



CYO: Track & Field Rules and Regulations (Updated 2/27/2026)

Basic Rules:

- Teams participating in CYO Track & Field compete by OHSAA and NFHS rules and regulations.
- Signed rosters must be submitted to the CYO office prior to the season. Meet rosters must also be submitted as part of check-in procedures for each meet, including the Championship.
- Cooperative teams and individual athletes without a team at their own parish who would like to participate at a neighboring parish must be approved by the CYO office. Cooperative teams and transfer athletes established at the start of the season will remain the same for the Championship. Cooperative Team/Transfer Athlete Application forms must be submitted to the CYO office with team rosters.
- Athletes may only be on one (1) track roster. Members of any other school track teams are NOT ELIGIBLE. Athletes must compete in **one (1) CYO Meet** to be eligible for the CYO Track & Field Championships.
 - Exceptions to this rule may be made in the event of illness, injury, sacraments, or other circumstances, but must be submitted in writing to the CYO office at least one week in advance of the Championship meet.
- The “All Play” CYO Policy is in place for all sports.

Meet Regulations:

- Coaches will have a pre-game conference with game officials regarding sportsmanship and expectations.
- All teams and coaches will meet at mid-field to recite the “CYO” Prayer.
- No spectators or uncertified CYO personnel may enter the track or infield at any time.
- Each athlete may enter no more than three (3) events per meet.
- Event Details:

Level	Grades	Season	Events
Cadets	3 rd -5 th	3 meets	Track: 100M Run, 200M Run, 400M Run, 800M Run, 1600M Run, 400M Relay, 800M Relay, 800M Medley Relay, Field: High Jump, Long Jump (3 jumps), Discus (1kg), Shot Put (6 lb.)
Juniors	6 th –8 th	3 meets	Track: 100M Run, 200M Run, 400M Run, 800M Run, 1600M Run, 400M Relay, 800M Relay, 1600M Medley Relay, 1600M Meter Relay (4x400), 200M Hurdles Field: High Jump, Long Jump (3 jumps), Discus (1kg), Shot Put (8 lb.)

High Jump

- Starting Heights: *Cadets:* **Boys - 3’2” / Girls - 3’2”**; *Juniors:* Boys - 4’2” / Girls - 3’10”
- Increased by 2” for each advance, 1” for each advance when seven (7) participants left

Long Jump, Discus, and Shot Put

- Each participant is allowed three (3) attempts; Places are awarded based on the best of those attempts.
- **Discus weight is 1kg.**
- **Shot put weight is 6lb for cadets; 8lbs for juniors.**
- 3rd grade athletes may NOT enter the shot put or discus events.

Hurdles

- **Height of hurdles for the 200M Hurdles in the junior division is 30”.**
- **Start - 200 M. mark, 5 hurdles, spacing of hurdles 50 m to the first hurdle, 35 m between hurdles, 10 m from 5th hurdle to the finish line.**

Relays

- **Cadet athletes may be moved up to participate in Junior relays while still competing in individual events as a Cadet. Each Junior relay that a Cadet participates in will count as one of the three events that athlete is allowed to enter at the meet. Athletes may not compete in the same event for both divisions.**

Volunteer Requirement

- **Each team will be required to provide at least two volunteers for the Championship Meet. Volunteer names**

and contact info must be submitted to the CYO office the Monday prior to the Championship Meet.

- Meet hosts may also require volunteers of participating schools as necessary to ensure a successful event.
- Teams that host a meet during the season are EXEMPT from the volunteer rule.

Standard Event Order

- Juniors run first, followed by Cadets
- Girls run first in odd years, boys run first in even years
- The below order of events will be run at the Championship Meet. Meet hosts should strive to follow the standard order of events, but may change the order of events if necessary.

Running Events

1. 100 M Dash
2. 800 M Relay (4 x 200)
3. 1600 M Run
4. 400 M Relay (4 x 100)
5. 400 M Dash
6. 200 M Low Hurdles *Juniors only*
7. 800 M Run
8. 1600 M Medley Relay (200, 200, 400, 800) *Juniors only*
9. 800 M Sprint Medley Relay (100, 100, 200, 400) *Cadets only*
10. 200 M Dash
11. 1600 M Relay *Juniors only*

Field Events

- Field event order is optional and set at the discretion of the meet host.

Apparel and Equipment:

- Teams are responsible for supplying participants with matching team jerseys and shorts for competition.
- Spikes are permitted for the Junior division ONLY and may not exceed 1/4" (per NFHS rules); Waffled shoes are permitted for both the Cadet and Junior divisions.
- Pants with zippers or belts are PROHIBITED while competing.
- Field equipment furnished for **Diocesan Championship ONLY** – DO NOT BRING YOUR EQUIPMENT TO THE CHAMPIONSHIP TRACK MEET. All other Meets must provide their own equipment.
- Starting blocks are optional but permitted for the Junior Division. Starting blocks are NOT permitted for Cadets.
- Jewelry is permitted at the discretion of the meet official.

Misconduct

The Meet Official shall decide all questions relating to actual conduct at events and has the power to disqualify any athletes or coach from further competition in the meet for conduct determined to be unsportsmanlike. Athletes must listen and respond immediately to all announcements and calls. NO event will be held up because of the tardiness of any athlete. Coaches are instructed to coach only within their designated coaching area per pre-event instructions from the official and are not permitted to run alongside a runner during competition.