

**The South Florida
Pre-K, Elementary &
Middle School
Cross Country/Track &
Field Series**

Sanctioned Insurance by USATF- Florida
Rules & Regulations Implemented from this Handbook

**2016 HANDBOOK
FOR COACHES AND
PARTICIPANTS**

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HANDBOOK

General Information and Purpose

This handbook has been created to formalize the South Florida Pre-K, Elementary & Middle School Cross Country/Track & Field Series developed and endorsed by Alpha Omega Elite Track Team and Fitness, Inc., (AOETT), an equal partner with Coach To First Class, Inc., (CTFC). This document provides a written record of all rules and guidelines to be followed by coaches and participants.

History and Mission

The best news is the only requirement to participate is a good pair of sneakers and the willingness to personally improve!

In 2010, AOETT and CTFC created and presented a long term vision of steps required to be implemented to develop more running programs for our youth in our great State of Florida. Our plan was based on the facts, proven by empirical evidence, that introducing exercising; running and healthy diets to younger children assist with the reduction of obesity, resulting in healthier youths. USATF recognizes the need to draw interest to the sport of running by developing runners at a younger age. There are many schools that do not provide after school running programs, or safe outlets for children to run. It is **our GOAL to continue to educate by exposing young people at an early age to the sport of running**. In 2012, we were asked to host a qualifier for FLYRA, that was successful; and as a result in 2013 we were granted the opportunity to host a Super Qualifier for the FLYRA Middle School State Championships. We have continued to focus on the growth and development of elementary children, and assisted to implement the first 2k Elementary State Finals in Lakeland, Florida; A little less than 100 boys and girls competed, successfully. This year we evolved and will also include a 1k through the FLYRA State Championships. We continue to offer an opportunity for young students to train with parents and or coaches; as well as race in several of our beautiful parks in South Florida. We ask that you bring lots of family and friends to cheer them on!

Objectives

The goals of the South Florida Pre-K, Elementary, Middle Cross Country and Track & Field Series are as follows:

- Create an opportunity for younger students' exposure to organized running and competitions
- Provide elementary and middle school athletes, coaches, and supporters with goals for a full season
- Increase participation and USATF membership for those athletes who are at the Regional & National level
- Adapting the USATF **"Win with Integrity"** policy
- Create lifetime fans and competitors in the sport of Cross Country and Track and Field
- Established standard rules of the series to create guidelines that are fair for all athletes
- Encourage good sportsmanship, camaraderie, and a love of friendly competition in elementary and middle school athletes

Athlete Eligibility

Only athletes meeting the following requirements are eligible to compete in the Elementary, Middle School Cross Country and Track & Field Series. Any athlete or team caught competing under a false name will be instantly disqualified without appeal from that race, with the possibility of disqualification from the whole Series.

1. **Age-** Athletes must be between the ages of 3 to 15 years old and 9 months, based on the date of school enrollment. Allowing all elementary and middles an opportunity to participate. Proof of age may be requested if there is a protest lodged.
2. **Grade-** Athletes must be currently enrolled in a state-recognized Florida public, private, or registered home school and between the ages of 3 and up. Divisions are separated into a specific age category. Some races are restricted in certain categories, be sure to review meet info before registering the athlete.
3. **State Residency-** All participants must be residents of Florida.
4. **Club Membership-** USATF club membership (or any other organization) is not required, unless the race is the qualification race for the USATF association qualifier, but always encouraged.

Cross Country Guidelines: Specifications for Progression of Race Distances

Cross Country			
Elementary School Aged		Pre K-3 – 4th Grade	
Grades	Race Distances	Age Group Category	Age Group Guidelines
Pre K3 – K4	(.125k)	Minis	4 & under
Pre K5	(.5k)	Pee Wee	5-6
1 st & 2 nd Grade	(1k)	Primary	7-8
3 rd & 4 th Grade	(2k)	Bantam	9-10
Middle School Aged		5th – 8th Grade	
5 th - 6 th Grade	(3k)	Middle School Open	11-12
7 th – 8 th Grade	(3k)	Middle School Championship	13-14
High School & up	(3k)	Open Age	15-99

Please Note: All Race Categories will be conducted for both males and females, but scored separately

Track & Field Guidelines: Specifications Race Distances & Event Options

Track and Field			
Elementary School Aged		Pre K-3 – 4th Grade	
Grades	Running Events	Field Events	Relays
Pre K3-K5	100m, 200m, 400m	N/A	4x100m, 4x200m
1 st & 2 nd Grade	100m, 200m, 400m, 800m	Long jump	4x100m, 4x200m
3 rd & 4 th Grade	100m, 200m, 400m, 800m, 1500m/1600,	Long Jump, Shot put	4x100m, 4x400m
Middle School Aged		5th – 8th Grade	
5 th -6 th Grade	100m hurdles, 100m, 200m, 400m, 800m, 1500m/1600m, 3000m	Long jump, High Jump, Pole Vault, Triple Jump, Shot put, Discus,	4x100m, 4x400m
7 th -8 th Grade	100m hurdles, 200m hurdles, 100m, 200m, 400m, 800m, 1500m/1600m, 3000m	Long jump, High Jump, Pole Vault, Triple Jump, Shot put, Discus	4x100m, 4x400m, 4x800m
Open Age High School & up	100m hurdles, 200m hurdles, 100m, 200m, 400m, 800m, 1500m/1600m, 3000m	N/A	4x100m, 4x400m, 4x800m

Please Note: Distance Races can be combined for both males and females, but will be scored separately. All events and races are not contested at every event.

Check-In Procedure

Individual athletes and teams will be expected to listen for announcements, and check in to the starting areas. Three calls will be made for check-in for each race. Athletes who do not check-in for their race by the third call will not be allowed to participate.

Media

No prior approval will be necessary for media coverage such as photograph, newspaper, television or radio station, web site and yearbooks will be accepted and encouraged.

Additional Specific Sports Rules

1. Cross Country Rules

A maximum of seven (7) athletes per team races, and a minimum of five (5) athletes can enter. Team scores are accumulated when the scores of top five (5) individuals' places are totaled. Runners 6 and 7 are used to break ties. Any club or team can have several teams represented, such as "B", "C", and even "D" teams. We ask that you register them accordingly.

2. Track & Field Rules

There are no restrictions on the number of entries per school or per team, allowed into our meets. Team scoring for middle school and elementary will be score separately but equally, where only the top 8 in each event scores. Points are accumulated and team winners are decided by the team with the most points, which are recruited by the claimed athletes per school or per club team. In regards to Relays teams only the A team can score. B teams are allowed to run but will not score for team points.

3. FHSAA Concerns There are no restrictions or limitations to participation of teams representing an FHSAA school. However, coaches should be aware of the importance of understanding the rules of FHSAA, to avoid sanctions against their schools. Our recommendation is that FHSAA-affiliated teams should not compete officially representing their school, in the age group races. Instead, they should either compete as unattached individuals or represent a team name that is not that of the school, such as a club team. Please review schedule and make sure that these races are in compliance with your team requirements. *(Partial Adapted Rule from the flrunners.com middle school Event Eligibility rules, which also applies in track and field for the middle school developmental division meets.)*

4. USATF Guidelines

All rules from the current years' USATF Rule Book apply, unless found in this handbook differently. All meets are sanctioned by USATF. **We are proud to support USATF membership**, and application is always available on-site throughout all our meets. USATF sends our country's top runners to the Junior Worlds competitions and more. Post scholastic season athletes will have the option to compete for nationals, which must be done at a USATF official qualifier. Finally, athletes must purchase a USATF membership for meets, following the scholastic series; additionally those events will be divided in age groups not as grades levels.

Uniforms & Jewelry

Unattached individual athletes can wear any uniform they desire. Reasonable uniform attire will be determined by the meet officials. Weather conditions may have an effect on athletes' choice of apparel. Runners are not required to have the exact uniforms; but, the team uniforms should be the same or similar in colors and logos. The USATF rule applies; no jewelry that dangles or hangs and no rings will be permitted during the competition Series. Only digital watches allowed and appropriate eyewear. No GPS watches are allowed.

Unsportsmanlike Conduct

1. USATF guidelines of Code of Conduct will be enforced at the highest level. All athletes, coaches, and parents are required to behave as "Responsible Persons"; by maintaining honesty and integrity in all actions while representing

USATF by exhibiting the highest degree of ethical standards when developing and executing programs for the advancement of Track and Field in the United States.

2. Fair treatment of everyone and respect of basic human rights regardless of a person's national origin, race, color, sex, age, marital status, religion, disability, sexual orientation, political beliefs or any other such characteristic. Poor sportsmanship will not be tolerated. This includes but is not limited to: profanity; fighting; aggressive and intentional physical contact; rudeness to any meet official, athlete, coach, or fan. Coaches as well as parents, and athletes are expected to maintain good judgment.

Jury of Appeal

A team of coaches will be decided on meet by meet basis; please review meets details to determine who will serve, on the jury if and when a protest is filed.

Payment & Entry Fees

<i>SF Youth XC- Individuals</i>	\$5.00 per individual runners (<i>Pre K3- K5</i>)
<i>SF Youth XC- Individuals</i>	\$12.00 per individual or unattached runners
<i>SF Youth XC - Teams</i>	\$65.00 per team of 7
<i>Track & Field - Individuals</i>	\$10.00 per individual (<i>Pre K3- K5</i>)
<i>Track & Field - Individuals</i>	\$15.00 per individual
<i>Track & Field Relay Team</i>	\$20.00 a relay of 4 runners
<i>T&F Multiple Relay Teams</i>	\$60.00 cap for large teams with several relays
<i>Large Teams Meet Fee</i>	\$300.00 teams of 30 or more w/ unlimited entries per event

A. Disqualification of Teams with Delinquent Payment

Teams that owe money will not be permitted to compete until, its vendors or partners from this or previous years is paid in full. We will accept team check, if the check is returned there will be an automatic late fee of \$50.00.

B. Registration Process

Information can be found online; www.flrunners.com for more, see websites below.

For further questions, please contact Tammy King-Foster at (786) 252-4035, web info- www.aoett.org or Johann Odermatt at (786) 280-9071 www.coachtofirstclass.org or email us at tamrek007@gamil.com

Results, Pictures, and more at www.coachtofirstclass.org