



Colegio  
Franklin Delano Roosevelt  
The American School of Lima

TRACK AND FIELD SAAC  
LIMA-PERU

Categories:

- Middle School (MS)
- High School (HS)

[LINK TO TRACK SCHEDULE](#)

Events:

<b>MS</b>	<b>HS</b>
100 m	100 m
200 m	200 m
400 m	400 m
800 m	800 m
1200 m	1500 m
3000 m	3000 m
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Shot Put	Shot Put
Discus	Discus
Javelin	Javelin



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Relay 4 x 100 m	Relay 4 x 100 m
Medley Relay (100-200-300-400)	Medley Relay (100-200-300-400)
Coed Relay 4 x 400 m	Coed Relay 4 x 400 m

Technical Rules:

Event	MS GIRLS	MS BOYS	HS GIRLS	HS BOYS
Shot Put	3kgs	4kgs	4kgs	5kgs
Javelin	500 gr	600 gr	600 gr	700 gr
Discus	1 kg	1kg	1kg	1.5 kg
High Jump	1.00 mt	1.10 m	1.10 m	1.20 m
Triple Jump	5 or 7 mts	7 or 9 mts	7 mts	9 mts

- MS = Grades 6, 7, and 8
- HS = Grade 9, 10, 11, and 12
- Each category will have a max of 4 athletes per school
- Each individual can enter a total of 6 events plus all relays
- Athletes can wear track spikes.
- 100 mts and 200 mts will be the semifinal and the top 6 fastest times will qualify to the final.
- Events 400, 800, 1200, 1500, 2000, 3000 m and relays will be timed finals.
- 1 School Team entered in each relay event
- Long, Triple Jump, and Throwing events will have 3 attempts alternating. The top 8 will participate with 3 attempts in the Finals.



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- High Jump increases 5 cm after every jump, 3 attempts per height
- False Start Rule (second false start from any competitor will be disqualified)
- Changes can be made to event entries up to 30 prior to the start of a session
- Once a session begins, no changes to the session in progress can be made
- General World Athletic Track Rules that apply to the meet will be enforced.  
Here is the Rule Book for general rules of track and field:

[World Athletic Track Rules](#)

[LINK TO TRACK SCHEDULE](#)