

JV/ Varsity Rules for 2026  
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The rules for the end of the season are in the VCYTC rulebook which can be found at the VCYTC website. In an attempt to communicate them I have compiled the rules below. These are mostly cut and pasted from the rule book, but in some places I have added commentary in italics.

The live results include the remnants of an older system that was based only on time and not position in the conference. There is a “qual time” that appears at the top and results that beat the “qual time” are marked with “QUAL.” Those are completely meaningless for the current system. They only confuse a system that was pretty confusing to start with. Just ignore them.

The two JV meets are May 2nd, we are hosting a JV meet at the TOHS track with Camarillo, Heritage Valley, Moorpark, and Simi Valley.

The varsity meet is May 9th at Ventura.

JV meet (May 2nd at TOHS):

1. For individual events, an athlete needs to have competed in the event at least once at a regular season meet and not qualify in that event for the Varsity meet

*It's not explicitly stated, but I believe that if a kid gets a spot on varsity because kids higher on the list dropped, they are not obligated to take that spot and can still compete at JV in that and other events.*

2. An athlete who has qualified for an individual event to compete at the Varsity meet cannot compete in the JV meet. Athletes that compete at the JV meet and have qualified in a Varsity event will be disqualified from all events that they compete in. The only exception to this rule is if an athlete has qualified in only one Varsity event and declares to forgo competing at the Varsity meet within 48-hours when the top marks are posted.

*The spirit of the JV meet is to give the second-tier athletes a chance to shine, but if you only qualified for one event and you really want to compete at JV in a different event, they will make an exception if you act fast. If one of your athletes wants to do this contact me AND JP so we make sure to communicate it to the conference within 48 hours.*

3. It's not necessary for an athlete to have competed in a relay during the season to compete in a relay at the JV meet.

4. An athlete that has not qualified in any individual Varsity events and competes in them [other events] at the JV meet can compete in Varsity relays (as a runner or as an alternate) as long as the athlete doesn't run in that relay at the JV meet.

*Being on a varsity relay team doesn't stop you from competing in OTHER events at JV.*

5. The number of events that an athlete can compete in at the JV meet shall be limited by the same event limits that apply at regular season meets.

*4 events of any variety, but see rules 6 and 8 below.*

6. If a JV athlete intends to participate in the 4x100 relay at Varsity, said Varsity 4x100 relay participation will count towards his/her JV event limit.

7. Each Club may send up to three (3) 4x100 & 4x400 relay teams per Age Division for each gender.

8. The 4 x 400 relay is a free-event and does not count toward an athlete's total number of events.

Varsity meet May 9th at Ventura:

Times/marks for qualifying at Varsity must be done at a regular-season meet.

*Times/marks achieved at any other venue (including the JV meet) are great but don't count for qualifying for the varsity meet.*

Qualification rules for the Varsity meet;

1. The Varsity Meet includes the following top individual performers. If a qualifying athlete "passes" on an event (i.e., declares to forego competing in that event at Varsity), that spot "rolls down" to the next athlete; multiple "passes" can occur such that a spot "rolls down" multiple times.

a. Top 9 individual performers for "laned" events (hurdles, 100, 200, 400)

b. Top 12 individual performers for field events

c. Top 16 performers in non-laned events (800, 1600, 3200), provided however athletes are no slower than a "minimum standard" in the 3200 (see below).

*After the last regular-season meet the conference will produce a spreadsheet with the top kids for each age group and event. Then it becomes the coaches responsibility to find out if any of those kids wants to drop the varsity meet. They might drop events because they have qualified for more than 4 events, or they have a scheduling conflict, or they just don't want to. We also need the kids who are close but didn't qualify to make a decision if they want a spot if a spot were to become available.*

2. The Varsity Meet includes the following top relay team performances with a maximum of one team per Age Division for each gender from a Club.

a. Top 9 team performances for 4 x 100 relay

b. Top 9 team performances for 4 x 400 relay

3. During the regular season, each relay team can field their best team by switching athletes as needed. Each team can have up to two (2) alternates take the place of the athletes so long as he or she has not competed in that relay at the JV meet.

4. The number of events that an athlete can compete in at the Varsity meet shall be limited by the same event limits that apply at regular season meets. 4 events of any variety plus 4x400 is free.

5. Tie-Breaker Policies: If there is a tie for 9th place in a laned running event, the athlete with the next best time in that event will qualify over the other athlete. If there is not a next best time in that event for both athletes, then the athlete who has a next-best time will qualify. If neither tied athlete has a next-best time (i.e., both tied athletes have competed in the event only once during that season), the tie will be broken by a random draw. All 12th place ties in Field events and 16th place ties for non-laned running events will qualify for the Varsity meet.

6. Athletes that compete in a 4x100 relay at both the JV & Varsity meet will result in a team disqualification at the Varsity meet. Additionally, the team will be disqualified if athletes exceed the combined JV & Varsity meet event limit.

7. Athletes that compete in a 4x400 relay at both the JV & Varsity meet will result in a team disqualification at the Varsity meet.

8. Varsity qualification shall only be achieved in an approved Conference regular season meet.
9. Qualification for any events at the Varsity meet shall not be achieved at the JV meet.
10. The 4 x 400 relay is a free-event and does not count toward an athlete's total number of events.

Minimum standards:

**VARSiTY 3200 METER MINIMUM STANDARDS**

Age Division 3200 Meter Minimum Standard to Qualify for Varsity, Including as a Roll-Down

11-12 Girls 16:15

11-12 Boys 14:30

13+ Girls/Women 15:20

13+ Boys/Men 13:30