

# **Track and Field**

## **South Dakota Changes**

1. At the State Meet, the Saturday field events will start at 9:00 a.m. and the running events will start at 9:30 a.m. (Previously field events started at 9:30 and running events at 10:00)
2. In the medley relay, the first two runners must stay in lanes and shall exchange the baton in their proper lanes. The 400 meter runner may cut immediately, regardless of their position in the exchange zone, provided they do not interfere with another runner.
3. At the state meet conduct as many field events as possible on Friday while we are at three separate sites.