

**OKALOOSA COUNTY MIDDLE SCHOOL
ATHLETIC CONFERENCE
TRACK & FIELD RULES - 2019**

1. All meets will start at 4:30 p.m. Any changes from recommended starting times must be agreed upon by all schools involved.
2. Starting blocks can be used. MUST FURNISH YOUR OWN.
3. Individual participants in track and field may enter 2 individual running events, 2 field events and 2 relays.
4. Host school is responsible for lane assignments and field event order. It is much easier to keep them the same for each event throughout the meet.
5. Both girls and boys will use a shot of 8 lbs. and a 1 Kg. discus.
6. Shoes must be worn. Team uniforms must be worn.
7. No meet will be canceled or forfeited. Find an agreed upon date to make up meet in case of bad weather, hopefully the next day.
8. No false starts. Participant will be disqualified.
9. Home team responsible for meet event workers – one to be an Assistant Principal or Athletic Director.
10. NO JEWELRY WILL BE WORN AT ANY TIME. NO METAL ON THE ATHLETE'S BODY.
11. The Championship Meet on April 24, 2019 will be run with 1A and 2A schools simultaneously. Divisions will run separate heats in the running events and separate flights in the field events and be scored separately.
12. MSAC Okaloosa/Walton County Championship Track Meet:
1A & 2A FINALS – WEDNESDAY, APRIL 24, 2019 at Emerald Coast MS, Santa Rosa Beach
Emerald Coast MS –Host Field Events 1:00 p.m. Running Events 3:00 p.m.
1A Schools: Destin, Freeport, Lewis, Liza Jackson, and Meigs
2A Schools: Bruner, Davidson, Emerald Coast, Pryor, Ruckel, and Shoal River