



# Track and Field and Cross Country Rules Book - 2004

*National Federation of State High School Association*

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This is the rule book for 2004 Track and Field for high school students. These rules are intended to promote and preserve the sound traditions of the sport and the safety of participants. Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship.

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