

Entry Limit Regulations for High School and Junior High

Athletes must comply with established regulations for entry limits (NFHS modification 4-2-1)

- An individual may enter no more than three **(3)** running events, including the relays, and not over five **(5)** events total with up to five **(5)** field events.
- Prelims and finals in an event are considered one (1) event for the number of allowable entries.
- An athlete may be listed on an entry form as an alternate for a relay and it will not count against the allowable event limitations until participation has occurred.
- Championship meet scoring shall be awarded 1st-6th place and points will be given 10-8-6-4-2-1. Relays will be scored 20-16-12-8-4-2.
- JUNIOR HIGH ONLY - No contestant shall be allowed to enter more than two **(2)** of the following individual events: 400m; 800m; 1600m; 2400m; 3200m.