

San Diego Track Starter Association

TO: All San Diego County Track Coaches and Athletic Directors  
FROM: CIF San Diego Section and San Diego Track Starters Association  
SUBJ: 2010 Track Season Points of Emphasis

1. All of each team's uniforms (consisting of a top and bottom or one piece body suit) must be school issued. A school issued top, bottom or body suit must be worn by all competitors.
2. The competitors' top must reach or touch the waistband of the bottom of the uniform when competitor is standing in an upright position at the start line.
3. Waist bands on shorts must be unrolled and above the hips.
4. Tops or uniforms may not be removed in the competition area at any time.
5. Relay teams must look the same. ( Example: 3 runners with royal blue tops and bottoms, 1 runner with powder blue top and bottom would not be acceptable). Please note NFHS rule will be enforced regarding uniforms and visible undergarments for any relay team.
6. Field event judges will be charged with enforcing all uniform rules, including jewelry and electronic devices.
7. Medic alert bracelets should be taped to the wrist with the medical information visible at all times. Religious medals are to be taped to the chest.
8. Headbands, sweatbands, prescription sunglasses may be worn during the competition. Headbands or sweatbands may not have any visible logo or identification on them.

9. Hair may be held with hair bands, rubber bands, headbands, or ribbons manufactured for this function (i.e. rolled up pre wrap is not allowed). Ribbons deemed for decorative purposes only will not be allowed and must be removed.
10. Body or face painting on a competitor is not allowed for any race or event and must be removed before participating.
11. No electronic devices of any kind are allowed in the competition area. This includes but is not limited to: I-Pods, MP3 players, CD players, radios, cell phones, camcorders, cameras, or any other wireless device.
12. Jewelry must be removed at the time the contestant is checking in with the Clerk of the Course or the Field Event Judge.
13. All contestants in running events must be visually checked by meet officials in the staging area before being allowed to enter the track. Jewelry must be removed before reporting to participate in a race or event.
14. Any special uniform conditions or religious issues must be addressed with the San Diego Track Starters Association prior to the day of the meet. Contact Ken Holly at (619) 698-3006 or Bob Hood (858) 405-8600 with any questions or information.
15. Remember the ultimate responsibility for each athlete to be in a legal uniform rests with the coach and the individual athlete. Rules 4.3 and 9.6 state the uniform requirements and restrictions for track and field. Coaches must stress to the student athlete the uniform shall be worn as intended by the manufacturer. Failure to wear the uniform properly will result in a penalty.

