

TRACK AND FIELD

I. SPECIFIC OBJECTIVES

- A. To determine the state boys and girls individual and team champions.
- B. To bring schools within leagues in the state together to:
 - 1. Foster friendly competition between them, and
 - 2. Enhance the quality of high school track and field in the state.
- C. To promote citizenship on the part of individuals, teams, schools and spectators.

II. OFFICIALS

- A. Volunteers and officials shall be selected and assigned by the HHSAA Executive Director, Sport Coordinator and Tournament Director.
- B. As provided for in the rule book, a Board of Appeals will be named to assist the Meet Referee. Appeals on officials' decisions to this committee must be made through the Meet Director.

III. ELIGIBILITY

See HHSAA Handbook.

IV. GAMES COMMITTEE

The HHSAA shall form a Games Committee as called for by the National Federation. The committee should be composed of at least one representative from each league. It should meet to settle issues prior to the start of the track and field season. The committee is responsible for the proper conduct of track and field meet. Other responsibilities are listed under National Federation Rule 3, Section 2, Articles 1-4.

V. RULES GOVERNING THE TOURNAMENT

- A. The National Federation Track and Field Rules will govern, with the following HHSAA modifications:
 - 1. Have the girls go first in all running events for both trials and finals. The order of field events shall be as follows: Discus – boys first, girls to follow; Shot Put – boys first, girls to follow; Long Jump – boys first, girls to follow; Triple Jump – boys first, girls to follow.

Vertical jumps shall be conducted as a final only event. Girl's High Jump and Boy's Pole Vault on Friday and Boy's High Jump and Girl's Pole Vault on Saturday.
 - 2. Limit entries for boys and girls to any six events.
 - 3. All efforts in the shot put and long jump should be measured. Note: Girls shot put - 4 kilo.
 - 4. In discus and shot put, mark all throws and do not use a "mark line."
 - 5. In measuring the discus, officials shall use two flags to mark the performers' best two throws in their trials. In the finals, all throws shall be measured.
 - 6. HHSAA should provide visual markers in all field events to help coaches and spectators see and enjoy marks, jumps and throws.
 - 7. Allow the use of any certified implements for throwing events. Certification will be available to any athlete up until one hour prior to the start of the event. HHSAA implements to still be made available to those who do not have certified implements. All certified throwing implements are obligated to be shared.

8. Ties for eighth qualifying places and listed alternates shall be determined to 100th of a second.
9. After check-in is completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.
10. In field events, during trials, competitive order and flights will be set up in "best to worst" and in the finals, the order will be set up in "worst to best."
11. Field events shall begin at least one (1) hour prior to the start of running events in both trials and finals.
12. Track finals shall be held on Saturday.
13. Verification of the pole vault shall be done by coach, athletic director, and principal.
14. Pole vault participants shall be allowed to have an official check their take-off mark.
15. The Sport Coordinator, Meet Referee, and Meet Director shall have the authority to establish the starting heights for high jump and pole vault.
16. In the 1600 Meter Relay, the race shall be run with a three-turn stagger. First runner, run in lanes throughout. Second runners, run in lanes through his/her first turn and cut for pole on the back straightway.
17. Five minutes prior to the start of the event, only the participants in that flight will be allowed to warm up. Also, there should be a ten-minute warm-up period between flights.

VI. ENTRIES

- A. The Meet Entry Form with participants' first and last names and event performances (and accompanying dates) must be received by the Track and Field Coordinator.
- B. The Team Roster Forms with all qualifying participants listed in alphabetical order must be received by the HHSAA Office.
- C. All leagues must have copies of meet results available to verify performances.
- D. Entries
 1. Each contestant must meet the HHSAA automatic qualifying or consideration standard for their event during a league meet for the current season. This includes league individual event champions.
 2. The state Automatic qualifying standard shall be equivalent to the average of the 8th best mark for the last two years. The state consideration standard shall be the average of the 32nd best mark for the last two years.
 3. Each coach is to submit, along with his/her entry form, the results of meets in which performances occurred. This is essential for the Seeding Committee to validate performances. Entries may be rejected if performances cannot be verified.
 4. Each school shall be limited to three entries in each individual event. The Seeding Committee shall not accept alternates for an individual school even though that person has met the qualifying standard.
 5. Each school shall be allowed to enter no more than one team in each relay event for which the school has met the qualifying standards.
 6. Qualifying relay teams must establish their qualifying time with a team of four runners who are eligible for HHSAA state competition. These runners need not be the ones that run the relay in the state meet.

7. Entries are limited to the top 32 qualifiers per event. (Rev. 6/2012)
8. When two or more competitors have submitted the same time or mark for consideration in the state meet, the athlete with the most recent qualifying date (the date closest to the state tournament) will be admitted. If two or more athletes have the same date, both (or more) will be accepted. However, the lowest unbreakable tie will not be accepted if it causes the number of participants to exceed 32, thus causing more than four heats for the running events. (Rev. 6/2012)
9. Qualifying alternates will be allowed to participate and fill-in for athletes that have scratched from the meet.
10. Beginning on the year 2013-2014, no hand times will be accepted as qualifying times for the state tournament. (Rev. 6/2012)

E. Coaches, Managers and Qualifying Athletes

1. Head, assistant coaches and athletes must be listed by names on the roster sheet of the entry forms. These lists shall be used for admission to the trials and finals. Persons must be bona fide coaches and athletes.
2. Team managers must be listed by names on the roster sheet of the entry forms. These lists shall be used for admission to the meet trials and finals. There shall be a limit of four managers per team.
3. Complimentary admission only to qualifying participants, coaches and designated managers.
 - a. Non-qualifiers from participating school, or from non-participating schools must pay admission.

VII. PLACES AND SCORING

<u>Place</u>	<u>Individual Events</u>	<u>Relay Events</u>
First	10	10
Second	8	8
Third	6	6
Fourth	4	4
Fifth	2	2
Sixth	1	1

VIII. SEEDING AND DRAWING PROCEDURE

- A. Following seeding of the top eight entries, the remaining entries shall be seeded in rank order. Except if entrants have identical times, they may be interchanged to avoid runners from the same school or same league being in the same heats. Preference shall be given to separation of athletes from the same school, not the same league.
- B. Any running event with four heats shall qualify the top runner in each heat, with the remaining four slots and the two alternates to be determined by taking the next six best qualifying times.
- C. Any running event with three heats shall qualify the first two per heat, with the remaining two slots and the two alternates to be determined by taking the next four best qualifying times.
- D. Any running event with two trials shall qualify the first three per heat, with the remaining two slots and the two alternates to be determined by taking the next four best qualifying times.
- E. Four trial heats shall be reduced to three trial heats if 24 runners or less are left to compete at entry or after scratches.
- F. Three trial heats shall be reduced to two trial heats if 16 runners or less are left to compete at entry or after scratches.
- G. In relay trials, if teams have the same time in the same trial heat, the order of finish as judged shall determine qualifying positions.

- H. If heats are combined prior to the race, all heats for the event shall be repositioned.
- I. In the 1500 Meter Run, additional runners in excess of eight per heat may be stacked behind for the first turn. 1500 Meter Run not to exceed three heats. The top 12 runners advance to the final. If two heats, top four in each heat plus next four best times. If three heats, top three in each heat plus next three best times.
- J. In the 3000 Meter Run, additional runners in excess of eight per heat may be stacked behind for the first turn. 3000 Meter Run not to exceed two heats. The top 12 runners advance to the final. If two heats, top four in each heat plus next four best times.
- K. After check-in is completed and announced for running events, any person who scratches will be ineligible for the rest of the meet.
- L. Whenever possible, lane vacancies in finals will be filled.

IX. UNIFORMS

- A. All participants are required to wear school-designated uniforms, preferably with school identifying insignia. However, athletes competing in the throwing events are allowed to use an alternate school-issued uniform of matching color or design.
- B. If the meet is held on an all-weather track, all shoe spikes for running and field events must be .25" or less.
- C. Appropriate warm-up attire should be worn in the track infield area.
- D. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

X. AWARDS AND TROPHIES

- A. Permanent trophies to winning boys and girls championship teams.
- B. Permanent trophies to runner-up boys and girls teams.
- C. Medals for the first six places in individual and relay events.
- D. 20 medals for the boys and girls championship teams.

XI. TRANSPORTATION

- A. Ground transportation will not be provided. Each school is responsible for their own arrangements.
- B. Air transportation arrangements are to be made by each school.
- C. Additional responsibilities:
 1. At least one male chaperone for the boys teams and one female chaperone for the girls teams are recommended.
 2. Each school must assume responsibility for supervision of their own traveling team members at all times, including trips and hotel behavior.

XII. EVALUATION

- A. Each league may send a track representative to the post-tournament evaluation meeting.
- B. Report is to be submitted to the HHSAA Executive Director within two weeks after the tournament.
- C. Update all meet records. Submit results of the tournament.

XIII. ADMISSION

Adults	\$7.00
Senior Citizens (62 and over)	\$5.00
Students (Grades K-12)	\$5.00

Coaches, managers and qualifying athletes must be listed on the entry forms in order to be admitted to the trials and finals.