

DPL Track Guidelines 2026

GENERAL GUIDELINES: Athletes are allowed a maximum of 5 total events. Of the 5, only 4 can be running events. They can enter 4 running events but 1 *must* be a relay. If entered in 4 events then there is a max of 3 field events. JV Athletes may not be entered in both the 50m and 100m at the same meet. Each team may enter only 3 athletes per event (with the exception of the 50m in JV, see below).

Athletes represent their school when participating in track, regardless of the number of athletes signed up (1 athlete = a team). They may practice with another school but must be entered as athletes from their home school.

If school has a large number of athletes and they wish to divide them into 2 teams, you may do so, but each team must have a minimum of 10 athletes participating. Schools would need 20+ athletes for JV or varsity to split into 2 teams. Once rosters are formed, then athletes may participate on one team only.

PARTICIPATION: NON-DESIGNATED PARTICIPANTS: In the first two (2) Junior Varsity meets, teams will be permitted to have a total of 6 entries in the 50 meter race only. The 50 meter is not a scored event.

For all other events, each team is limited to 3 athletes per event.

Each team will be allowed one ND ("B") relay team per relay event in JV and Varsity meets. The non-designated participant (s) cannot score points for team.

Non-designated INDIVIDUAL participation is NOT allowed in the Varsity meets.

For City Meets (JV and Varsity), there will be no individual ND participation allowed, including relays.

JV ATHLETES ON VARSITY ROSTER: For a JV athlete to be included on a VARSITY roster and participate in the varsity meets, that athlete must have won their event(s) in JV meets and then are only permitted to participate in that event at the varsity level (plus relays). Any coach who wishes to enter a JV athlete in Varsity meets must submit the athletes name to the DPL office for approval.

CITY MEET QUALIFICATIONS: Each participant who wishes to enter the JV or varsity City Meet must have been entered in one preliminary meet, participated AND finished in at least one event at that meet.

Each athlete must have earned a qualifying time/distance for each event entered in the City Meet, showing that they COMPETED (and were not just *entered*) in that event. EX: to run the 100m run in the City Meet, the athlete must have run the 100m in a prelim meet *and* received a time (did not DQ/scratch, etc.)

A list of field event qualifiers (top 25) will be sent to the coaches/ADs prior to the City Meet. We will also be limiting the number of runners eligible for the city meets to the top 25 OR 50% of the total participants, whichever number is greater. For relays, the seed time is attached to the relay itself, so athletes may be interchanged.

AWARDS: At each prelim meet, ribbons will be awarded to the top 8 finishers in each event. At the JV and Varsity City Meets, ribbons will be awarded to 4th-8th place, and medals will be given to 1st-3rd place.

At each City Meet, an “MVP” plaque will be awarded to the male and female athletes who accumulate the most points during the City Meet. Also, an “Athlete of the Year” plaque will be awarded to the male and female athletes who accumulate the most individual points throughout the season.

Team trophies will also be awarded to the girls, boys and combined (boys & girls) teams that accumulate the most points at the city meets.

THROWING EVENTS: The weight for the discus is 1k (2.20lbs). Shot Put weight is 4kg (8.81lbs)

HURDLE EVENTS: The hurdles are at 30 inches for the 100 and 300 hurdles and 33 inches for the 110 hurdles.

The distance between hurdles: 100 Hurdles - 13 meters to first hurdle, 8 meters between hurdles and 15 meters to the finish line.

110 Hurdles - 13.72 meters to the first hurdle, 9.14 meters between hurdles and 14.0 meters to the finish line.

300 Hurdles - 45 meters to the first hurdle, 35 meters between hurdles and 10 meters to the finish line.

HIGH JUMP (Based on a policy ballot vote from 2023): starting heights for the high jump are as follows...

JV girls	3' 4"
JV boys	3' 6"
Varsity girls	3' 8"
Varsity boys	4' 0"