

TRACK & FIELD

Refer to Region V Policy guidelines for necessary information not included below.

INFORMATIONAL LETTERS

- Sent to principal, Activities Director and Coaches of each Region V school.
- Letter #1: Should be sent out three weeks prior to the Tournament Date. In addition to all relevant information covered in the General Guidelines, Letter #1 shall also include a detailed map of the track and surrounding area, competition times, and other information deemed pertinent by the tournament director (i.e. description of track and field, proper footwear if high jump is conducted inside, location of restrooms, transportation to and from course, etc.)
- Letter #2: Should include all relevant information from General Guidelines (Letter 2).

RULES

1. The Thunder Mountain track is a 40-meter oval with 8 lanes.
2. The track is made of rubberized asphalt therefore only 6mm or ¼-inch Spikes will be allowed
3. If the high jump is indoors, **participants must have non-marking shoes.** A participant will be disqualified if he/she attempts to participate with improper footwear.
4. Contestants will be permitted to enter 4 individual events. A contestant shall not compete in more than 4 events, including relays. See 4-2 of the NFHS rules book.
5. The high jump bar will start at 4'0" for the girls and 5'0" for the boys. The bar will be raised at 2" intervals until 2 contestants remain. It will then be raised at 1" intervals until there is only one contestant remaining, at which time the bar will be raised at intervals requested by the contestant.
6. All the boys' events will follow the girls' events in the track portion of the meet. The call sheet will determine the order of events in the field portion of the meet.
7. All 123A heats will be ran prior to the 4A heats in the order listed on the call sheet.
8. Long jump, triple jump, discus, and shot put will be run in flights. Measurements in the long jump, triple jump and shot put are to the nearest 1/4". Measurements in the discus are to the nearest lesser inch. Each competitor will be given three trials. The top five (more in the case of a tie for fifth place) qualify for the finals. Finalists will be given three additional trials in reverse order of their performance in the prelims.
9. If a competitor is in two events that run simultaneously he/she should notify both head officials. Officials will cooperate, but the responsibility rests on the competitor to be at those events on time. After checking out of the field event, a competitor has a maximum of 15 minutes, following the scheduled starting time of his second event, to report back to the head official. Should he/she fail to do so, he/she will be considered to have scratched the missed attempt.
10. Coaches and/or spectators will not be permitted inside the infield area of the track at any time during the meet. Competitors may be disqualified if this becomes a problem. Coaches are allowed to coach individual events from the respective coaching box, but are only allowed to coach athletes entered into that event.
11. Competitors may warm up in the infield if they are in the next event. All other competitors must stay out of the infield behind the bleachers for warm-up and as a general gathering area.
12. Only water is allowed on the track and infield. **No other drinks, food, or gum.**
13. **Athletes are not allowed to use electronic devices in the infield.** Coaches may video from coaching boxes.
14. The order of events may be subject to change.
15. Changes on the entry blank will only be made at the coaches meeting. Only scratches will be allowed after the meeting.
16. Preliminary heats will run as warranted by the number of contestants or the type of event. Eight (8) finalists will qualify in all events.

17. At the first call for all running events competitors must report to the Clerk of the Course in the marshalling area located at the north end of the track. Any competitor not reporting to this area by the time last call is made will be automatically scratched from the event. Please inform all competitors to remain in the marshalling area till they receive a lane assignment.
18. Please explain the starting rules to all your runners, as they will be held in the “set” position for approximately one to two seconds.
19. Running infractions will result in a disqualification.
20. A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area.
21. Based on six 2A/3A teams, individual scoring shall be: 10-8-6-4-2-1 and relay scoring shall be 10-8-6-4-2. Three 4A teams will result in individual scoring of 5-3-2-1 and relay scoring shall be 5-3. In relay events, six (6) individuals may be listed as entries, any four (4) of whom may compete.
22. Juneau will supply starting block. A competitor may have one (1) helper, **team member**, etc. To hold the blocks, sweats, etc. The helper must leave the area immediately after the start.
23. Shot puts and discus must be presented at the coaches meeting Friday morning for inspection and weighing. Only shots and discus that have been approved may be used in the meet.
24. Team uniforms must be worn by all competitors. If apparel is worn under uniforms by members of relay teams they must all be of the same color.
25. Unsportsmanlike conduct is behavior that is unethical or dishonorable. This includes, but is not limited to, disrespect of an official, taunting, and profanity. This shall apply to all coaches, contestants and other team personnel.

COACHES MEETING

- Changes on the heat sheets will only be made at the coaches meeting. Only scratches will be allowed after the meeting.
- Shot puts and discus must be presented at the coaches meeting Friday morning for inspection and weighing. Only shots and discus that have been approved may be used in the meet. Please assure that your implements are labeled with your team name.
- The rules for the Track meet will be reviewed

OFFICIALS:

- Only adults shall be allowed to officiate in a championship Track & Field meet.
- Per NFHS rules, the following officials should be present at a championship Track & Field meet. Check rules book or General Guidelines for complete responsibilities of each official.
 - Games Committee: Administrator from host school, 2A, 3A &, 4A representative
 - Meet Director: Oversee meet
 - Starter: The command shall be “On Your Marks.” When all competitors are steady, the starting device shall be fired. When conditions dictate, a whistle may be used along with the starting device.
 - Clerk of the Course: The clerk shall check in all competitors for each event.
 - Marshals: The marshals shall keep the competitive area free from all persons except officials, contestants and other individuals authorized by the games committee.
 - Finish Judges: Determine the order in which competitors cross the finish line.
 - Timers: The timers record the times of the competitors who finish.

TRACK & FIELD DESCRIPTION

- The Thunder Mountain track is a 400-meter oval with 8 lanes.
- The track is made of rubberized asphalt and therefore **only** 6mm or 1/4-inch spikes (or smaller) will be allowed.

At the first call for all running events competitors must report to the Clerk of the Course in the marshalling area located in the small building adjacent to the track entrance and right next to the snack shack. Any competitor not reporting to this area by the time last call is made will be automatically scratched from the event.

Please explain the starting rules to all your runners, as they will be held in the "set" position for approximately one to two seconds. There should be NO movement when in the "set" position!

Running infractions will result in disqualification.

A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area.

OTHER

- Coaches and spectators are not permitted in the infield area of the track at any time for the running events – You are to stay on the outside of the fence. Competitors may be disqualified if this becomes a problem. There will be a designated coaches box near the throwing and jumping events.
- Unsportsmanlike conduct is behavior that is unethical or dishonorable. This includes but is not limited to disrespect of an official, taunting, and profanity. This shall apply to all coaches, contestants and other team personnel.

TRANSPORTATION

- Transportation will be provided if the Track & Field location is not located on the high school grounds.

TEAM SCORING

- Scoring shall be conducted as follows:

Based on six 2A/3A teams, individual scoring shall be: 10-8-6-4-2-1 and relay scoring shall be 10-8-6-4-2. Three 4A teams will result in individual scoring of 5-3-2-1 and relay scoring shall be 5-3. In relay events, six (6) individuals may be listed as entries, any four (4) of whom may compete.

RESULTS

- Referee approved team results (scores) shall be completed in a timely manner.
- If computer generated scoring is utilized, an individual experienced with use of the specific software being used should be available.
- Team and individual results must be sent to ASAA by Sunday morning

AWARDS

- All-academic certificates – senior with a G.P.A. equal to or exceeding 3.0
- Individual Awards – medals
- Team Awards – medals
- Team Awards – Trophies
- Sportsmanship Trophy – school community (participants, coaches, parents, fans) to exhibit outstanding sportsmanship selected by the tournament officials.

SCORING EQUIPMENT

- Contestant number cards
- Timing Device (Stopwatch or clock)

- Timer sheets

TOURNAMENT ORGANIZATION

- Sample Schedule of Events

FRIDAY

10:30 am Coaches' Meeting
(Location)

12:00 pm FIELD EVENTS
(Prelims & Finals)
Girls High Jump (if outdoors)
Boys High Jump (after girls)

2:00 pm Girls Shot Put
Boys Triple Jump
Boys Shot Put (after girls)
Girls Triple Jump (after boys)

3:00 pm RUNNING EVENTS
(Finals; 2A/3A/4A together)
3:00..... Girls 3200
3:20.....Boys 3200

3:45 pm RUNNING EVENTS
(Preliminary; 2A/3A Heats, then 4A Heats)
3:45.....Girls 100m Hurdles
4:00.....Boys 110m Hurdles
4:15.....Girls 100m Dash
4:25.....Boys 100m Dash
4:35.....Girls 400m Dash
4:50.....Boys 400m Dash
5:10.....Girls 300m Hurdles
5:20.....Boys 300m Hurdles
5:30.....Girls 800m Run
5:40.....Boys 800m Run
5:50.....Girls 200m Dash
6:00.....Boys 200m Dash

6:00 pm Alternate High Jump time if necessary due to weather.

SATURDAY

10:00 am FIELD EVENTS
(Prelims & Finals)
Boys Discus
Girls Long Jump
Girls Discus (after boys)
Boys Long Jump (after girls)

10:30 am RUNNING EVENTS
(Finals; 2A/3A final then 4A)
10:30.....Girls 3200m **Relay**
10:45.....Boys 3200m **Relay**
11:00.....Girls 100 Hurdles
11:10.....Boys 110 Hurdles
11:25.....Girls 100m Dash
11:35.....Boys 100m Dash
11:45.....Girls 800m **Relay**
12:00.....Boys 800m **Relay**
12:15.....Girls 1600m Run (1 race)
12:25.....Boys 1600m Run (1 race)
12:35.....Girls 400m **Relay**
12:50.....Boys 400m **Relay**
1:05.....Girls 400m Dash
1:20.....Boys 400m Dash
1:40.....Girls 300m Hurdles
1:50.....Boys 300m Hurdles
2:00.....Girls 800m Run
2:15.....Boys 800m Run
2:30.....Girls 200m Dash
2:40.....Boys 200m Dash
2:55.....Girls 1600m **Relay**
3:15.....Boys 1600m **Relay**

Awards will be issued at conclusion of meet.

ADDITIONAL CONSIDERATIONS

- Restroom facilities should be present (as well as unlocked and adequately stocked) at meet site.