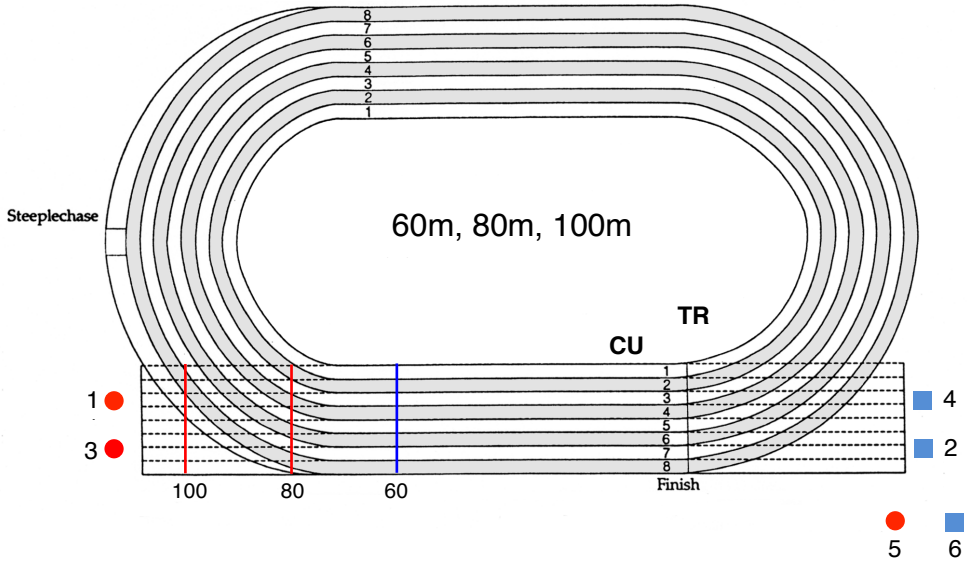
1. SPRINTS

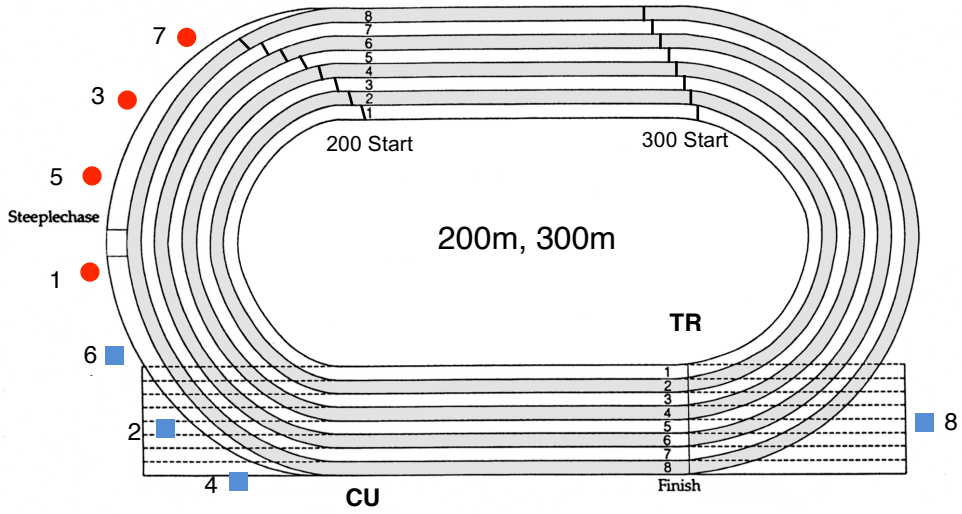
Local meets with 1- 8 umpires



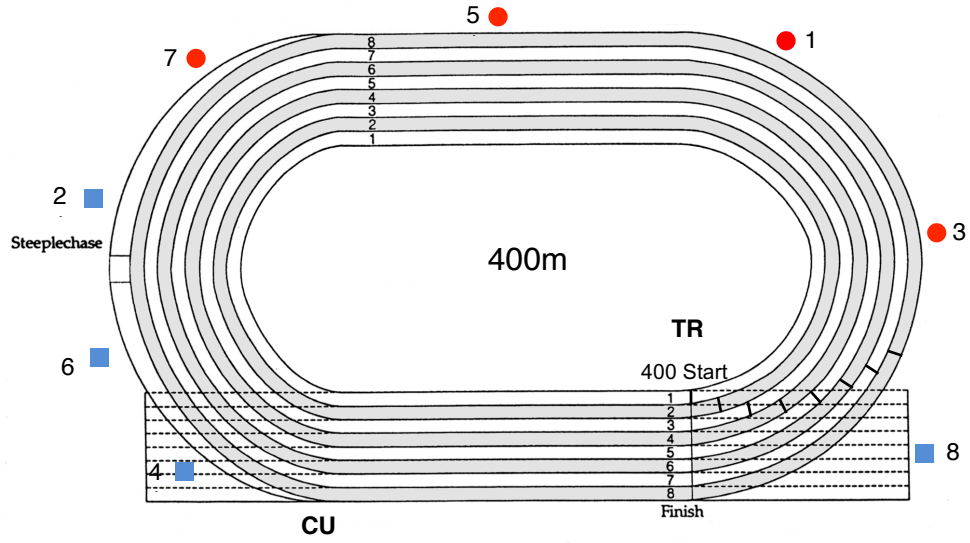
Swap out as needed

1 -- > 5
2 -- > 6
3 -- > 7
4 -- > 8

Adjust positions for 300m →

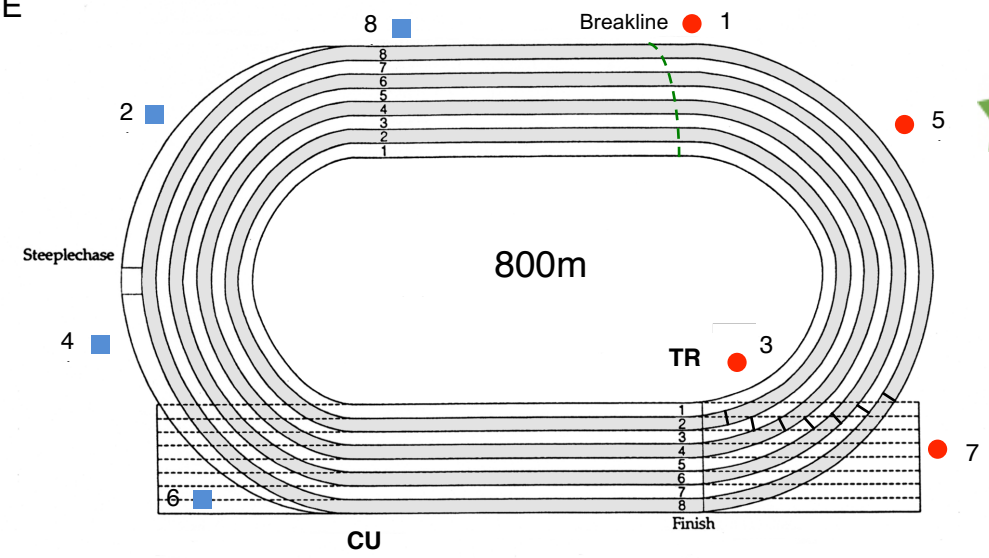


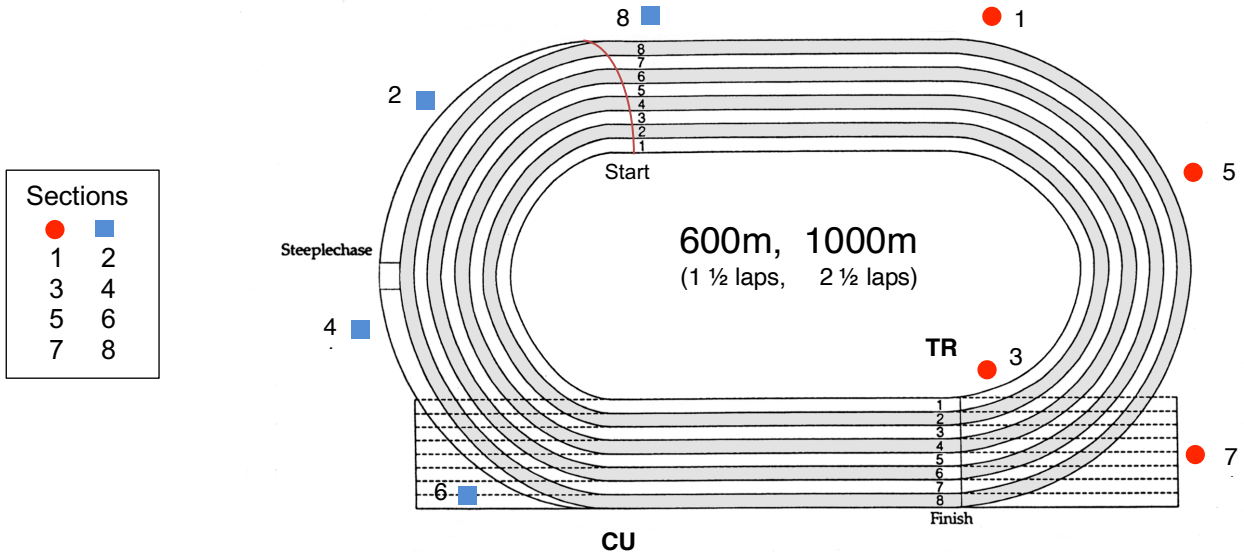
Sections	
1	2
3	4
5	6
7	8

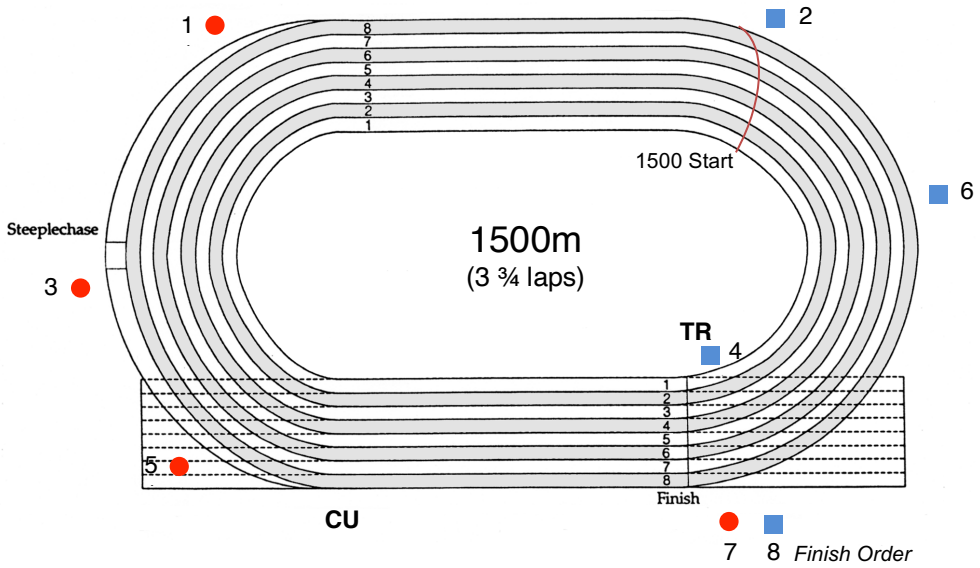


2. MID-DISTANCE

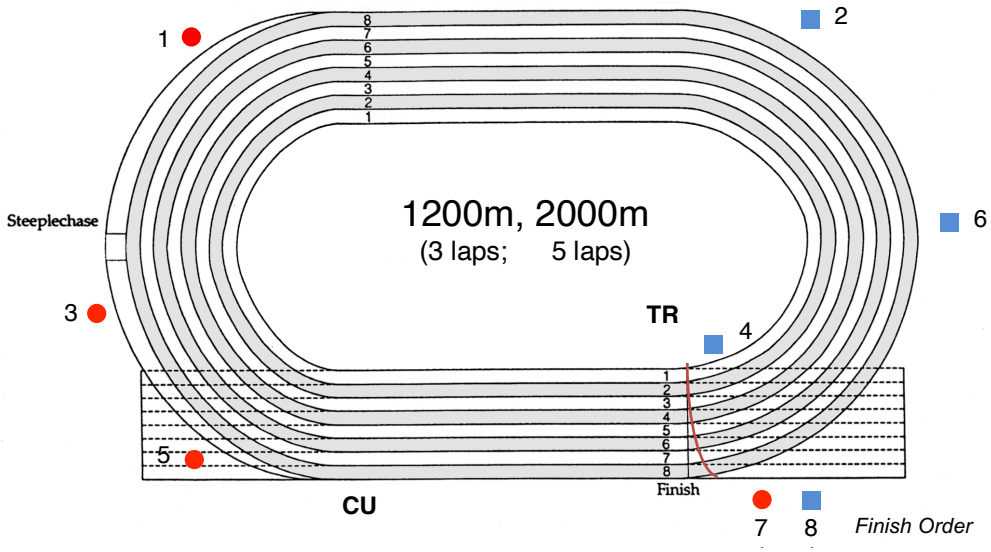
Local meets with 1- 8 umpires





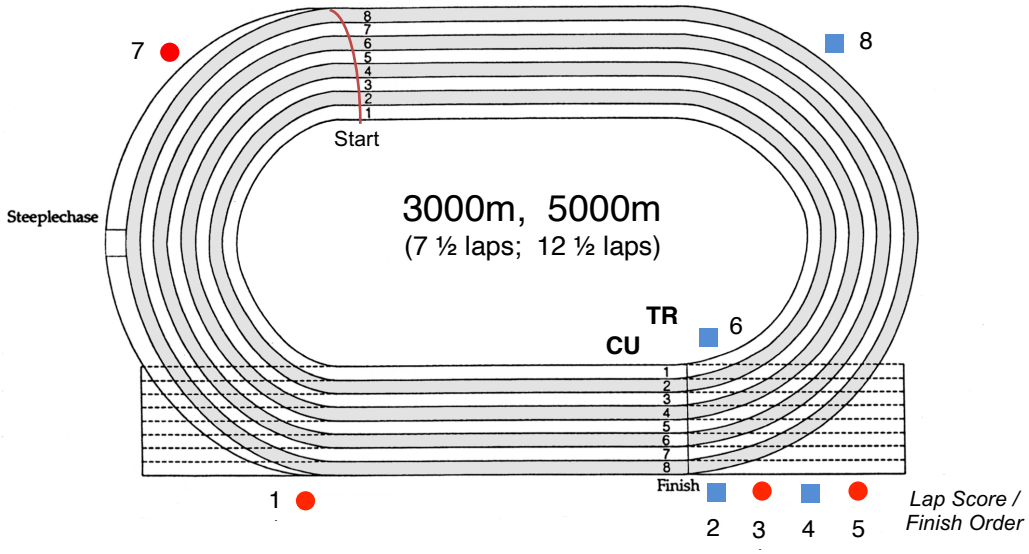


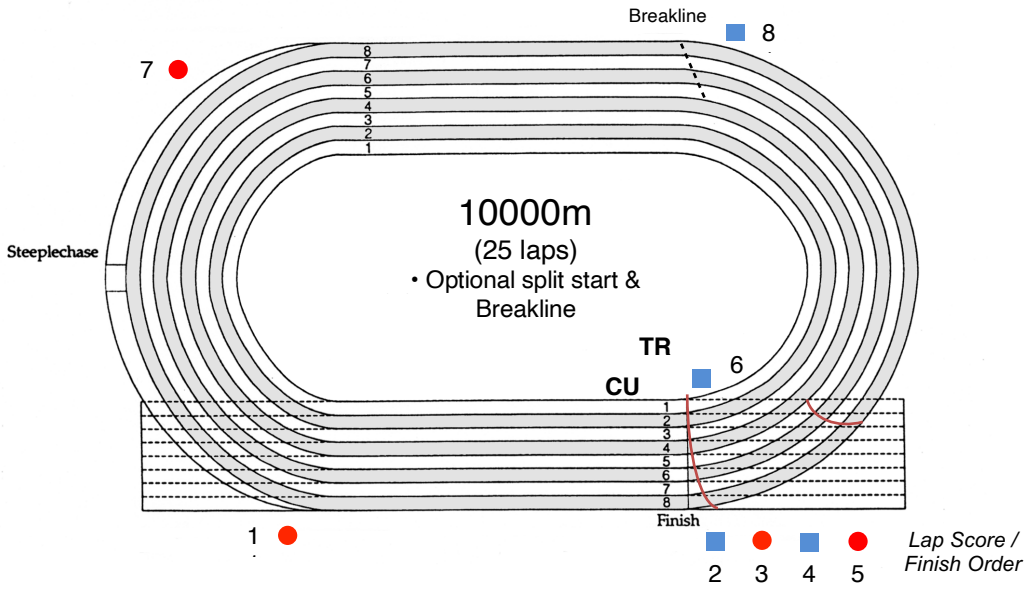
Local meets with 1- 8 umpires



Sections

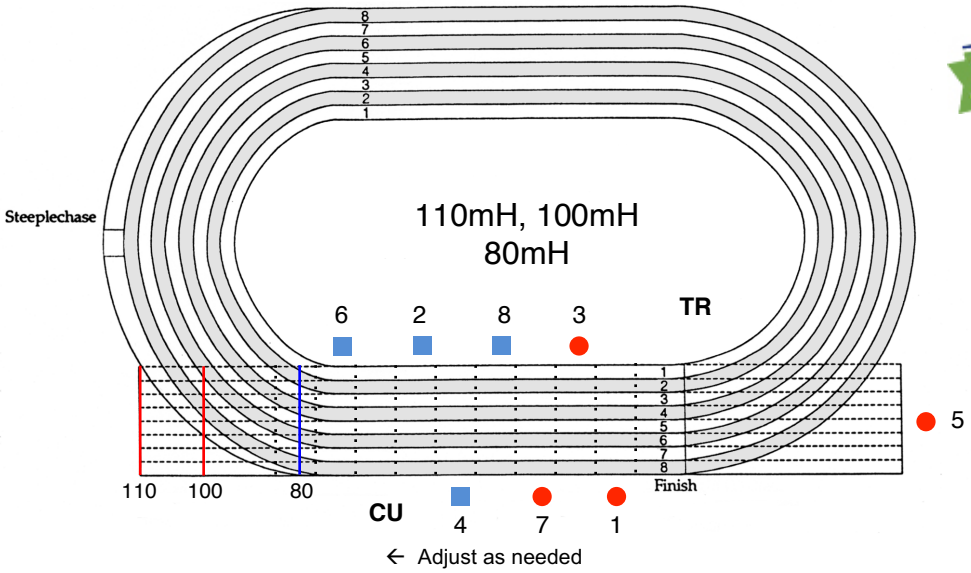
1	2
3	4
5	6
7	8





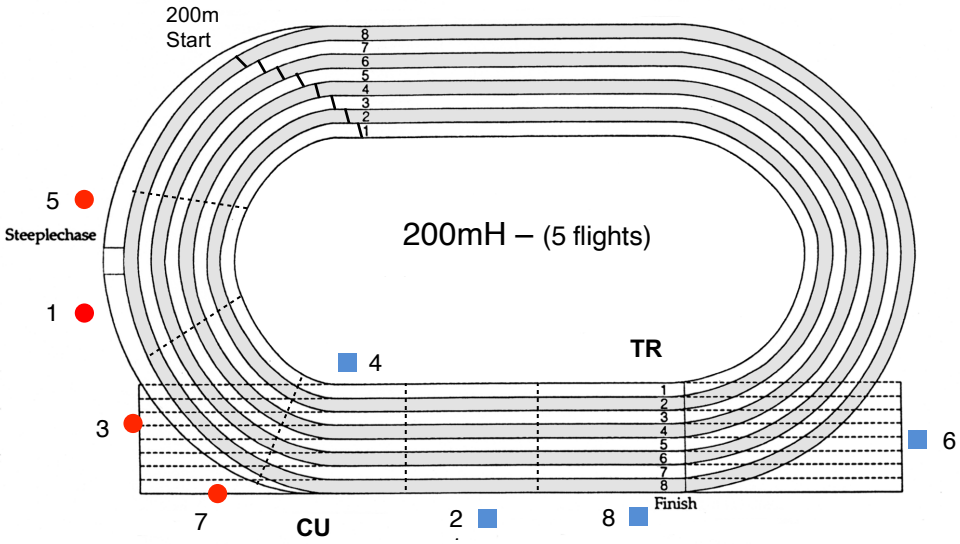
4. HURDLES

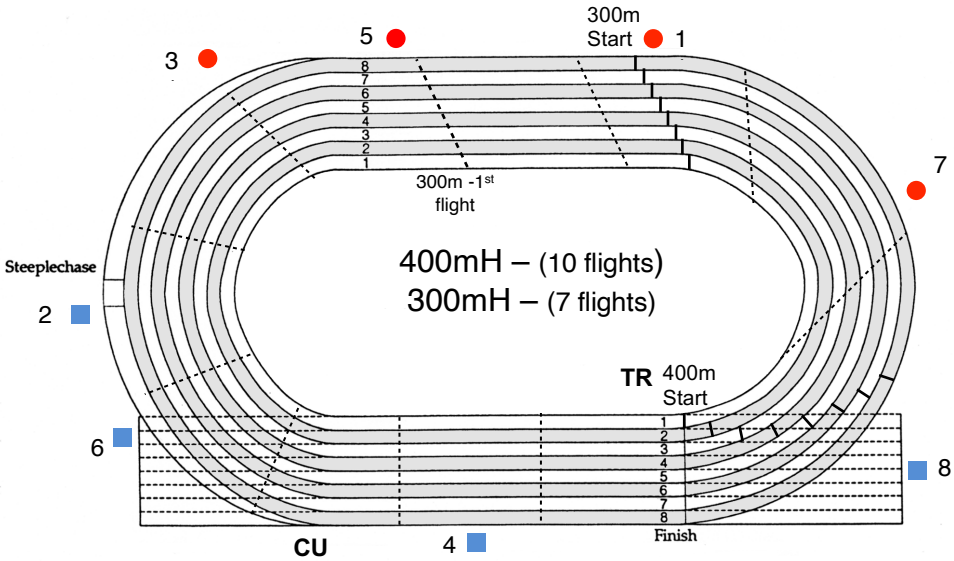
Local meets with 1 team of umpires



Sections

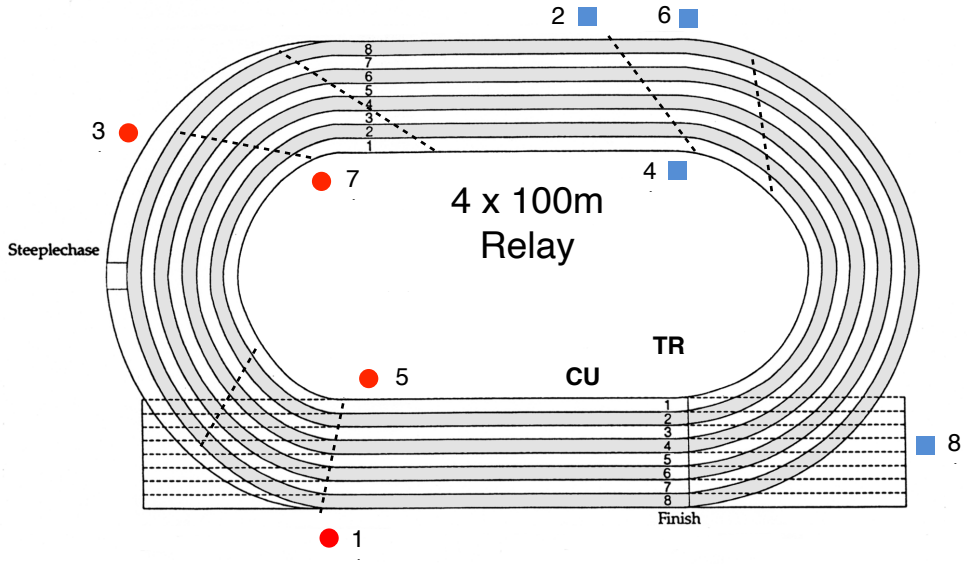
1	2
3	4
5	6
7	8

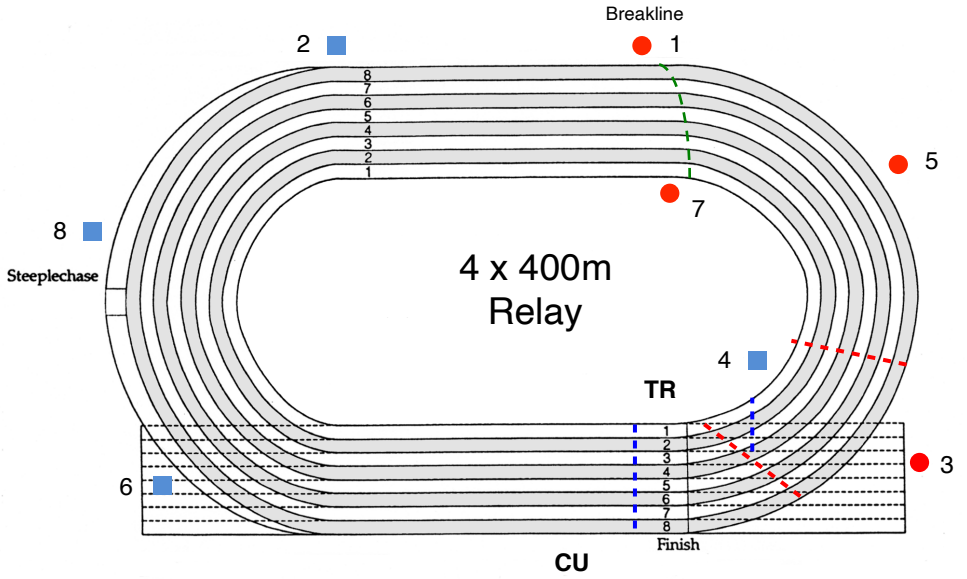




5. RELAYS

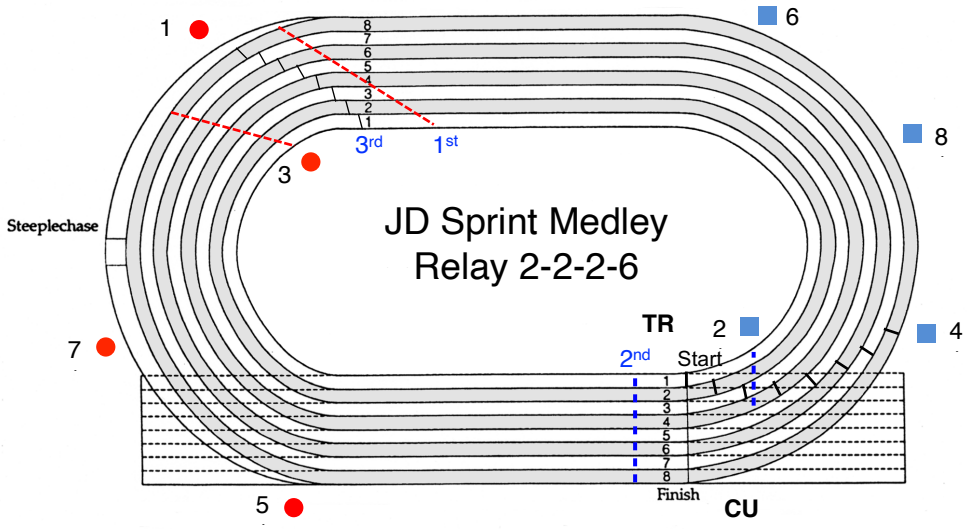
Local meets with 1 team of umpires





Sections

1	2
3	4
5	6
7	8



Refer to JD Medley Relay Rules

Exchanges:

1st — Use 4x100 2nd exchange zone

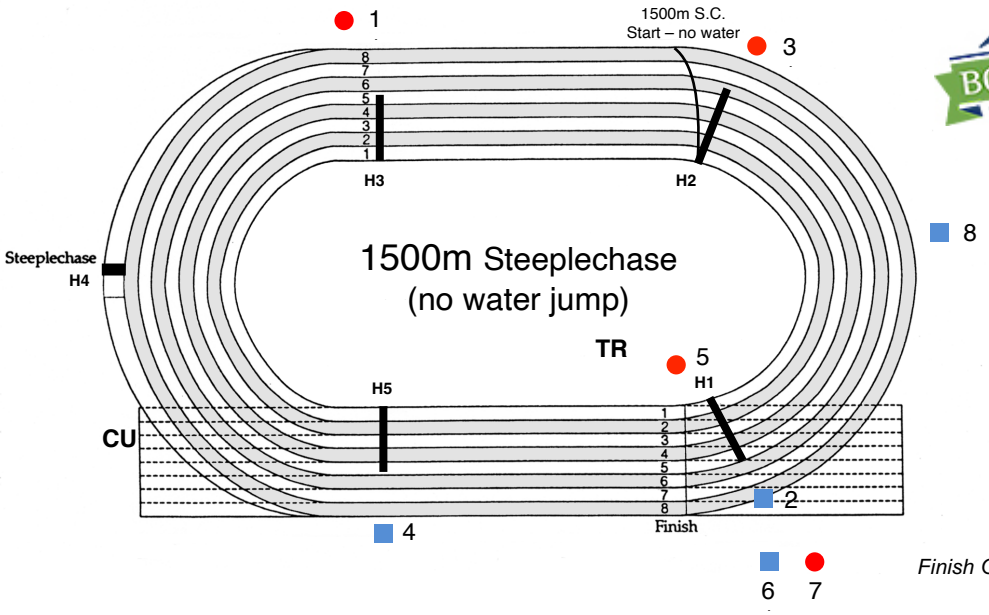
2nd — Use Blue exchange line, athletes cut in.

3rd — Start 10m before 200m lane 1 start line

6. STEEPLE-CHASE

Local meets with 1 team of umpires

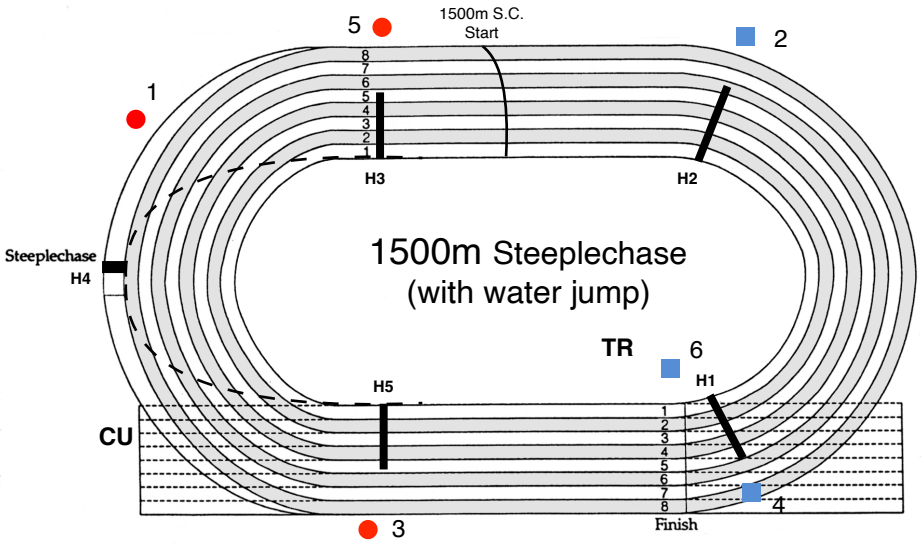
Refer to Steeplechase Handbook



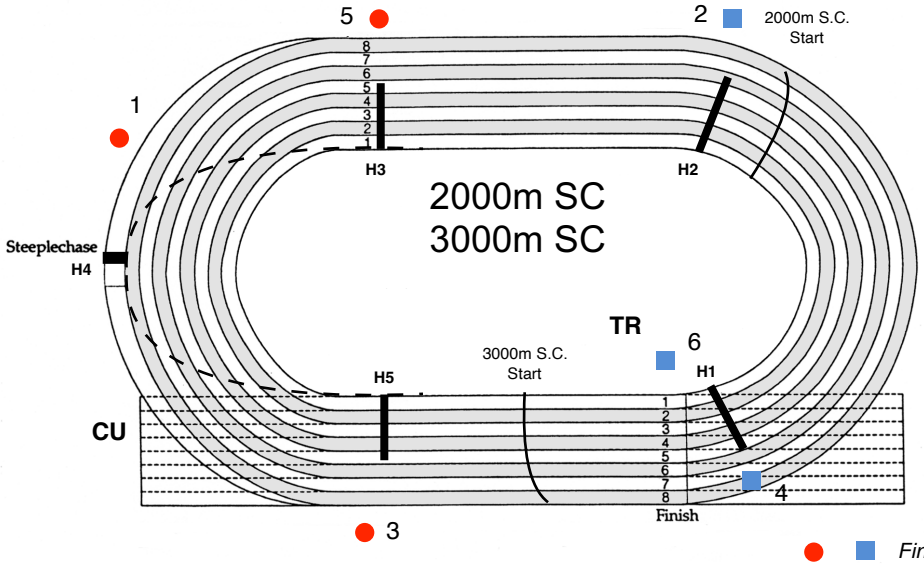
Finish Order

Sections

1	2
3	4
5	6
7	8



Finish Order



Finish Order

BC JD COMPETITION RULES (EVENT SPECIFIC):

RELAYS

4 x 100m Relay:
This relay is open to all participants.
Race format:
- The relay will be run using the same rules as a normal 4 x 100 relay.
- The start line will be the 400m laned start lines.
- The three exchange zones will be 30m long in accordance with WA Rules.
- For all handoffs, athletes must start completely within the designated 30m exchange zone.
- The 10m "acceleration zone" is no longer used.

1200m Medley Relay:
This relay is only open to all participants.
Race format:
- The relay will be run in the following order: 200m, 200m, 200m, 600m.
- The start line will be the 400m laned start lines.
- For the first two legs of the race, athletes will run in their lanes.
- The first handoff will use the 4x100m handoff zones at the 200m start.
- For the second handoff, athletes will line up 10m before the finish line.
- The third runner will cut in after the hand off and run in Lane 1.
- For the third handoff, athletes will line up 10m before Lane 1's 200m start line in the order their team is in 150m before the handoff

Relay Eligibility:
Teams may be formed by:
i. Individuals from various age groups, but the team must run in the age category of its oldest member
ii. Members of the same club, and those athletes having second claim club status with that club. Athletes must run for their own club if possible.
iii. Unattached members
iv. Combining unattached and club members. Combining members from different clubs who cannot field a four-member team