

**THE
CONSTITUTION
&
BY-LAWS
OF THE
S.I.H.S.T.& F. A.
INC.**



As of November 18, 2025

The Constitution

ARTICLE 1 – NAME

This Organization shall be known as the Staten Island High Schools Track and Field Association. Therefore named “S.I.H.S.T.&F.A,” or “S.I.H.S.T.&F.A Inc.”

ARTICLE 2 – OBJECT

This organization shall promote within its framework a sound philosophy of education which allows for interscholastic Cross Country, Indoor Track and Field, and Outdoor Track and Field competition for the mutual benefit of all concerned schools and individuals.

ARTICLE 3 – ATHLETIC PRINCIPLE

This organization accepts without reservation the following athletics principles that an interscholastic program must:

- a) emphasize that athletic competition is not an end in itself, but should be directed to the intellectual and moral perfecting of the individual.
- b) be a well-coordinated part of the secondary school program.
- c) be based upon a spirit of amateurism;
- d) be administered by secondary school authorities; and,
- e) engender in both participants and spectators the ideal of sportsmanship, morally correct conduct and fair play.

The S.I.H.S.T&F.A. follows the National Federation of HS XC/Track & Field rules in many cases except where the SIHST&FA specifically has a circulated meet rule or by-law in place that works best for the league.

CONDUCT OF SPECTATORS AND COACHES

Coaches at any league meet will be given a warning for unsportsmanlike or disrespectful behavior before an ejection is made from the meet.

The league may also remove a spectator for unsportsmanlike or disrespectful behavior at any league meet.

ARTICLE 4 – EXECUTIVE COMMITTEE

- a) The following elected officers of the executive committee are: President, Vice President, Secretary, and Treasurer
- b) The election of officers will take place annually at the final meeting of the school year.
- c) Election shall be by majority vote of a quorum of the schools represented.

ARTICLE 5 – MEMBERSHIP

- a) Any secondary school on Staten Island which is in good standing with its own league (CHSAA; PSAL; N.Y.S.A.I.S. etc.) may be admitted after submitting formal application and paying league dues. Re-application for admission to the league by former members will only be considered after one year has

lapsed from the date of its resignation, suspension or expulsion. Re-application for admission must be submitted three months prior to the beginning of the academic year.

- b) Schools may be suspended or expelled from the league for violating league rules, non-payment of league fees or acts not in the best interest of the S.I.H.S.T.&F.A.

ARTICLE 6 – MEETINGS

The regular meetings shall be held as follows:

1. September – To plan for the year
2. November – To plan for indoor season; choose XC all-stars
3. June- To wrap up the year, elect officers, choose Track & Field all-stars

ARTICLE 7 – MEETINGS & QUORUM

- a) A quorum shall consist of one more than half the members of the organization in good standing. No voting shall take place without a quorum present.
- b) Boys & Girls teams count separately in the voting & determination of quorum. One person may only represent one team while voting and in the determination of quorum.
- c) The only exception to this rule is if 1 coach is the legal head coach of both a boy's and girl's team.
- d) Any team that misses two meetings in a given school year is placed in bad standing. Teams in bad standing can't vote in any league matters during the current school year and the following school year.

The league shall notify the AD of a team that is in bad standing.

In the event of extenuating circumstances, an appeal can be made from a team in bad standing to the league's executive board in writing explaining the circumstances of the absences.

To be removed from bad standing, a school must be at two consecutive meetings.

- e) Each coach must designate 2 representatives (himself/herself included) that may represent their team at SIHST&FA league meetings. These are the only two voices that are able to speak at league meetings. Each team only receives 1 vote.

ARTICLE 8 – CHANGES TO THE CONSTITUTION

- a) All proposals for new legislation or changes to the constitution must be motioned and seconded at the September meeting.
- b) Once seconded, it is considered an official proposal. Coaches will then have a period of time chosen by the president of the league to vote on the proposals. Any late votes will not be counted.
- c) A simple majority, of those that voted, will be deemed enough to pass the new legislation or changes to the constitution.
- d) Teams not in good standing may not be allowed to vote on matters of the league.
- e) Any items addressed in the constitution/by-laws can't be changed without the process identified above.

ARTICLE 9 – DUTIES OF THE OFFICERS

a) President

- 1) Convene all meetings mandated by the competition and any other necessary meetings. All meetings must be given a period of seven (7) days notice to member schools.
- 2) Determine the site, time etc. for all meetings.
- 3) Appoint the following Committee Chairmen:
 - i) Meet Directors for each meet who shall:
 - Select site
 - Select and notify officials
 - Prepare a program (if necessary)
 - Mail Tentative Time Schedules (2 weeks)
 - Arrange for distribution of awards
 - Assign officiating duties to coaches if necessary
 - ii) Appoint any ad-hoc committees & committee chairmen as he/she deems fit.

b) Vice President

The duties of the vice president will be to assist the president in anyway necessary. He/She shall serve as president in the president's absence and shall ascend to the presidency in the event of resignation/removal.

c) Secretary

The duties of the secretary will be to:

- 1) Record the minutes of the meetings
- 2) Send the minutes to the president and ensure the minutes are received by the membership no more than one week after the meeting.
- 3) The minutes will be read at the beginning of the next regularly scheduled meeting and must be approved by the coaches in attendance.

d) Treasurer

The duties of the treasurer is to keep financial records of the league, bill the member schools and to pay the bills of the league

By-laws of the S.I.H.S.T.&.F.A, Inc.

ARTICLE 1 – LEAGUE DUES

- a) It is understood that there are size-able fees associated with the organization & management of S.I.H.S.T.& F.A. meets. League teams are categorized into small, medium & large teams based on the previous year's roster & number of competitors in league sponsored meets. The exact number for each category is decided upon by the executive committee.
- b) Each league team will receive a bill for their league dues at the first meeting of the school year.
- c) Each league team must be in good standing to be eligible to compete in championship meets of the S.I.H.S.T.&.F.A. Good standing is defined by:
 - a) 1/3 of the league fee is paid before the 1st league championship meet in Cross Country
 - b) 2/3 of the league fee is paid before the 1st league championship meet in Indoor Track & Field
 - c) The entire fee is paid before the 1st league championship meet in Outdoor Track & Field.
- d) Teams that are not paid will not be able to compete in any league championship or sponsored meets.
- e) To help defray additional costs, event and meet sponsorship are encouraged.

ARTICLE 2 – ROSTERS

a) The S.I.H.S.T.&F.A. institutes a strict roster deadline in which case athletes may not be added thereafter. Rosters must be submitted to the president in the format that is explicitly requested. Deadlines may be adjusted based on the scheduling of the S.I. Championship dates.

Deadlines:

Cross Country – end of the last weekend in October

Indoor Season – end of the first weekend in January

Outdoor Season – end of the last weekend in April

ARTICLE 3 – PROTESTS

- a). Only a coach may enter a protest.
- b) A protest shall be made known to the president or meet director
(Ex. before the next event begins.)
- c) Once a protest is received; the games committee will be called.

ARTICLE 4 – GAMES COMMITTEE

- a) A Games Committee of three (3) officers for all championship meets will consist of the President, Vice-President and Secretary or Treasurer. The Games Committee shall sit in judgment of all protests legitimately filed by member schools.
- b) Where members of the games committee are involved in a protest and a conflict of interest exists the President of the organization shall appoint up to three other coaches to act as a games committee.
- c) All decisions of the game committee are final.

ARTICLE 5 – PROSTELYZING

- a) No school, through any of its officers, or by any other means, shall directly or indirectly offer any inducement to a pupil of any school to sever connections with that school and transfer for athletic purposes.
- b) No elementary or intermediate school pupil may be recruited for athletic purposes with the promise of financial benefit.
- c) Any school violating this article shall be sanctioned. Sanction may take the form of suspension for the next full sport season or academic year.

ARTICLE 6 – POST-SEASON COMPETITION

Member schools will be allowed to participate in post-schedule competition if they secure permission from their respective league (Ex. PSAL; CHSAA; N.Y.S.A.I.S., etc.)

ARTICLE 7 – ELIGIBILITY

NOTE: The transfer rules must always fall in line with the CHSAA/PSAL rulings at the time an issue arises.

- a) Bona Fide Athlete – To be a bona fide student athlete for a particular season, he/she must compete as a member of their high school team in a minimum of three meets and make an honest effort to be a member of their high school team to be eligible for SIHST&FA all-time lists and records. The only

exception to this rule would be due to injury.

Doing a concurrent sport does not disqualify an athlete from setting a league record or from the all-time performance list.

For league records and all-time lists, the cut-off date for a performance is August 1st.

b)Registration: A boy or girl, in order to compete, must be enrolled during the first fifteen school days of the semester and must have been in regular attendance eighty percent of the time, bona fide absence caused by personal illness excepted.

c) Transfers:-- Transfers fall into two categories-the transfer student and the transfer student-athlete.

i) The transfer student is one who has never represented a secondary school high school in any interscholastic competition.

Rule: The transfer student may not represent his new affiliation until he has been in bona fide attendance for two weeks from the beginning of the semester.

ii) The transfer student-athlete is one who previously has represented his secondary high school in interscholastic competition.

Rule: The transfer student athlete may not compete in the following year's season for any season he/she previously competed in for his former school without sitting out for 1 year.

d) Age: A boy or girl shall be eligible for interscholastic competition up until his 19th birthday. If he/she, however, attains the age of nineteen on or after September 1st of that calendar year, he/she may continue to participate in all sports during that school year.

e) Eight Consecutive Semesters:

A boy/girl shall be eligible for interscholastic competition only during the eight consecutive semesters after his date of entry into the ninth grade. A semester consists of one half of the school year covering eighteen to twenty weeks, between the closing date of the first semester and June 30th. Enrollment for any part of a semester counts as a full semester's attendance or the purposes of determining athletic eligibility.

ARTICLE 8 – AMATEURISM

All contestants must be amateurs. An amateur is one who has never used his skill or knowledge of athletics for gain. A boy/girl who signs a professional contract is no longer an amateur in any sport.

ARTICLE 9 – FRESHMEN AGE

Any boy/girl who attains the age of 16 before September 1st date of his entrance into ninth grade or freshman year is ineligible for freshman competition.

Article 10 – CONCURRENT SEASONS

a) There are three recognized sports seasons.

Fall September 1st until November 30.

Winter November 30 until March 30.

Spring March 30 until June 30.

b) A boy/girl may NOT compete in two sports which are concurrent to be eligible for the SI

Championships.

* However, doing a concurrent sport does not disqualify an athlete from setting a league record or from the all-time performance list.

c) The following sports are considered to be concurrent with

Cross Country: Football – Soccer (Boys) - Bowling

Indoor Track: Basketball - Swimming - Gymnastics – Fencing – Wrestling – Hockey - Cheer

Outdoor Track: Baseball - Tennis – Golf – Lacrosse – Soccer (Girls) – Girls Flag Football

ARTICLE 11 - CROSS COUNTRY

a) The Association shall conduct the following events with awards during each Cross Country season:

<u>Race</u>	<u>Team Award</u>	<u>Individual</u>
S.I. Boys Varsity Championship Race	1, 2 & 3	1 to 20
S.I. Girls Varsity Championship Race	1, 2 & 3	1 to 20
S.I. Boys J.V. Championship Race	1, 2 & 3	1 to 20
S.I. Girls J.V. Championship Race	1, 2 & 3	1 to 20
S.I. Boys Frosh "A" Championship Race	1, 2 & 3	1 to 20
S.I. Girls Frosh "A" Championship Race	1, 2 & 3	1 to 20
S.I. Boys Frosh "B" Race		1 to 15
S.I. Girls Frosh "B" Race		1 to 15

b) **Rules**: Coaches must place their 7 best runners in the varsity race. If a team doesn't have 7 runners in the varsity race, they are ineligible to put athletes in the JV race. The same goes for the Frosh "A" Championship race – The 7 best freshmen go in the "A" race and the 8th onward runners go in the "B" race.

1. The places from the first 5 finishers on each team will be added up and calculated; the lowest score wins. In the event of a tie, the tie shall be broken by the 6th man from each team.
2. If a team doesn't have 5 finishers; they will be scored as "incomplete" and displaced from the results. The athletes may, however, earn medals.
3. The president of the league reserves the right to correct scoring mistakes for an indefinite period of time.
4. All athletes must wear a school issued shirt or singlet.
5. **ELIBILITY**: To be eligible for the Cross Country SI Frosh, JV, or Varsity Championships, an athlete must have competed in at least one high school sanctioned meet prior to the Championship meet in that cross country season.

c) **XC Dinner**: The association shall sponsor an annual "All-Star Cross Country Dinner." The dinner shall be conducted at the conclusion of the Cross Country season and shall be self- supporting. Award plaques shall be presented to TWO seven boys/girls "all-star" cross country teams. Coaches have, in years past, extended those numbers. Special awards to the "Outstanding X-C Athlete: Varsity and Frosh, from each of the league schools and the outstanding scholar senior harrier (1 boy/1 girl unless coaches feel otherwise). Special awards may be awarded to those who have made a significant contribution to the league as determined by the coaches.

d) **All-Star Eligibility**:

To be eligible to be a cross country All-Star an athlete must finish a minimum of 4 races of 2.5 miles (4,000 meters or higher)

In addition, to be qualified to be a cross country All-Star the 4 races must be in a H.S. sanctioned race where he/she is representing their high school.

e) **Rotating Trophies** – Winning teams will be presented a rotating trophy that will be presented at the

XC dinner. The winning team must engrave their team name on the trophy and submit a receipt to the treasurer.

ARTICLE 12 - INDOOR SEASON

a) The league shall conduct the following meets during the indoor season:

* S.I. Indoor Relays (boys & girls)

* S.I. Indoor Varsity High School Team Championship (boys & girls)

ELIGIBILITY: To be eligible for the SI Indoor Championship, an athlete must have competed in an Indoor High School sanctioned meet or a Cross Country HS sanctioned meet of that scholastic year.

b) **Point Scores:** In meets where point scores are kept, the scoring shall be: (10-8-6-4-2-1)

c) **Awards:** The SIHSTFA will award trophies, plaques or medals.

<u>Meet</u>	<u>Team Awards</u>	<u>Event Plaques</u>	<u>Event Medals</u>
S.I. Boys Varsity Championships	1, 2 & 3	1 st Place	2 nd to 6 th
S.I. Girls Varsity Championships	1, 2 & 3	1 st Place	2 nd to 6 th
S.I. Relays			Top 5

d) The president of the league will develop a system for clerking in the athletes and ensuring the seeding process is accurate. Coaches are reminded that they must use good judgment in giving seed times to athletes. Information is to be sent out to coaches and coaches are expected to follow the rules/regulations of the meet.

e) **Alternates:** A relay may list up to 6 names on a relay card but be advised that bring listed on the relay card counts as an event in the event rule whether the athlete competes or not.

f) The president of the league reserves the right to correct scoring mistakes for an indefinite period of time.

g) All athletes must wear a school issued shirt/singlet.

h) **Rotating Trophies** – Winning teams will be presented a rotating trophy that will be presented at the XC dinner. The winning team must engrave their team name on the trophy and submit a receipt to the treasurer. It must be brought to the following indoor/outdoor S.I. Championship to be presented to the winner. The winning team only retains the trophy until the next indoor/outdoor championship meet.

i) **Events Contested: S.I. Boys/Girls Varsity Indoor Championships**

The time schedule and order of events rests in meet management and will be organized by the league president.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
3200	X	-
3000	-	X
55 HH Trials	X	X
55 HH Finals	X	X
55 Trials	X	X
300 Trials	X	X
4x200 Trials	-	-
600	X	X
1000	X	X
1600	X	-
1500	-	X
55 Final	X	X
300 Final	X	X

4x800	X	X
4x400	X	X
4x200 Final	X	X
Long Jump	X	X
Triple Jump	X	X
High Jump	X	X
Pole Vault	X	X
Shot Put	X	X
Weight Throw	Non-Scoring	Non-Scoring
1500 Racewalk	-	Non-Scoring
Freshmen 300	Non-Scoring	Non-Scoring
Freshmen 1600	Non-Scoring	-
Freshmen 1500	-	Non-Scoring
Freshmen 4x200	Non-Scoring	Non-Scoring

1. **FIELD EVENTS:** TJ Boards – BOYS: 28, 32, 36, 40 – Min. Measure 33'
GIRLS: 24, 28, 32 – Min. Measure 26'

LJ Boards – BOYS: 12 feet – Min. Measure 16'
GIRLS: 8 feet – Min. Measure 12'

PV Heights – BOYS: 7', 8', then 6 inches at a time
GIRLS: 5', 6' then up 6 inches at a time

HJ Opening – BOYS: 5', up 2 inches at a time
GIRLS: 4', then up 2 inches at a time

Shot Put – BOYS: 12 lb shot – Min. Measure 30'
GIRLS: 4K Shot – Min. Measure 20'

2. **EVENT LIMITS:** There will only be 1 heat of the 3200/3000 contested.
Boys – Any TWO events, Girls – 2 running/1 field or 2 field/1 running

3. **FINALISTS:** 55/55HH – The top 7 times will return for a final (if necessary)
300, 4x200 – The top 6 times will return for a final (if necessary)
LJ,TJ,Shot – The Top 7 return for the final (jump/throw in reverse order)

j) **Events Contested: S.I. Relays**

The time schedule and order of events rests in meet management and will be organized by the league president.

Event	Boys	Girls
Varsity DMR	X	X
Varsity 4x200	X	X
Varsity 4x400	X	X
Varsity SMR	X	X
Varsity 55 HH	X	X
Varsity LJ	X	X
Varsity TJ	X	X
Varsity HJ	X	X
Varsity Shot Put	X	X
Varsity PV	X	X
Frosh/Soph 4x400	X	X
Frosh/Soph SMR	X	X

1. **FIELD EVENTS:** TJ Boards – BOYS: 28, 32, 36, 40

GIRLS: 24, 28, 32

LJ Boards – BOYS: 12 feet
GIRLS: 8 feet
PV Heights – BOYS: 7', 8', then 6 inches at a time
GIRLS: 5', 6' then up 6 inches at a time
HJ Opening – BOYS: 5', up 2 inches at a time
GIRLS: 4', then up 2 inches at a time
Shot Put- BOYS: 12 lb shot
GIRLS: 4K Shot

2. **EVENT LIMITS:** Boys & Girls – Any TWO events
3. **POLE VAULT:** A boy or girl must have competed in the pole vault at a meet prior to the Varsity S.I. Championships or he/she is ineligible to vault.

ARTICLE 13 - OUTDOOR SEASON

- a) **Meets:** The league shall conduct the following meets during the outdoor season:
* S.I. Outdoor Varsity High School Team Championship (boys & girls)
* S.I. Outdoor Freshmen Championships (boys & girls)

ELIGIBILITY: To be eligible for the SI Varsity or Frosh Outdoor Championships, an athlete must have competed in: 1) An Outdoor HS sanctioned meet, 2) An Indoor High School sanctioned meet or 3) A Cross Country HS sanctioned meet of that scholastic year.

- b) **Point Scores:** In meets where point scores are kept, the scoring shall be: (10-8-6-4-2-1)

- c) **Awards:** The SIHSTFA will award trophies, plaques or medals.

Meet	Team Awards	Event Plaques	Event Medals
S.I. Boys Varsity Championships	1, 2 & 3	1st Place	2nd to 6th
S.I. Girls Varsity Championships	1, 2 & 3	1st Place	2nd to 6th
S.I. Boys Freshmen Championships	1, 2 & 3		1 st to 6th
S.I. Girls Freshmen Championships	1, 2 & 3		1 st to 6th

- d) **Clerking:** The president of the league will develop a system for clerking in the athletes and ensuring the seeding process is accurate. Coaches are reminded that they must use good judgment in giving seed times to athletes. Information is to be sent out to coaches and coaches are expected to follow the rules/regulations of the meet.

- e) **Alternates:** A relay may list up to 6 names on a relay card but be advised that bring listed on the relay card counts as an event in the event rule whether the athlete competes or not.

- f) **Mistakes:** The president of the league reserves the right to correct scoring mistakes for an indefinite period of time.

- g) **Uniforms:** All athletes must wear a school issued shirt/singlet.

- h) **Rotating Trophies** – Winning teams will be presented a rotating trophy that will be presented at the XC dinner. The winning team must engrave their team name on the trophy and submit a receipt to the treasurer. It must be brought to the following indoor/outdoor S.I. Championship to be presented to the winner. The winning team only retains the trophy until the next indoor/outdoor championship meet.

i) **Events Contested – S.I. Boys/Girls Varsity Outdoor Championships**

The time schedule and order of events rests in meet management and will be organized by the league president

Event	Boys	Girls
3200	X	-
3000	-	X
3000 Steeple	X	-
2000 Steeple	-	X
400 IH	X	X
110 HH Trials	X	-
110 HH Finals	X	-
100 HH Trials	-	X
100 HH Finals	X	X
100 Trials	X	X
200 Trials		
4x100 Trials	-	-
400	X	X
800	X	X
1600	X	-
1500	-	X
100 Final	X	X
200 Final	X	X
4x800	X	X
4x400	X	X
4x100 Final	X	X
Long Jump	X	X
Triple Jump	X	X
High Jump	X	X
Pole Vault	X	X
Shot Put	X	X
Javelin	X	X
Discus	X	X
1500 Racewalk	-	Non-Scoring

1. **FIELD EVENTS:**
- TJ Boards – BOYS: 28, 32, 36, 40 – Min. Measure 33'
GIRLS: 24, 28, 32 – Min. Measure 26'
 - LJ Boards – BOYS: 12 feet – Min. Measure 16'
GIRLS: 8 feet – Min. Measure 12'
 - PV Heights – BOYS: 7', 8', then 6 inches at a time
GIRLS: 5', 6' then up 6 inches at a time
 - HJ Opening – BOYS: 5', up 2 inches at a time
GIRLS: 4', then up 2 inches at a time
 - Shot Put- BOYS: 12 lb shot – Min. Measure 30'
GIRLS: 4K Shot – Min. Measure 20'
 - Discus - BOYS: 1.6 kg – Min. Measure 80'
GIRLS: 1kg – Min. Measure 50'
 - Javelin - BOYS: Min. Measure 80'
GIRLS: Min. Measure 50'

2. **EVENT LIMITS:** There will only be 1 heat of the 3200/3000 and 3000/2000 Steeple contested.
Boys – Any TWO events, Girls – 2 running/1 field or 2 field/1 running

3. **FINALISTS:** 100/110HH – The top 7 times will return for a final (if necessary)
100, 200, 4x100 – The top 6 times will return for a final (if necessary)
LJ,TJ,Shot, Disc, Jav – The Top 7 return for the final (jump/throw in reverse order)

j) **Events Contested – S.I. Boys/Girls Freshmen Outdoor Championships:**

The time schedule and order of events rests in meet management and will be organized by the league president

Event	Boys	Girls
3200	X	-
3000	-	X
400 IH	X	X
110 HH Finals	X	-
100 HH Finals	-	X
100 Trials	X	X
400	X	X
800	X	X
1600	X	-
1500	-	X
100 Final	X	X
200 Final	X	X
Long Jump	X	X
Triple Jump	X	X
High Jump	X	X
Pole Vault	X	X
Shot Put	X	X
Javelin	X	X
Discus	X	X

1. **FIELD EVENTS:**
- TJ Boards – BOYS: 20, 24, 28, 32,
GIRLS: 20, 24, 28, 32
 - LJ Boards – BOYS: 8 feet
GIRLS: 8 feet
 - PV Heights – BOYS: 6', then up 6 inches at a time
GIRLS: 5', then up 6 inches at a time
 - HJ Opening – BOYS: 4'6", then up 2 inches at a time
GIRLS: 3'6", then up 2 inches at a time
 - Shot Put- BOYS: 8 lb shot
GIRLS: 4K Shot
 - Discus - BOYS: 1.6 kg
GIRLS: 1kg
 - Javelin - BOYS:
GIRLS:

2. **EVENT LIMITS:** 2 Events Only – Boys or Girls

3. **FINALISTS:** 100/110HH – The top 6 times will return for a final (if necessary)
100, 200, – The top 6 times will return for a final (if necessary)
LJ,TJ,Shot, Disc, Jav – The Top 7 return for the final (jump/throw in reverse order)
4. **POLE VAULT:** A boy or girl must have competed in the pole vault at a meet prior to the Varsity S.I. Championships or he/she is ineligible to vault.

MISC ENTRY RULES

Coaches must follow the event rule for each league meet. In the event a coach enters an athlete in an event more than the entry rule allows they are to be scratched from the extra event in the order of the time or event schedule. Ex. The athlete would be scratched from the event(s) that would be latest for him/her according to the time/event schedule.

The meet entry rule applies to athletes being entered in events not necessarily what they compete in.

The meet director, in all league meets, may make minor changes to the capacity per race or heat depending on the entries. The meet director has the discretion to increase/decrease the competitors in heats or races and potentially change the way races start (in lane vs common start) to expedite the flow of the meet except for the seeded heats.

Meet MVP or Outstanding Performer Awards

Any league coach or league officer may nominate an athlete for a Meet MVP or Outstanding Performer award.