

TRACK

- I. The League champion will be determined by the NAC championship finals only.
- II. The rules of the IHSA and the National High School Federation will be followed.
- III. NAC Finals
 - A. The NAC Finals will take place Friday prior to State Sectionals. In the event of cancellation, the NAC Final will be held the following day, the Saturday prior to the State Sectional. The host school will make the decision of cancellation and will notify the schools of the NAC.
 - B. NAC Finals will score 6 places for all events with the points being ten through one (10-8-6-4-2-1). See National Federation Handbook for scoring.
 - C. Each school is expected to supply two adult helpers for the conference meet.
- IV. NAC Indoor Meet
 - A. These are the traditional events that are held at the NAC indoor track meet. Individual event distances and the order of the events may change based on the venue.

Field events begin (relays consist of best performances of three team members)

 - Shot Put (Girls, Boys)
 - Long Jump (Girls, Boys)
 - High Jump (Girls, Boys)
 - Triple Jump (Girls, Boys)

Girls Frosh-Soph Sprint Medley (400 x 200 x 200 x 800m)
Boys Frosh-Soph Sprint Medley (440 x 200 x 200 x 800m)
Girls Frosh-Soph 1600m Relay (4x400)
Boys Frosh-Soph 1600m Relay (4 x 400)
Girls Shuttle Hurdle Relay (3 x 55m)
Boys Shuttle Hurdle Relay (3 x 55m)
Girls 800m Relay (4 x 200)
Boys 800m Relay (4 x 200)
Girls Distance Medley (800 x 400 x 1200 x 1600m)
Boys Distance Medley (800 x 400 x 1200 x 1600m)
Girls Shuttle Sprint Relay (3 x 55m)
Boys Shuttle Sprint Relay (3 x 55m)
Girls 3200m Relay (4 x 800)
Boys 3200m Relay (4 x 800)
Girls Varsity Sprint Medley (400 x 200 x 200 x 800m)
Boys Varsity Sprint Medley (400 x 200 x 200 x 800m)
Girls Varsity 1600m Relay (4 x 400)
Boys Varsity 1600m Relay (4 x 400)
 - B. Awards - See Common to All Sports
 - C. No team standings will be kept.

Outdoor League Meets—events

Girls

Discus
Long Jump
Shot Put
Triple Jump
High Jump
Pole Vault
3200m relay
400m relay
3200m
100m high hurdles
100m
800m
800m relay
400m
300 low hurdles
1600m
200m
1600m relay

Boys

High jump
Pole vault
Discus
Long jump
Shot put
Triple jump
3200m relay
400m relay
3200m
110m high hurdles
100m
800m
800m relay
400m
300m low hurdles
1600m
200m
1600m relay