, stop watches, etc.
10. In the event that two vaulting schools are in a triangular meet at a school that does not host pole vault, the schools will come to an agreement as to when and where to vault. If vaulting is wanted by only one of the schools, the event will be contested.

B. NSC Championship Meet

1. The host school has the option of hosting the Thursday, Friday or Saturday of the weekend before the IHSA Sectional. Preliminaries and finals in all field events start at the same time, and preliminaries in track events start one half hour later.
 - a. If the meet must be postponed, it will be held at 2:00 p.m. the following Monday if scheduled for Saturday.
 - b. If scheduled on Thursday, the meet may be rescheduled for Friday or Saturday. If scheduled on Friday, the postponed meet will be held on Saturday.
2. Entry Limitations - according to IHSA Sectional Terms and Conditions.
3. Scoring - 6 places: 10-8-6-4-2-1 for all events.
4. Seeding meeting to be held no earlier than the Wednesday prior to the Friday or Saturday meet. If the meet is run on Thursday, the seeding meeting will be held on Tuesday.
5. Games Committee will consist of 5 members: Meet Manager and four coaches chosen by lot at the seeding meeting (not from same school as meet manager). Starter/Referee will be a non-voting member. Games Committee will rule on disputes outside the jurisdiction of the starter/referee.
6. Order of Events - as per IHSA Sectional Terms & Conditions .

7. Starting heights and order of field events - to be determined by majority of coaches at the seeding meeting. The finals in field events will consist of one more athlete than place.
8. Rules - IHSA Sectional Terms and Conditions and National Federation Rules unless amended above.

VII. OFFICIALS

- A. NSC Championship - A Registered Starter/Referee procured by the host school. Other officials as determined by the host school. Visiting coaches (at least 2) should be prepared to help if requested to do so.
- B. Dual and Triangular Meets - as determined by the host school. Visiting coaches (at least 2) should be prepared to help if requested to do so.
- C. In all NSC meets, the host school shall be responsible for providing shells for the Starter.

VIII. AWARDS

Medals will be given for 8 places in each event in the Conference Tournament regardless of the host school's track limitations.

Trophies will be awarded to the Conference and Division Championship team(s).

Selected Highlights from the NSC Constitution

From Article VIII: The Resource Athletic Director for each respective Varsity sport shall be responsible for compiling and distributing Conference Varsity standings and scores on a weekly basis. Each school shall be responsible for reporting Varsity scores to the Resource Athletic Director each week. The North Suburban Conference only recognizes championships at the Varsity level.

From Article IX: A player may participate at only one recognized level of competition on any given playing date or round of play against a Conference opponent, except where noted in individual sport Guidelines. In sports where there is a Conference tournament at the Varsity level, if a Conference school also hosts a Prairie-Lake (under-level) Invitational in that sport, an athlete is prohibited from competing at more than one level. Only freshmen may compete at the freshman level in any sport or contest. Member schools are required to field teams in recognized levels from the top down.

From Article X: It is agreed by all member schools that the use of video equipment for the purpose of scouting is allowed unless prohibited by individual NSC sport Guidelines or NFHS rules.

Revised 01/11