

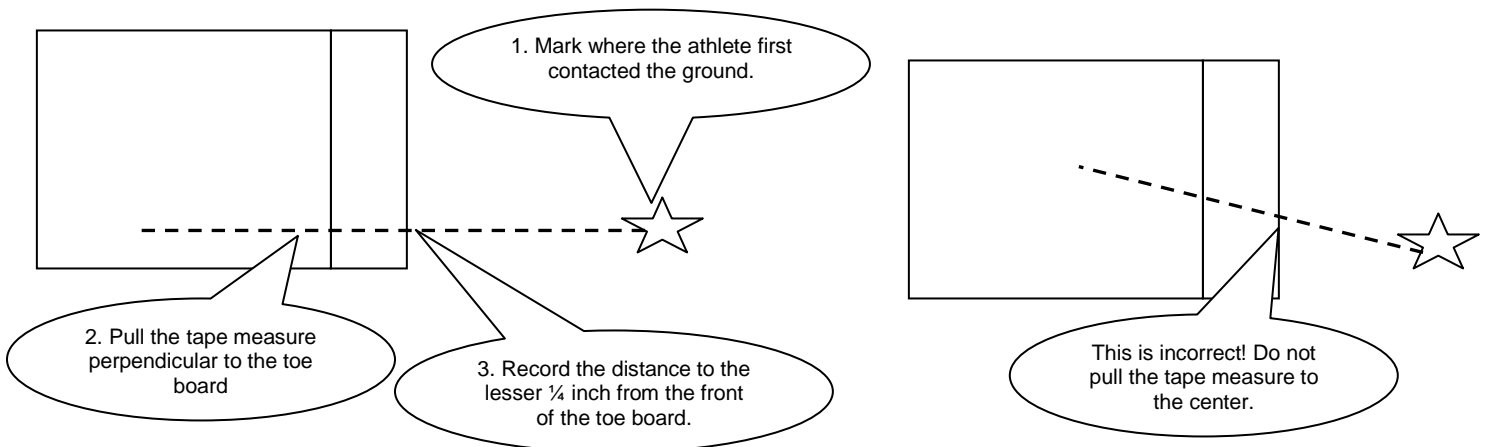
CYO LONG JUMP

A. General Rules

1. When you are ready for the next level to start competition, you should inform the Field Referee and announcer to call the next division.
2. There shall be three (3) attempts for each competitor.
3. Each Athlete will check-in by their level and will compete in the order of the sheets on the track pad. After each attempt the distance will be marked on the ticket. **When the last attempt is complete the athlete will be given their ticket to give to their coach.**
4. Flights may be used for attempts at each field event, with the entire flight being given an attempt in the order of athletes listed on the track pad before the second attempt is given (an athlete can be skipped over if they are not present when they are called for an attempt).
5. If an athlete "checks-in" after the event has begun, that athlete is only entitled to the attempts remaining in the competition order.
6. If an athlete "checks out" in order to compete in another event, that athlete will be given his/her remaining attempts in the event.
7. A competitor shall be charged with an unsuccessful attempt if he/she does not initiate an attempt or pass within one (1) minute of being called.
8. At the conclusion of an event, the area will be closed. One warning will be issued to those in a closed area; second will result in disqualification from the meet.
9. Throughout the competitions, athletes will be called as "Up", "On Deck" and "On Hold"

B. Long Jump

1. **Order of Event: Elemental girls followed boys, Developmental girls followed by boys & Minor girls followed by boys. Youth girls followed by boys, Cadet girls followed by boys, Intermediate girls followed by boys.**
2. Spiked shoes may be worn during the competition of long jump.
3. The competitor may attempt to jump in any manner, provided the takeoff is from one foot.
4. It is a foul if the competitor:
 - a. Allows his/her shoe to extend over the foul line or make a mark in front of it on takeoff.
 - b. Runs across the foul line or foul line extended.
 - c. During the jump, does not keep the head in the superior position (no somersault).
 - d. In the process of landing or leaving the pit, touches the ground outside the landing pit nearer to the foul line than the nearest mark made in the landing pit.
 - e. Fails to initiate an attempt or pass within one (1) minute.
5. The judge shall hold the tape so that all measurements are read from the front edge of the takeoff board.
6. The jump is measured to the **nearest lesser ¼"** from a point along the foul line (or extension) perpendicular to the point in the pit touched by the competitor or apparel of the jumper nearest the foul line.



**DIOCESE OF CLEVELAND
CYO TRACK & FIELD**

(Circle those that apply)

BOYS				GIRLS			
GRADE:	3	4	5	6	7	8	

EVENT: RLJ SLJ HJ

SHOT DISCUS SOFTBALL THROW

DISTANCE # 1: _____

DISTANCE # 2: _____

DISTANCE # 3: _____

BEST DISTANCE: _____

NAME: _____

TEAM: _____



Endeavoring to help young people be more Christ-like in the way they live.



Sample of a form - completed at check-in of the field event ↓

Sample of a completed field event form that is given to the athlete ↓

**DIOCESE OF CLEVELAND
CYO TRACK & FIELD**

(Circle those that apply)

BOYS				GIRLS			
GRADE:	3	4	5	6	7	8	

EVENT: RLJ SLJ HJ

SHOT DISCUS SOFTBALL THROW

DISTANCE # 1: _____

DISTANCE # 2: _____

DISTANCE # 3: _____

BEST DISTANCE: _____

NAME: 2174

TEAM: _____



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**DIOCESE OF CLEVELAND
CYO TRACK & FIELD**

(Circle those that apply)

BOYS				GIRLS			
GRADE:	3	4	5	6	7	8	

EVENT: RLJ SLJ HJ

SHOT DISCUS SOFTBALL THROW

DISTANCE # 1: 8-6 1/2

DISTANCE # 2: 9-0 1/4

DISTANCE # 3: F

BEST DISTANCE: 9-0 1/4

NAME: 2174

TEAM: _____



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