

2000 YARD/METER and 1.25 MILE RELAYS

1. General

- a. Relays may be run in heats. The winner is determined by the lowest corrected time, with penalties taken into account. Recommend host unit provide batons for teams to ensure fairness.
- b. Each Unit will be assigned 2 judges to time the event. Judges will check for Unit Identifiable PT gear, shoes, & baton. Recommend “timing” judges be provided with two stopwatches each (in case one fails). Stopwatch readings in the tenths and hundredths of seconds are recommended.
- c. If a Unit has less than the required number of male and/or female competitors or fail to finish, they will receive a maximum of 20 points. Units that do not participate will receive zero points. Both relays are each worth 300 possible points toward a possible 1200 points total for all four athletic events.
- d. Recommend the final runner for each team will wear an orange vest (or some other unique article) so he/she can be easily identified.
- e. SNSI and or NSI and up to 1 additional “helper” (can be cadets) may be on the field to see to the needs of any cadet that may be sick, injured, or require water (can have a cooler with water, sports drinks, muffins, bananas, etc.). They must position themselves so they do not interfere in any way with the event.
- f. Judging is to be strict and fair. Judges must be careful not only to obtain an accurate time, but also to observe and record any penalties. The Head Judge for PT events will ask the judges to raise their hands if any penalty points are to be assessed. The Head Judge will confer with any judge that indicates penalty points should be assessed to ensure points (if any) are imposed correctly. The Head Judge will inform the SNSI or NSI for the Unit of the decision on penalty points (provided the instructor is on the field). The Head Judge will record the unit name, team number and raw time on the score sheet and annotate the remarks section with any penalties, the unit in violation, assess penalties, record the corrected time and sign the score sheet. When completed the score sheet will be turned in to the Chief Judge's Scoring Team. The Scoring Team Judges will determine the order of finish using the corrected time of each team.
- g. All concerns regarding the relay events should be channeled through the participating unit’s SNSI or NSI immediately after the completion of the heat. The SNSI or NSI will then address any concern to the Head Judge as soon as possible.

2. 2000 Yard/meter Relay

- a. The 2000 Yard Relay Race will begin once all teams have completed the curl-up competition. If a grass surface is used it should be tested to ensure equal traction for all teams. Concrete, asphalt and other surfaces that would injure a fallen cadet should be avoided. If a marked track is used, two lanes should be allowed for each team; one lane for each direction of run.
- b. This event will be a “shuttle relay” with 20 cadets, 12 males and 8 females. Ten cadets from each unit will be positioned at opposite ends of the track/field. Males/females may be arranged to run in any order at the discretion of the team’s Naval Science Instructor. The first cadet will start at one end, traverse

NJROTC AREA 7 FIELD MEET INSTRUCTION, 1 September 2007

the distance and pass the baton to the next teammate at the opposite end. This will continue until every team member has run.

c. In addition to the 100 yard/meter running area, there will be a 5-yard passing zone at each end where face-to-face handoffs will occur.

d. The current runner and the receiving runner are the only ones authorized to be in this zone (5 second penalty assessed each time passing zone boundary is violated).

e. A clean start is desired. If one or two teams jump across the line early, the 5 second "early start" penalty may be assessed. If more than two teams start early, a general recall should be initiated.

f. Runner's foot cannot touch or cross the line (body can lean forward with hands/upper body across line) before he/she touches the baton (5 second penalty).

g. In the event of a dropped baton and the runner inadvertently crosses the line, no penalty will be assessed unless someone other than the receiving runner picks up or touches the baton in a manner that might be helpful (5 second penalty). Only the receiving runner may pick it up. Assistance by any other team member will cause a penalty.

h. If a dropped baton enters the area of another Unit, and that Unit intentionally interferes with the receiving runner being able to pick up the baton, the Unit that interfered will be disqualified because of unsportsmanlike conduct.

i. The runner that just completed must go to the end of the line behind the receiving runners, and sit down. If the runner remains standing, the team will be disqualified for unsportsmanlike conduct.

3. 1.25 Mile Relay

a. The 1.25 Mile Relay Race is the last official event on the athletic competition schedule.

b. This event will be a regular relay, with 10 cadets, 6 males and 4 females. One member at a time will run ½ lap (200yds/meters depending on track layout).

c. There will be a steeplechase start where the 1st leg runners will be lined up at a slight angle forward toward the outboard most runner. Runners may "break" or merge to the inside lane at a point designated by the host unit. Each runner must ensure they do not interfere with other runners while merging.

d. There will be a 10-yard passing zone for hand-off to the next runner.

e. Runners will remain in their preparation area until called up to the line by a judge.

f. A dropped baton must be picked up by the receiving runner.

g. The runner that just completed their leg of the race must quickly exit the track and go immediately to the designated "cool down" area of the field.

NJROTC AREA 7 FIELD MEET INSTRUCTION, 1 September 2007

h. If a runner needs assistance, judges and/or the unit's SNSI or NSI will get the runner off the track.

4. **PENALTIES**

2000 YARD RELAY / 1.25 MILE RELAY: Penalties are assessed per occurrence

CROSSING THE LINE EARLY (Not in possession of baton) – 5 Second penalty

THROWING BATON - 10 Second penalty

ASSIST WITH DROPPED BATON – 5 Second penalty

“PACING OTHER RUNNERS – 5 Second penalty

NO SHOES OR CLEATED SHOES – If before the race, the offending cadet is disqualified and may be replaced. If discovered during/after the event, the team will be disqualified from the event.

INTERFERENCE WITH OTHER RUNNERS/LANE VIOLATION – 5 Second Penalty

NJROTC AREA 7 FIELD MEET INSTRUCTION, 1 September 2007

2000 YARD / 1.25 MILE RELAYS

TEAM RUN TIME		POINTS	TEAM RUN TIME		POINTS
3:59.99	OR LESS	300	4:35.00	TO	4:35.99 156
4:00.00	TO 4:00.99	296	4:36.00	TO	4:36.99 152
4:01.00	TO 4:01.99	292	4:37.00	TO	4:37.99 148
4:02.00	TO 4:02.99	288	4:38.00	TO	4:38.99 144
4:03.00	TO 4:03.99	284	4:39.00	TO	4:39.99 140
4:04.00	TO 4:04.99	280	4:40.00	TO	4:40.99 136
4:05.00	TO 4:05.99	276	4:41.00	TO	4:41.99 132
4:06.00	TO 4:06.99	272	4:42.00	TO	4:42.99 128
4:07.00	TO 4:07.99	268	4:43.00	TO	4:43.99 124
4:08.00	TO 4:08.99	264	4:44.00	TO	4:44.99 120
4:09.00	TO 4:09.99	260	4:45.00	TO	4:45.99 116
4:10.00	TO 4:10.99	256	4:46.00	TO	4:46.99 112
4:11.00	TO 4:11.99	252	4:47.00	TO	4:47.99 108
4:12.00	TO 4:12.99	248	4:48.00	TO	4:48.99 104
4:13.00	TO 4:13.99	244	4:49.00	TO	4:49.99 100
4:14.00	TO 4:14.99	240	4:50.00	TO	4:50.99 96
4:15.00	TO 4:15.99	236	4:51.00	TO	4:51.99 92
4:16.00	TO 4:16.99	232	4:52.00	TO	4:52.99 88
4:17.00	TO 4:17.99	228	4:53.00	TO	4:53.99 84
4:18.00	TO 4:18.99	224	4:54.00	TO	4:54.99 80
4:19.00	TO 4:19.99	220	4:55.00	TO	4:55.99 76
4:20.00	TO 4:20.99	216	4:56.00	TO	4:56.99 72
4:21.00	TO 4:21.99	212	4:57.00	TO	4:57.99 68
4:22.00	TO 4:22.99	208	4:58.00	TO	4:58.99 64
4:23.00	TO 4:23.99	204	4:59.00	TO	4:59.99 60
4:24.00	TO 4:24.99	200	5:00.00	TO	5:00.99 56
4:25.00	TO 4:25.99	196	5:01.00	TO	5:01.99 52
4:26.00	TO 4:26.99	192	5:02.00	TO	5:02.99 48
4:27.00	TO 4:27.99	188	5:03.00	TO	5:03.99 44
4:28.00	TO 4:28.99	184	5:04.00	TO	5:04.99 40
4:29.00	TO 4:29.99	180	5:05.00	TO	5:05.99 36
4:30.00	TO 4:30.99	176	5:06.00	TO	5:06.99 32
4:31.00	TO 4:31.99	172	5:07.00	TO	5:07.99 28
4:32.00	TO 4:32.99	168	5:08.00	OR GREATER	24
4:33.00	TO 4:33.99	164			
4:34.00	TO 4:34.99	160	FAIL TO FINISH		0

