

TRACK & FIELD

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TRACK AND FIELD Boys and Girls

IMPORTANT DATES AND DEADLINES

	Week	Days	2009-10	2010-11	2011-12
Practice (PV Only)	31	Monday	February 1	January 31	January 30
Practice	35	Monday	March 1	February 28	February 27
First Meet	36	Saturday	March 13	March 12	March 10
Region Meets*	46	Friday	May 21	May 20	May 18
State Meet	47	Fri./Sat.	May 28-29	May 27-28	May 25-26
Season Ends**	47	Saturday	May 29	May 28	May 26

* Region Meets must be completed by Saturday of Week 46. The last date for a AA qualifying meet is Friday of Week 46.

** Out-of season is defined as that period of time after a team or individual has been eliminated from further competition during the championship series of district-region-state tournaments/meets and continues until the first allowable date that the next regular season may begin.

2010 STATE TRACK MEET DATES & SITES

- A. Class "B" Preliminaries at Sioux Falls on May 28, 2010 (Friday of Week 47)
- B. Class "A" Preliminaries at Lennox on May 28, 2010 (Friday of Week 47)
- C. Class "AA" Preliminaries at Brandon on May 28, 2010 (Friday of Week 47)
- D. Finals in all three classes at Sioux Falls on May 29, 2010 (Saturday of Week 47)

Participation in school activities teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of "growing up" experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules. Please refer to the **Sportsmanship Section of the SDHSAA Athletic Handbook** for policies and statements concerning the following items:

- | | |
|--|----------------------------------|
| General Sports Objectives and Coaching Responsibility | Athletic Code of Ethics |
| Fundamentals of Sportsmanship | Code of Sport Ethics for Coaches |
| Racial Harassment, Violence and Taunting (See General Section) | |

ACADEMIC ACHIEVEMENT TEAM AWARD

In an attempt to recognize the academic excellence of the athletic teams and fine arts groups in each school, the SDHSAA created the "Academic Achievement Team Award". The "Academic Achievement Team Award" is designed to recognize "varsity" level "teams" that achieve a combined GPA of 3.0 or higher.

For additional information about the "Academic Achievement Team Award", refer to the "Academic Achievement Team Award" section of either the ATHLETIC or FINE ARTS HANDBOOK.

MAJOR TRACK & FIELD RULE REVISIONS FOR 2010

National Federation Rules Changes

- 3-2-4g** Designated areas for coaches to observe and confer with their team members must be clearly marked and identified by the host meet management.
- 3-2-7** Video replay or television monitoring equipment, other than the official equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.
- 3-17-2** In all races that require a wind reading, the anemometer shall be set 50 meters from the finish line., and for the long jump and triple jump, 20 meters from the foul line
- 4-5-8e** Communicating with a competitor through the use of any device is prohibited.
- 5-6-3** All heats and/or sections shall use the same starting procedure.
- 5-13-2b** It is an infraction if a competitor knocks down any hurdle by hand.
- 6-5-5** A 34.92-degree sector shall be marked on the ground. Radial lines 2 inches wide shall extend from the center of the circle to form an area into which legal puts shall be made. The inside edges of these lines shall mark the sector, and the lines shall be placed equidistance from the ends of the stopboard.
- 7-2-11** NOTE: A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee.
- 7-4-6** NOTE: Effective January 1, 2013, the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal for competition.
- 7-5-4** A competitor shall not use a variable weight pole, a pole which is improperly marked, a pole rated below his/her weight, or any other equipment which is not legal during warm-up or competition.
- 7-5-29g** Deleted – Clears the crossbar with the uprights positioned incorrectly.

South Dakota Changes

1. Allow region committees to adjust starting heights in the high jump and/or pole vault if deemed necessary due to weather or level of competition. (same policy as is currently in place for the state meet).
2. Manufacturer's logos/trade names, not to exceed 2 ¼" are permitted on each item of apparel. (The restriction of a single logo/trade name has been deleted. Multiple logos/trade names are now permitted, however none of the visible logos/trade names may exceed 2 ¼".)

GENERAL INFORMATION

(Applies to all track meets)

A. Information on Road Races During the Track & Field Season

1. The in-season participation rule does not apply. Track and field, including distance running, is not considered to be the same sport as road races at the present time.
2. High School students, including athletes out for high school track and field, may run in road races if they so choose.
3. High School students may compete in the open division without jeopardizing their eligibility.
4. They may not wear their high school uniform.
5. The school may not pay the entry fee.
6. No award shall exceed \$75.00. No cash awards may be accepted.

B. SDHSAA Requirement of Coaches

Head Coaches must complete an on-line Rules Meeting and Pass Open Book Test.

All head coaches in South Dakota high school sports programs must complete an on-line rules meeting in their sport(s). Assistant coaches are encouraged to also complete the on-line rules meeting, but it is not mandatory.

In addition to completing the rules meetings, each head coach must pass the on-line open book test in his/her sport. Again, it is recommended that assistant coaches also take and pass the on-line open book test, but it is not mandatory.

The Board of Directors has adopted the following penalty code for non-compliance of this policy:

- A fine of \$50.00 will be assessed against the member school if the head coach fails to submit and pass the open book test, or attend a rules meeting. If the head coach fails to complete both requirements, the fine will be \$75.00.

Notification of testing dates and procedures will be sent to the athletic director at each school.

C. SDHSAA Requirement of Officials

1. Starters and meet referees who are utilized for Qualifying Meets, Regional Track Meets and the State Meet must register with the South Dakota High School Activities Association, complete and pass the Track and Field on-line open book test, complete the on-line rules meeting and/or officials clinic when offered.
2. The head field judges at the state meet must complete and pass the on-line open book test, complete the on-line rules meeting, and/or officials' clinic when offered.
3. Each qualifying Meet and Region Track and Field Committee will select their officials for their meet recognizing the track starter and the meet referee are to be two different individuals and may not be a track coach.
4. The SDHSAA will select the starters, meet referees, head field judges and head umpires for the different sites of the State Track & Field Meet.
5. Officials registered with sister state associations, who have paid the reciprocity fee to the SDHSAA, are not eligible to serve as a starter or meet referee at the region or state meets. This regulation applies to the state meet head field judge also.

D. Track and Field Rules The National Federation Edition of Track and Field Rules & Records as published by the National Federation of State High School Associations shall govern the track and field athletics of the South Dakota High School Activities Association except in cases modified by SDHSAA regulations.

E. Three Classes Of Competition

Member schools are divided into three classes. Classification for the 2009-10 school year is according to the Average Daily Membership as of January 15 (grades 9-11) from the 2008-09 school year.

- Class "AA" – 450.000 and above
- Class "A" – 90.000 to 449.999
- Class "B" – 89.999 and below

F. Regular Season Qualifications For The State Track Meet

NOTE: Coaches are asked to enter their complete roster using the SDHSAA entry system. All of the information and steps to complete this process is located at www.sdhsaa.com school zone under the Track and Field tab.

To qualify for the State Track Meet at a regular sanctioned meet during the official track season, other than region, the athletes must meet or exceed the qualifying standards that have been established by the SDHSAA.

Criteria:

The criteria to be followed in the sanctioning of a track and field qualifying meet will be:

1. Meet must be an outdoor meet. Movement of high jump and pole vault indoors will not be recognized for qualifying.
2. Meet must be run on a 400m track.
3. Meet must be a conference meet and/or invitational meet of at least six entered or under contract teams. Any meet with at least 3 "AA" teams entered will also be sanctioned.
4. Non Varsity meets shall not be sanctioned.
5. A SDHSAA licensed meet referee and head starter must be hired. Sanction will not be granted until meet referee and head starter are licensed with the SDHSAA. These individuals may not be a track coach.
6. All weight implements (shot & discus) must be weighed and marked. Meet management may provide the implements but must provide implements of all types.
7. Only those meets held by the Saturday prior to the week of Region Meets will be considered for sanctioning. Meets postponed beyond the deadline will not be sanctioned.
NOTE: If a sanctioned track meet is moved to a different date due to inclement weather, the meet manager must notify the SDHSAA of the new date, officials and the number of teams attending.
8. Out-of-state meets must follow interstate meet guidelines (see sanctioning section of the SDHSAA Handbook). The following requirements must be met.
 - (a) The meet must meet the minimum number of teams in attendance requirement (see #3 above).
 - (b) The South Dakota school is responsible for submitting the qualifying athletes and the complete results to the SDHSAA office within one week following the qualifying meet.
9. It is expected that all qualifying meets have competent timers and pickers in the running events and measurements must be properly taken in the field events.

NOTE: Applications are to be submitted by the sponsoring organization not later than Monday, March 15, 2010 (Monday, week #37). A State Qualifying Track & Field Meet may be sanctioned after this date up to 7 days prior to the meet with the payment of a \$50.00 late sanctioning fee.

Verification Procedure:

ALL Track & Field Programs are required to use the SDHSAA In Season Qualifier (ISQ) form.

1. The schools should enter their rosters and (ISQ) on the SDHSAA website using the school zone.
2. Coaches have one week following the sanctioned track meet where in-season qualifying standards were met to enter qualifiers.

3. Coaches/schools failing to enter in season qualifiers to the SDHSAA, will result with the individual athlete meeting the standard not being listed and his/her qualifying time/distance not being acknowledged by the SDHSAA
4. Meet Directors of ALL sanctioned track meets are required to fax, mail or e-mail results from their meet. This needs to be done within one week following the date the meet was held.

*Once an athletes name is in the computer the coach does not have to re-enter the data.

How this works: Enter the qualifying mark under the athletes' name. If an athlete pre-qualifies with a better mark, update that individual mark in the same database.

Note: Any athletes in the database will not be duplicated, but times/distances will be updated.

Protests of Qualifying Procedures:

Any protest pertaining to qualifying procedures shall be in writing by five or more schools at the sanctioned meet. Protest shall be made anytime during the meet and no later than 30 minutes following the conclusion of the meet. The meet referee's decision will be final.

Entry For Region & State Meet:

1. Coach is responsible for entering the athlete(s) who qualified during the Track and Field season for the State Meet by listing the event as one of the athlete's four events at the Region Meet. (Times/distances entered on SDHSAA website during the season, will not be imported into the State Meet database. This must be done at the Region meet.)
2. If qualified athlete does not participate at the Region Meet, he/she still has the option to participate at the State Meet.
3. If a relay team has qualified, then a relay must be entered at the region meet. Any four names may be listed. This will count as one of the individuals four events even though the relay may not actually run.

At region level, **listing** counts as an entry.

At the state level, **participation** counts as an entry, not listing.

Note: The athletes that qualified at a sanctioned meet do not have to run or participate in the event at the Region Meet. The standard that will be sent to the state by the region chairman will be the time, distance or height set at a sanctioned meet or region, whichever is greater.

If the coach is going to have an athlete participate in an event at the State Meet who has met or exceeded the qualifying standard at a sanctioned meet, then that must be the event or events they are entered in at the Region Meet (limit of four events). The athlete does not have to participate at the Region Meet to participate at the State Meet.

QUALIFYING STANDARDS may be found following the State Meet information. The qualifying standards have been established by averaging the 6th place performance in each event for the past 6 years at the state track & field meet.

NOTE: If the average pole vault standard is not in three inch increments, an adjustment is to be made to the nearest lesser inch.

G. Uniforms.

JEWELRY (RULE 4-3-4) (Rule 3-4-8b)

1. Rule 4-3-4 bans all forms of jewelry including rope and leather bracelets and necklaces
 - a. *Beads in the hair or woven into the hair are considered jewelry and are illegal.*
 - b. *The Lance Armstrong type bracelets are considered jewelry and are illegal.*
2. Religious medals/medallions may be taped to the body (no chains) under the uniform.
3. A medical alert bracelet is permitted if taped to the wrist with the faceplate showing.
4. Competitors may not have metal pins or hard plastic barrettes in their hair.
5. The penalty for competing while wearing jewelry is event disqualification.
6. The competitor who competes with jewelry hidden by tape will be disqualified from the meet (Rule 4-5-1), i.e., unsportsmanlike conduct – unethical
7. Watches **are not** considered jewelry. A single watch may be worn on the wrist.
8. Coaches aware of navel rings and/or other pierced body parts should not permit athletes to practice/compete without removing them.

MANUFACTURER'S LOGO/COMMEMORATIVE OR MEMORIAL PATCH/AMERICAN FLAG (Rule 4-3-1)

1. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top, bottom or one-piece uniform.
2. Only one American flag may be displayed on the uniform, not exceeding 2 x 3 inches.
3. Only one commemorative or memorial patch may be displayed on the uniform, not to exceed 4 square inches.

COMMENT: The track & field or cross country uniform may display a single American flag and/or a single commemorative or memorial patch on the uniform whether it is a one or two-piece uniform. The items (flag or patch) could be worn on the top, bottom or split, but no two of the same item are permitted.

TOPS (Rule 4-3-1)

1. Must be school issued
2. Must be worn as the manufacturer intended. Must **hang below or be tucked into the waistband of the** bottom of the uniform when the competitor is standing erect. Bare midriffs are not acceptable.
3. One piece uniforms are now legal in high school track & field and may be worn in lieu of the traditional top and bottom.
4. The jersey may not contain ornamentation that will be objectionable in taste.
5. Any visible shirt(s) worn under the top of the uniform and other visible apparel worn under the bottom of the uniform must be unadorned and of a single solid color. Visible items worn under both the top and the bottom do not have to be the same color. Visible undergarments may have a school name or insignia provided it is not larger than 2 ¼ square inches with no dimension larger than 2 ¼ inches.
6. The jersey shall not be knotted or have a knot-like protrusion.
7. Football jerseys are not considered a school issued uniform. If a tank top style top cannot be found (usually involves field event competition), a t-shirt the same color of the school uniform is acceptable.
8. The top and bottom may have school identification and the top may have the competitor's name.
9. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.
 - a. The area of competition includes, but is not limited to, the infield, track, staging area, and all field event areas. Athletes wanting to remove any part of the team uniform must be in the stands or team camp areas outside the competitive area or infield.

BOTTOM (Rule 4-3-1c)

1. Must be school issued
2. Loose fitting boxer type shorts are permitted for boys and girls, and closed leg briefs are acceptable for girls.
3. Bottoms may vary in length and style, but must be the same color for all team members.
 - a. Loose fitting boxer type shorts, one-piece uniform, leotards, and closed leg briefs/bicycle shorts are acceptable.
4. The bottom may contain no ornamentation which will be objectionable in taste.
5. **The waistband of a competitor's bottom shall be worn above the hips. Bottoms must be worn as the manufacturer intended and may not be rolled down.**

SHOES (Rule 4-3-1a)

1. Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet.
- NOTE: The use of slippers or socks does not meet this rule.
2. The upper must be designed so that it can be fastened securely to the foot.
 3. There is no limit on the number of spikes.

SOCKS

1. If socks are worn, they must be of a solid color.
2. Socks must not be above the knee.
3. Manufacturer's logos are permitted, as well as, limited stripping on the top. The overall look must be of a solid color.
4. The socks may have school identification which is limited to school name, nickname or mascot.

SWEATSUITS

1. Under adverse weather conditions, competitors may participate with warm-up suits worn over the traditional top and bottom. If so, they shall have no markings other than that of the school the contestant represents. It is assumed the school issued uniform is being worn under the sweat outfits.

VISIBLE UNDERGARMENTS (Rule 4-3-1d)

1. Bicycle shorts, thigh huggers, one piece body suits and leotards worn under the traditional shorts must adhere to the undergarment rule.
 - a. Visible undergarments worn under the uniform must be unadorned and of a single solid color. A school name or insignia is permitted provided it is no larger than 2 ¼ square inches and no dimension is larger than 2 ¼ inches.
 - b. Visible items worn under both the jersey and the shorts do not have to be the same color.
 - c. Manufacturer's logos/trade names, not to exceed 2 1/4" square inches with no dimension more than 2 ¼" are permitted on each item of apparel. (The restriction of a single logo/trade name has been deleted. Multiple logos/trade names are now permitted, however none of the visible logos/trade names may exceed 2 ¼". An American flag not exceeding 2 x 3 inches is permitted.)
2. Boxer underwear or sports briefs showing below the shorts is unacceptable. This determination is made during inspection prior to the start of the race. If such undergarments, not intended to be visible, become visible during a race due to the cut or style of the short, it is not considered a violation.
3. Sports bras are not classified as visible apparel. It must be understood, however, that removal of a team jersey by competitors, leaving only a sports bra, is a violation.

HEADGEAR

1. No bandanas. No caps or hats unless weather conditions warrant. Likewise, hoods on one-piece uniforms may not be worn unless weather conditions warrant. Adverse weather conditions is a referee's decision.
2. Sweat bands, arm bands, wrist bands and knee bands of a solid color are legal. Manufacturer's logo on these items is limited to 2 ¼" x 2 ¼". All other writing is illegal.

RELAYS

1. Each member of a relay team shall wear the same color uniform. Any combination of top & bottom and one-piece uniforms is considered legal as long as all uniforms are the same color.

NOTE: Style in the rule book is referring to markings/decorations such as stars, stripes, etc.

2. A relay team may have the following:
 - a. No member with under apparel
 - b. One member with under apparel
 - c. Two members with and two without under apparel
 - d. Three members with and one without under apparel
 - e. All four members wearing under apparel
3. Under apparel may be different lengths but must be the same color.
4. Relay competitors may not wear gloves.

FIELD EVENTS

1. Must follow the same rules for shoes, tops, and bottoms.
2. Weight event competitors may wear weight lifters belts.
3. Weight event competitors may not wear weights.
4. Gloves are not permitted in field events.

PENALTIES

1. A competitor who competes with an illegal uniform shall be disqualified from that event.

COMMENTS

1. Competition will not be delayed in order to permit competitors to comply with uniform/jewelry rules.
2. Slight variation in design, width of stripes, or number of stripes is permissible
3. School uniforms should show evidence of conforming to the color and design of uniforms worn by teammates.
4. If the starter, referee or any other meet official detects an illegal uniform prior to the start of competition, it is good practice in preventive officiating to call this to the attention of the contestant. Races and/or trials will not be delayed so that an athlete may be in compliance.

NOTE: When will athlete be disqualified for illegal uniform or jewelry?

Field Events: Following meeting with the head event judge.

Running Events: When the starter begins his/her commands.

5. The responsibility to be in proper uniform is that of the coach and athlete.
6. The competitor shall display his/her assigned unaltered contestant number when numbers are used. The penalty for not wearing a contestant number or wearing an incorrect number at the SD State Track & Field meet shall be a one point team deduction.

H. Competitor Restrictions During Regular Season

1. No competitor shall participate in more than four events including relays. This applies to any single meet whether it covers one or two days. This would also apply to a competitor competing in two meets simultaneously. This applies throughout the entire track season.
2. Seventh and eighth grade participants in High School Track & Field Meets (this includes all regular season meets as well as Region and State) who participate in the 3200m run are permitted to participate in one additional running event plus field events not to exceed the event limitation rule.
3. Sixth graders are not permitted to compete on High School Teams.
4. If the violation is not discovered until the completion of the meet, the competitor will forfeit all places, team points and medals earned in all events.

I. Conduct for Disqualification:

NOTE: When a competitor is disqualified, the referee shall notify or cause to be notified, the competitor or the competitor's coach, of the disqualification.

Rule 4-5-1...

UNSPORTSMANLIKE CONDUCT is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, or the use of profanity. This shall apply to all coaches, contestants and other team/school personnel.

PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.

Situation 4.5.1B: Following the 400-meter relay, the finish judge reports to the referee that A4 made an obscene taunting gesture to an opponent. The unsportsmanlike act occurred: (a) just prior to A4's crossing the finish line, or (b)

immediately after crossing the finish line. Ruling: Relay Team A will be disqualified in both (a) and (b) and A4 denied any further participation in the meet.

Comment: Disqualification for an unsportsmanlike act, as described, carries a double penalty. First, the competitor is disqualified from the event in which the unsportsmanlike act occurred; and secondly, the competitor is denied any further participation in the meet. In the situation described above it is obvious the unsportsmanlike act occurred in conjunction with the 400-meter relay. Whether the act occurred during the race or immediately following does not change the penalty. In the case of a relay runner, of course, the infraction causes the relay team to be disqualified from that event.

Situation 4.5.1F: In the long jump, A1's apparently good effort is nullified by a foul whereupon A1 jumps out of the pit with his or her hands full of sand and whirls around throwing the sand in a fit of anger and without any regard for the nearby officials and other competitors who are struck by the flying sand. This action is observed by the referee and deemed unsportsmanlike conduct resulting in disqualification of A1. A1's coach protests that the competitor should have been warned before being disqualified. Ruling: There is no provision that a warning must precede a disqualification. There is no basis for appeal.

Any athlete or coach disqualified from the region track meet due to unsportsmanlike conduct is ineligible to participate in the state track meet.

Chapter II, Part 1, Section 9 of the SDHSAA Constitution and By-Laws states:

"Any student or coach ejected from an interscholastic contest by game officials will be ineligible for the next regularly scheduled game/meet at that level of competition and all other games/meets in the interim at any level of competition."

Student: Anytime a student-athlete is ejected from a game/meet, he/she does not participate the remainder of that day. The student is also suspended from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition. **NOTE:** A suspended player may travel with the team, be in the locker room, sit on the sidelines, etc., but may not be in uniform during suspension.

Coach: Anytime a coach is ejected for a game/meet, he/she does not coach the remainder of the day. The coach is also suspended from the next scheduled, rescheduled, or contracted date at that level of competition and all games/meets in the interim at other levels of competition. **NOTE:** Suspended coaches may not travel with the team or be at the venue during any contest(s) while under suspension.

Rule 4-5-2...

UNACCEPTABLE CONDUCT by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity which is not directed at someone or any action which could bring discredit to the individual or his/her school.

PENALTY: Disqualification from that event.

Situation 4.5.2A: A1 finishes the 100-meter dash and out of frustration, utters a profane comment. The head finish judge reports the infraction to the referee. The referee disqualifies A1 from the event for unacceptable conduct. The coach of Team B appeals that A1 should be disqualified for the entire meet for unsportsmanlike conduct. Ruling: Appeal denied. Profanity not directed toward another person is not deemed to be unsportsmanlike conduct. However, if in the judgment of the referee, the comment was directed toward someone, such action would be ruled unsportsmanlike conduct.

An athlete is disqualified from an event at the region meet due to unacceptable conduct, may not participate in that event at the state meet, even if they had met the standard during the regular season. They could, however, compete in other events they have qualified for.

If a contestant throws a baton, (s)he and her/his team are disqualified for places in the relay, the contestant who threw the baton is eligible to continue to compete in other events unless unsportsmanlike conduct was involved. This regulation pertains to jubilation and disgust equally.

J. Hurdle Spacing

100 Meter Hurdles (Girls) [SD modification]

- 10 hurdles
- Hurdles, 33 inches high
- From Start to First Hurdle - 13m - (42'8")
- Distance Between Hurdles - 8m - (26'4")
- From Last Hurdle to Finish - 15m - (49'4")

Note: SD has modified the 100m hurdle spacing. The figures listed above must be used for all 100m hurdle races during the season including Region and State.

110 Meter Hurdles (Boys)

- (Boys) - 10 Hurdles, 39 inches high
- From Start to First Hurdle - 13.72m - (15 Yards)
- Distance Between Hurdles - 9.14m - (10 Yards)
- From Last Hurdle to Finish - 14.02m - (15 Yards)

300 Meter Low Hurdles (Girls)

- 8 Hurdles, 30 inches high
(Hurdle Spacing: same as Boys' 300m Intermediate Hurdles.)

300 Meter Intermediate Hurdles (Boys)

- 8 Hurdles, 36 inches high
- From Start to First Hurdle - 45m - (147' 7 1/2")
- Distance Between Hurdles - 35m - (114' 10")
- Last Hurdle to Finish - 10m - (32' 9 1/2")

K. "Cutting for the Pole" in Relay Races

In relay races in which it is permissible for the runner to cut for the pole following a baton exchange, they may do so at any time after receiving the baton regardless of their position in the exchange zone and provided they do not interfere with another runner.

L. Lapped Runners. If a runner is lapped in the 1600m or 3200m races, it will NOT be necessary for him/her to move out or be dropped from the race. They shall run their normal course but if they should decide to drop from the race they must do so to the inside of the track.

M. Lap Times. Lap times are to be given in the 1600m and 3200m runs.

N. Unfair Act.

The committee shall review and familiarize themselves with the unfair acts.

The chairman shall review these rules with the coaches at/or before the pre-meet region meeting.

All meet officials should be made aware of these regulations and shall be instructed to enforce the unfair act rule.

Coaches are to remain in the stands or outside of the track unless the region committee assigns them to a responsibility at the region meet. **This applies to spectators also!!** A mandatory one point team deduction will be assessed if a coach is in an area restricted to athletes and meet officials only at the state meet and said policy will be optional at all regular season meets and regional meets as determined by the games committee or regional committee in charge of said meet.

It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

1. Interference with another competitor
2. Pacing by a teammate not in the race or persons not participating in the event.
3. Competitors joining or grasping hands with each other during a race.
4. Competitor using an aid during the race.

NOTE: The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director or referee prior to the beginning of the meet.

5. Communicating with a competitor through the use of a wireless device.
6. Coaching a competitor from a restricted area. NOTE: It is permissible for a coach to confer with a contestant between events or trials, as long as it is not in an area restricted to contestants and meet officials.
7. A competitor views a videotape or any other visual reproduction of the competitor's performances prior to the completion of the competition.

ALL OF THE ABOVE ACTS APPLY TO ALL REGULAR SEASON MEETS, REGION MEETS AND STATE MEET.

FOR ANY SUCH ACT, THE REFEREE SHALL DISQUALIFY THE COMPETITOR FROM THAT EVENT.

Situation: During the 1600m run, A2's teammates are stationed along the edge of the backstretch or curve and are: (a) calling out lap times, (b) running along the side of the track trying to get A2 to run faster, or (c) cheering or offering encouragement to the teammate. **RULING:** In (a) and (b) A2 is subject to disqualification. In (c) this is legal provided the teammates are not in a restricted area.

O. Races Run in Lanes

To better assist the finish judges for races run in lanes, runners should be instructed to return to the finish line after a race in the lanes in which they have run. In all races, whether in lanes or not, all runners must return to the finish line before leaving the track.

P. Lane Infractions

1. When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors will not be in violation if they inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve, provided they do not interfere with or impede another runner. A competitor shall be considered to be out of their lane, and shall be disqualified when:
 - a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet, or;
 - b. While running on a straightaway, runs in an adjacent lane and interferes with or impedes another runner, or;
 - c. While running around a curve runs over the outside lane line and interferes with or impedes another runner, or;

- d. He/she does not finish the race in their assigned lane, or if while a member of a relay team does not make the pass in the assigned lane.
2. In a race involving a curve and where lanes are not specified, a runner may change toward the inside or outside of the track when the competitor is one full running stride (approximately 7 ft.) in advance of the runner or whose path is crossed. It is not a foul if a runner crosses to the inside or outside if this action does not interfere in any way with another competitor's stride. Competitors shall be disqualified when running around a curve, they step on or over the curb (or painted curb line) for three or more consecutive steps with either or both feet.

Q. Break Line Infractions

The break line used to mark the end of a staggered starting zone has now been defined as that point in each lane, usually at the point of the curve (or beginning of a straightaway), that marks the end of a lane stagger. It may either be a solid line painted on the track or designated by a flag or pylon on the inside lane boundary of each lane. The rule goes on to stipulate that competitors must run the entire distance to the break line in their assigned lanes before breaking to the pole position. A competitor who takes one or more steps inside the lane AT THE BREAK LINE shall be disqualified.

The break line or breakpoint for races run only partially in lanes is usually pretty well understood. However, some confuse the restrictions that apply to the break line with the rule requiring runners to run in their assigned lanes. The latter rule would not necessarily disqualify a runner who, while running around a curve, took LESS THAN THREE consecutive steps inside his/her lane boundary. However, in races in which a break line is used, runners who take even one step inside their lane boundary must return to their assigned lane BEFORE CROSSING THE BREAK LINE. There is no leeway in ruling on the disqualification of competitors who CUT FOR THE POLE PRIOR TO REACHING THE BREAK LINE in their assigned lanes.

R. Events Moved Indoors

Don't move events indoors unless absolutely necessary. If the regional meet committee determines that the high jump or pole vault must be moved indoors, adequate facilities must be available. No standard qualifiers will be allowed when events are moved indoors. The use of tape, sticky side up, may be used to aid in holding the high jump bar in place if wind conditions warrant it. This decision must be made by the meet's referee or head field judge.

S. Direction of 100M and 110M Hurdles, 100M Dash

The direction of the 100m and 110m hurdles, and 100m dash races may be changed to run with the wind at the discretion of the committee in charge. Rule 5-1-4 states that events run entirely on the straightaway may be run in either direction.

NOTE: It is not permissible to change the direction of the 200m dash due to unfavorable wind conditions.

T. When competitors or relay teams have IDENTICAL TIMES, but ran in separate sections, they will tie for the place in question. Place is not a factor in a final race run in sections.

U. Interference

Interference is any action by a competitor, or non-competitor, which unfairly changes the course or natural running rhythm of a runner during a race. This may include bumping, tripping or running across the runner's path. Penalty: Disqualification from that event.

1. When interference occurs in a preliminary heat the referee may allow the offended runner or relay team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, the same as if the runner or relay team had won a place.
2. When interference occurs in the final heat or section, the referee may order a new race between all of those in the finals, or between those who in the referee's opinion, are entitled to the privilege.

V. "Bell Lap": The starter or recall starter is assigned the duty of firing a gun to begin the last lap of an individual race of three laps or more.

W. Acceleration Zone: An acceleration zone may be used in relay races where the incoming runner is running legs of 200 meters or less. When this is permitted, competitors electing to use this option must be positioned entirely within the limits of the acceleration zone. The outgoing runners for each team may take their positions on the track and commence running not more than 10m outside the exchange zone, but the baton must be passed while it is in the 20m exchange zone. A distinctive mark shall be made on the track to denote this extended running limit.

X. Baton

1. Throwing - If a contestant throws a baton, s/he and her/his team are disqualified for places in the relay. The contestant that threw the baton is eligible to continue to compete in other events unless unsportsmanlike conduct is involved. Remember there is no distinction between whether the baton was thrown into the air in disgust, or thrown into the air as an act of exhilaration.
2. Taping Prohibited - The use of tape or other materials in wrapping a baton is prohibited.

Y. Certifying Vaulters Weight at Meets

The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of ¾-inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by

the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters meet these requirements by signing the event card. NOTE: Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4-inch marking in contrasting color on each pole.

If the contrasting band is missing, worn or unreadable, coaches should contact the manufacturer to get a replacement.

Pole Vault Manufacturer's Contact List

Gill Athletics

www.gillathletics.com

On home page, select replace Worn or Unreadable Weight Labels on Vaulting Poles (Online request form)

UCS/Spirit

www.ucsspirit.com

1-800-537-7117

(Will require submission of digital picture of pole manufacturer's marks/etchings)

ESSX

www.officiallessx.com

7624 Pebble Drive

Fort Worth, TX 76118

(Will require engraved flex number, serial number, size of pole and \$10.00 fee)

Altius Poles

Jeff Erickson

1-800-374-7653

www.altiuspoles.com

(Call and then fax the labels requested, pole serial number and all information in pole etchings)

REGION TRACK & FIELD MEET REGULATIONS

Class “A” and Class “B”

- A.** Review meet procedures in the Track and Field Officials Manual.
- B.** The **deadline** for the completion of all regional track meets is Saturday of Week 46. THERE SHALL BE NO POSTPONEMENT OF ANY REGIONAL TRACK MEETS BEYOND THE DEADLINE UNLESS AND UNTIL THE REGIONAL TRACK COMMITTEE RECEIVES APPROVAL TO POSTPONE FROM THE EXECUTIVE STAFF. Phone Number: Office 224-9261.
- C.** All region track meets, except for Class “B” (See Note), are to use the same order of running events. Below is the order of running events for a two session region meet. The schedule is as follows:

<u>Class “A”</u>	<u>Class “B”</u>	<u>All Classes</u>
First Session	First Session	Final Session
Girls’ 100m Hurdles - Prelims	Girls’ 100m Hurdles - Prelims	Girls’ 100m Hurdles
Boys’ 110m Hurdles - Prelims	Boys’ 110m Hurdles - Prelims	Boys’ 110m Hurdles
*Girls’ 3200m Relay - Finals	*Girls’ 3200m Relay – Finals	Girls’ & Boys’ 100m Dash
Girls’ 100m Dash – Prelims	Girls’ 100m Dash - Prelims	Girls’ & Boys’ 800m Relay
Boys’ 100m Dash - Prelims	Boys’ 100m Dash – Prelims	Girls’ & Boys’ 1600m Run
*Boys’ 3200m Relay – Finals	*Boys’ 3200m Relay - Finals	Girls’ & Boys’ 400m Relay
	Girls’ 100m Dash - Semis	Girls’ & Boys’ 400m Dash
	Boys’ 100m Dash - Semis	Girls’ & Boys’ 300m Hurdles
		Girls’ & Boys’ Medley Relay
		Girls’ & Boys’ 800m Run
		Girls’ & Boys’ 200m Dash
		Girls’ & Boys’ 3200m Run
		Girls’ & Boys’ 1600m Relay

- Even number years, the girls’ 3200m relay follows the boys’ 110m hurdle prelims. The boys’ 3200m relay follows the boys’ 100m dash prelims.
- Odd number years, the boys’ 3200m relay follows the boys’ 110m hurdle prelims. The girls’ 3200m relay follows the boys’ 100m dash prelims.

HURDLES, 100m Dash - If the number of competitors is eight or less, preliminaries will not be held.

A suggested break between Session I and II is 1 hour.

- D. Field Events:** It is customary to begin field events earlier than the track events. The Region Committee has the flexibility to set up the field event schedule.

NOTE: Class “B” - If semis are necessary, they will be run at the close of Session I. So that both girls and boys are treated equally, the 3200m Relay race will alternate annually between girls and boys.

- E. Scoring:** Points for individual and relay events shall be according to Rule 2-1-2 which stipulates the following scoring table:

NUMBER OF TEAMS COMPETING	INDIVIDUAL SCORING	RELAY SCORING
2	5 – 3 – 1	5
3	5 – 3 – 2 – 1	5 – 3
4	6 – 4 – 3 – 2 – 1	6 – 4 – 2
5	8 – 6 – 4 – 2 – 1	8 – 6 – 4 – 2
6	10 – 8 – 6 – 4 – 2 – 1	10 – 8 – 6 – 4 – 2
7 or more (6 scoring)	10 – 8 – 6 – 4 – 2 – 1	10 – 8 – 6 – 4 – 2 – 1
7 or more (8 scoring)	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

F. AA State Meet Entry Procedure

ALL Class AA Schools will be required to make all entries to the State Track and Field Meet using the SDHSAA entry system.

1. The updates and instructions will be posted on the SDHSAA website.
2. The deadline for entries to the State Track & Field Meet will be 8:00 pm on the Friday prior to the State meet. (Failure to meet the deadline will result in a \$50.00 fine.)

G. Region Meet Format (Class A and B)

NOTE: All regions are required to use the Hy-Tek Sports Software for Track & Field (Meet Manager for Windows, Version 2.0) at their region track meets. This version includes the cross-country option, seeding option and the button finish interface option. The SDHSAA will provide tech support for the regions.

A Region Hy-Tek Meeting is scheduled in Pierre at the SDHSAA office on April 28, 2010 from 10:30 a.m. - 12:00 noon.

- 1) Regions are encouraged to have the person running the computer present.
- 2) Even if the person running the Hy-Tek program at the region meet feels quite knowledgeable and comfortable using Hy-Tek, they need to attend. The meeting is a method of educating and updating prior to the region meets. These meetings offer a medium for everyone to ask questions and share helpful hints and ideas on how to navigate and use the Hy-Tek program.
- 3) The Region meet disk with database will be provided at this meeting.

1. Committees

- a. A committee shall be formed with a meeting to be held prior to the tournament/meet for organizational purposes.
- b. A school may designate any administrative staff member (superintendent, principal, athletic/activities director) who is not coaching in the sport involved to represent the school on the committee. The representative shall then inform the school personnel directly involved with the sport of the decisions made at the committee meeting.
- c. A committee chairperson is to be elected and each committee shall function following generally accepted Rules of Order. The region chairperson must be currently employed as an administrative staff member for a region member school. Minutes shall be kept of each meeting with a distribution made to each school represented on a timely basis.
- d. All schools participating in the meet/tournament shall be notified as to time and place of any meetings.
- e. **Appointment of a new chairperson for the following year:** The current region chairperson must submit to the SDHSAA the name of the individual that will be the chairperson for the following year. This notification, along with an indication of the date and site for the region meet should be made prior to May 1. If a committee chair can not be named for the following year, the committee must designate a school and administrative position that will assume the chairmanship duties. Failure to name either an individual or a school for the chair will result in naming the current chair as the chairperson for the following year. If this information is not supplied to the SDHSAA Office by May 15 a \$50.00 fine will be assessed against the region not in compliance.
- f. Input of Coaches - All committees are required to give coaches an opportunity to have input to the committee prior to any decision making by the committee.
- g. Ticket Prices for All Region Track & Field Meets

Adults:	\$5.00
Students:	\$3.00

2. Region Entries

- a. The region chairman shall notify each school in their region as to the procedure and timetable for submitting of regional entries, names, and a listing of entrants by events on forms supplied by the region chairman.
- b. Regular Season Qualification

It is the coaches' responsibility to enter the qualified athletes, for the State Meet, at the Region Meet. If the athlete is going to participate at the State Meet in an event that he/she had qualified for at a sanctioned meet, then that must be the event or events that they are entered in at the Region Meet (limit four events). If a relay team qualified, then a relay must be entered at the region meet. Any four names may be listed. This will count as one of the individuals' four events even though the relay may not actually run. Relay teams still have the same option for the State Meet as presently established by the SDHSAA.

If the qualified athlete does not participate at the Regional Meet he/she still has the option to participate at the State Meet along with the other region meet qualifiers as established by the SDHSAA.

NOTE: The athletes that qualified at a sanctioned meet do not have to run or participate in the event at the Region Meet. The standard that will be sent to the state by the region chairman will be the time, distance or height set at a sanctioned meet or region, whichever is better.

If the coach is going to have an athlete participate in an event at the State Meet who has met or exceeded the qualifying standard at a sanctioned meet, then that must be the event(s) they are entered in at the region meet (limit of four events). **The athlete does not have to participate at the Region Meet to participate at the State Meet.** (Times/distances emailed in during the season, will not be imported into the State Meet database. This must be done at the Region meet.)

c. Late entry must be accompanied by a fee of \$10.00.

3. **Entry Meetings**

a. **Pre-Meet Meeting of Coaches (seeding meetings).**

This meeting may be held the day of the meet but not earlier than three calendar days prior to the meet. Official entries shall be made at this time. This is the only opportunity to enter individuals into the events. Please remind the coaches that an individual may be listed in only four events.

Region chairmen are to distribute a list of state meet qualifiers to all coaches attending the seeding meeting (pre-meet meeting).

SPECIAL REMINDER: Have coaches check entries after the close of the meeting. This should prevent coaches from “inadvertently” forgetting someone.

b. **Entry Finalization Meeting**

For those regions having their pre-meet meeting of coaches prior to the day of the Region Meet, a meeting is to be held on the day of the meet prior to the start of any field or running events for the purpose of giving the coaches the opportunity to finalize all of their entries.

NOTE: Regions will require you to use the SDHSAA entry system to make your entries. The program, database and information are located at www.sdhsaa.com under the Track and Field tab.

Chairmen may prefer to designate a specific time whereby coaches may finalize their entries by reporting to an individual in the booth. This takes the place of a specific meeting where all coaches are in attendance.

At this meeting a coach is allowed to scratch an individual out of an individual event to

- 1) Gain eligibility for an additional relay or;
- 2) Scratch and not participate in the event.

Substitutions for individual events are allowed according to the substitution policy. Those competitors entered in an individual event may not be scratched from one event to be the substitute in another individual event.

The purpose of the Finalization Meeting is to make appropriate scratches so a contestant may gain eligibility for an additional relay(s). Additional entries in individual events are not permitted.

ENTRIES ARE FINAL AFTER THIS MEETING.

Reminder: After the finalization meeting, a competitor may scratch out of an individual event(s), however they do not gain eligibility to participate in additional relays. (Example: Entered in two individual events and two relays. Scratch out of the two individual events after the meet starts. The competitor is eligible for only two relays.)

c. **Verification Meeting**

Following the region track & field meet the chairman will conduct a meeting with all coaches in attendance to verify his/her region report. This would include state meet entries as well as times/distances for each event. Coaches must verify the region report is accurate.

4. **Competitor Entry Regulations**

REVIEW ENTRY REGULATIONS FOR ATHLETES THAT QUALIFIED DURING THE SEASON BY BREAKING THE STANDARD IN THAT EVENT. IT IS THE COACHES' RESPONSIBILITY TO ENTER THE QUALIFIED ATHLETES FOR THE STATE MEET AT THE REGION MEET. IF THE ATHLETE IS GOING TO PARTICIPATE AT THE STATE MEET IN AN EVENT THAT HE/SHE HAD QUALIFIED FOR AT A SANCTIONED MEET, THEN THAT MUST BE THE EVENT OR EVENTS THAT THEY ARE ENTERED IN AT THE REGION MEET (limit four events).

a. No school shall be allowed to list more than three contestants in any individual event and not more than one team in each relay event.

b. A contestant's name may not be entered in more than 4 individual events.

c. A contestant may not compete in more than four events, including relays.

d. Examples: If a contestant is entered in 3 individual events - eligible for no more than 1 relay. Can not scratch an individual event to gain eligibility for an additional relay after the Finalization Meeting, or Pre-meet Meeting, depending on region format.

e. Relay runners names need NOT be listed at the pre-meet meeting if the region committee does not require relay cards in advance of the meet. If relay runners' names ARE required, the relay substitution rule must be followed.

f. Regular Season Qualifying

- 1) Coach is responsible for entering athlete(s) who qualified during the Track and Field season for the State Meet by listing the event as one of the athlete's four events at the Region Meet.

- 2) If qualified athlete does not participate at the Region Meet, he/she still has the option to participate at State Meet.
- 3) If a relay team qualified, then a relay must be entered at the region meet. Any four names may be listed. this will count as one of the individuals four events even though the relay may not actually run.

At the region level, listing counts as an entry.

At the state level, participation counts as an entry, not listing.

- g. Relay runners names and the order of running **MUST** be turned into the Clerk of the Course prior to the start of the race. This must be done in writing, **ON FORMS PROVIDED BY THE REGION COMMITTEE**. A maximum of six names can be listed on the relay card. **Each listing counts as an entry.**

5. **Competitor Restrictions**

- a. Boys and girls may participate in a maximum of 4 events including relays.
- b. Seventh and eighth grade participants in High School Track & Field Meets who participate in the 3200m run are permitted to participate in one additional running event plus field events not to exceed the event limitation rule.
Sixth graders are not permitted to compete on High School teams.
- c. There is no competitor restriction which prevents an athlete from running both the 800 meter run and the anchor leg (800m) of the medley relay at the Region and State Track Meets.
- d. After the finalization meeting, a competitor may scratch out of an individual event(s), however they do not gain eligibility to participate in additional relays. (Ex: Entered in two individual events and two relays. Scratch out of the two individual events after the meet starts. The competitor is eligible for only two relays.)
- e. Any individuals listed on a relay card shall be considered as a participant in that event and will count as one of their four events.

6. **Penalty For Exceeding Participation Limitations/Scratching From An Individual Event:**

- a. A contestant shall not be listed in more than four events. If a contestant exceeds participation limitations, all individual and team points earned by that competitor shall be forfeited. If a contestant participated in a relay event, all relay points earned by the team shall be forfeited.
- b. If a participant reports to the starting line for his/her 5th event the individual will not be permitted to participate and those points earned by that competitor in the meet shall be forfeited and the competitor disqualified from further competition in that meet plus the individual would not be allowed to participate at the state meet.
- c. If a competitor exceeds participation limitations by competing in five events and the violation is not discovered until...
 - 1) Immediately following the competition in the fifth event and before the results of event have been approved by the head finish or field event judge. **RULING:** Lower place winners will be advanced to fill the place vacated by the disqualified competitor.
 - 2) The completion of the event has been approved by the head finish or field event judge. **RULING:** Lower place winners will **NOT** be advanced to fill vacant places.
COMMENT: Re-ranking the order of finish is only done when an "apparent place winner" has been disqualified. This means before the order of finish has been approved by the head finish or field judge. **ANY DISQUALIFICATION AFTER PLACES HAVE BEEN DETERMINED AND APPROVED (SIGNED) BY THE HEAD FINISH OR FIELD EVENT JUDGE VACATES THE PLACE AND VOIDS THE POINTS ASSIGNED TO THAT PLACE.** Exceeding participation limitations is not intended to be consistent with the penalties for an athlete who is disqualified for unsportsmanlike conduct. It is consistent with the use of an ineligible athlete.
 - 3). If a violation is not discovered until the completion of the meet, the competitor will forfeit all places, team points and medals earned in all events.
- d. Relay competitors officially become participants when they report to the clerk of course and their name is listed on the region relay card. Individual event competitors become participants once their name is listed (entered) for that event. Official entries are finalized at the Finalization Meeting. If their name is listed and they do not report, the competitor is considered officially entered and the event counts as one of the competitors events.
- e. Illustration: A competitor is entered in three individual events (100-200-Long Jump). During the meet the coach scratches the individual out of the 200. He/she then runs in two relays (400R and 800R). **PENALTY:** All individual and relay points earned shall be forfeited. Lower place winners will not advance to fill the place(s) vacated by the disqualified competitor unless the violation is discovered prior to the approval (signed) of the results of the event by the head finish or field event judge.

The disqualified competitor and the two relay teams are ineligible for state competition.

7. **Withdrawal From Region Meet**

Should a school find it necessary to withdraw from a region track meet after filing an intent to participate, such school shall notify the committee chairman of its withdrawal by the time of the pre-meet meeting of the coaches. Failure to supply such notice makes the school responsible for its share of the expenses of the meet. If a school finds itself unable to give notice of withdrawal before the deadline because of weather conditions, the illness of contestants, or some other act of God, release from this responsibility may be obtained by filing a report of the circumstances with the Executive Director of the Association. Listing of a school's name in the HANDBOOK as being in a certain region does not constitute "intent to participate".

8. Substitutions at Regional Meets

Substitutions after the Pre-meet Meeting or Finalization Meeting (depending on region format) are permitted according to the following criteria.

- a. Substitutions in individual events are permissible at all regional track meets due to injury or illness, as documented by a licensed medical doctor, osteopath or athletic trainer, that occurs prior to the meet. **EXCEPTION:** Should a region track entrant become ill within the 24 hour period prior to the start of the first event of the region meet, the region committee and/or region chairman may accept a statement from local administration in lieu of a medical doctor's statement. This exception would not apply to injuries.
- b. Substitutions in individual events are permissible at all regional track meets due to injury or illness that occurs during the meet. In such cases, the regional committee must exercise its own best judgment as to whether there is justification for a substitution. The individual being substituted for may not compete in the remainder of the meet.
- c. Substitutions in individual events are permissible at all regional track meets due to disciplinary action, taken against an individual(s), as documented by an administrator from the school involved.
- d. Relay cards are not to be required until the participants report to the assembly clerk prior to the race, at that time the four names of those running are to be listed on the relay card.
 - 1) If the team has not qualified during the season, then only the names of the four individuals that are to run are listed on the relay card.
 - 2) If a relay member becomes ill or injured during the meet, an individual can not be scratched from an individual event to make them eligible to complete the relay.
 - 3) If a relay team qualified, then a relay must be entered at the region meet. Any four names may be listed. This will count as one of the individuals four events even though the relay may not actually run.
 - 4) Should a season qualifying relay team choose not to run at the region meet but wish to enter the state meet, a relay card with any 4 names must be submitted to the clerk prior to the running of the relay.
- e. Substitutions in individual events are not permissible at any regional track meets if a competitor is disqualified from further competition because of unsportsmanlike conduct.
- f. Those competitors entered in an individual event may not be scratched from one event to be the substitute in another individual event.

9. Formation of Heats and Drawing Lanes at Region Meet

- a. Preliminaries shall be run in the following events: 100m dash, 100m hurdles and 110m hurdles.
- b. Class "A" - Qualifying from prelims to finals in the 100m dash, 100m hurdles and 110m hurdles.
 - 1) Two preliminary heats: Qualify the top individual from each heat plus the next six fastest times.
 - 2) Three preliminary heats: Qualify the top individual from each heat plus the next five fastest times.
- c. Class "B" - Qualifying from prelims to the finals in the 100m hurdles and 110m hurdles.
 - Qualify the first from each heat and the next best times regardless of the number of heats.

Class "B" - 100m dash preliminaries:

#Heats	#Runners	#Qualifying for Finals
2	9-16	(Semis not needed) First place from each heat plus the next fastest times to finals.
3	17-24	(Semis not needed) First place from each heat plus the next fastest times to finals.
4	25-32	First place from each heat plus the next fastest times to semis.
5	33-40	First place from each heat plus the next fastest times to semis.
6	41-48	First place from each heat plus the next fastest times to semis.

NOTE: 100m dash semis are necessary when the number of entrants exceeds twenty-four.

- d. Class "B" - 100m dash Semi-Finals:
 - 1) The top place finisher of each semi-final heat will qualify for the finals plus the next six fastest times.

- 2) In forming the two heats for the semi-finals, follow the procedure set forth in sub-section e - (3) that follows.
- 3) Lane assignment for the finals will be based on the criteria set forth in sub-section e - (3) that follows.
- e. When forming heats, the procedure is as follows:
 - 1) Weigh PLACE first
 - 2) Weigh TIME second
 - 3) Working from left to right and right to left:
 - a) Group and seed first place winners by their times.
 - b) Group and seed remaining qualifiers by times only.
 - 4) In the first round of competition only, if two contestants from the same team fall within the same heat, move the slower runner to another heat by interchanging with a runner of nearest comparable place and time (weighing PLACE first, and TIME second).
 - 5) If all heats do not have the same number of contestants, draw for the extra contestant assignment to heat by lot. (5-6-6)
- f. If there is a tie in any heat which affects qualification for the next round or the finals, the tying competitors shall compete again for the available lane or position. The meet referee has the authority to establish the time of the competition. Adequate rest time must be provided. The times established in the run off by the tying of competitors are not used for seeding purposes, only to establish who qualifies for the available lane. The time established in the prelims is used for seeding purposes.
- g. Relays
 - 1) Assign fastest times to one heat.
 - 2) Draw for lanes or best times given to lanes 4-5-3-6-2-7-1-8.
 - 3) Any school not qualifying during the season or does not field a relay team at the region in any relay event, cannot participate in that relay at the state meet.
 - 4) If a member of a relay team is disqualified during the relay at the region meet due to unsportsmanlike conduct and the relay team has an in-season qualifying time, the team can advance to the state meet minus the ejected athlete. If the relay did not have an in-season qualifying time, the relay does not advance to the state meet. Relays disqualified due to a dropped baton, exchange out of the zone, false start, etc. would be eligible to compete in the state meet, provided they had qualified during the season.

10. Lane Order

For all races: 4-5-3-6-2-7-1-8

11. Timing: All Times are to be Recorded ...

-in one one-hundredth (1/100) of a second when fully automatic timing is used.

-in tenth (1/10) of a second when hand digital watches are used (Times must be rounded off to the next tenth of a second. Example: 10.42 will be recorded as 10.5).

-the majority of regular season meets are timed with hand held watches so therefore times must be rounded off to the next tenth

NOTE: In determining qualifiers for a subsequent round, timing to one one-thousandth of a second may be used when fully automatic timing is in operation. If manual timing is used, times will remain in one one-hundredth of a second when determining qualifiers to the next round of competition.

12. Field Event Information

- a. All field events are to be conducted outside unless inclement weather dictates otherwise.
- b. Decision to move a field event indoors (indoor facilities being available) is to be made by the region committee with their decision to be final. In case of a tie vote, the region chairman's vote shall have precedence. No standard qualifiers will be allowed when events are moved indoors.
- c. Should competition have started outdoors prior to the decision to move indoors, all trials and/or performances outdoors shall stand as recorded and competition shall continue as listed on event sheet.
- d. The high jump or pole vault judge may permit a warm-up jump without the bar in place prior to the start of competition. Furthermore, after the competition has begun, a competitor who has passed three consecutive heights should be permitted a warm-up jump without the bar in place.
- e. After competition has begun in the long jump and triple jump, five minutes will be allowed for a run-through between flights for the competitors of the next flight.
- f. Taping of hands, fingers in shot and discus:
 - 1) No taping of any part of the hands or fingers will be permitted in the discus or shot event unless there is an open cut or wound that must be protected by tape.
 - 2) Taping of the wrist is still permissible.
 - 3) Gloves are not permitted.
 - 4) Weight belts are permitted.

- g. Advancing to the Finals in Field Events: In the shot, discus, long jump and triple jump, advance eight to the finals.
 - h. Weighing Implements:
All shots and discus should be weighed and certified at the region meet.
 - i. Flighting of Field Events:
 - 1) Triple Jump, Long Jump, Shot Put and Discus - contestants with the best marks will be placed in the first flight
 - 2) High Jump and Pole Vault - contestants with the best jumps should be placed last.
 - 3) The open pit concept for Long Jump and Triple Jump is acceptable at the regional meet provided it is approved.
 - j. The use of Markers for High Jump, Pole Vault, Long Jump and Triple Jump:
 - 1) High Jump: The games committee will specify the marking material, if any, as well as the number and location of the individual check marks, which may be used on all-weather high jump aprons for the purpose of indicating check marks. There will not be any tape allowed near the bar (pad).
The **minimum opening heights** for the high jump at the region meets will be as follows:

Girls	4' 2"
Boys	5' 2"

NOTE: The meet referee and/or region committee may alter the opening height due to inclement weather or level of competition.
 - 2) The Pole Vault: A mark or marker shall not be placed on the runway, but it is permissible to place markers at the side of the runway. Meet management may provide check marks, not more than three inches long, on the runway. Starting at the back of the planting box, mark intervals in the following manner: 6', 7', 8', 9', 10', 11', 12', 13', 20', 30', 40', 50', 60', 70', 80', 90', 100', 110', 120'.
The runway adjacent to the pole vault box may be marked by a permanent line ½ inch drawn through the top (zero point) of the vault box extending 10 feet to each side of the box.
The **minimum opening heights** for the pole vault at the region meets will be as follows:

Class "B"	Girls	6' 0"
	Boys	7' 6"
Class "A"	Girls	6' 6"
	Boys	8' 6"

NOTE: The meet referee and/or region committee may alter the opening height due to inclement weather or level of competition.
 - 3) Long Jump and Triple Jump: No marker may be placed on the runway or in the landing pit. However, a competitor may place one or two markers alongside the runway to assist in the run-up and take-off. Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records, as well as minimum qualifying standards. (NOTE: Any type of somersault, back flip, etc., is prohibited in the long jump.)
 - k. Triple Jumpers will have the option of a 24', 28', 32' and 36' take off board with optional board(s) provided to accommodate different levels of ability/competition. Cones are to be used to mark the take off board that is being used for each jump. Athletes will have the option of jumping from any of the existing boards of the runway. It is the responsibility of the athlete to inform the event judge which board they will be using for take off.
 - l. The location of the crossbar in the pole vault is restricted to a position 15.5 inches beyond the vertical plane of the top of the stopboard, up to a maximum of 31.5 inches beyond the vertical plane of the stopboard, in the direction of the landing surface.
 - m. Certifying vaulters weights: refer to procedure on page 8, item y.
 - n. A discus cage is mandatory.
13. **Qualifying From Region to State**
- a. By Place
First and second place finishers in all individual and relay events shall qualify for the State Meet.
 - b. By Standard
 - 1) Regular Season Qualification. Whenever an athlete meets or exceeds the standard in either the field events or the running events in a regular sanctioned meet during the official track season, the athlete shall qualify for the state meet. If the qualified athlete does not participate at the Regional Meet, he/she still has the option to participate at the State Meet along with the other region meet qualifiers, provided they were entered in the event at the region meet.
 - 2) When Fully Automatic Timing is used as the primary timing device at a regular season qualifying meet or at a region track and field meet, permission is granted to convert the F.A.T. time to manual timing **by subtracting .24**. After converting to manual timing, the times must be rounded-off to the nearest tenth as stated in NF Rules 3-8-5.

- 3) Region Meet Qualification. Whenever an athlete meets or exceeds the standard in either the field events or the running events in either the preliminaries, semi-finals, or finals of the regional track meet, then the athlete shall qualify for the state meet regardless of the place finish or regardless of whether the athlete even qualified for the finals or regardless of whether the athlete participates in the finals.

NOTE: Qualifying standards may be found following the state meet information.

- c. Performance Placement for the State Track Meet.

The best time, distance, or height forwarded to the SDHSAA Office by the region chairman, whether it be from regional qualification or regular season qualification, will be used in establishing lane assignments and order of competition in field events.

14. **Meet Referee, Jury of Appeals, and Protests**

In the past, several region chairmen and/or committees have not established a “chain of command” for the region track meet to take care of problems or protests which may arise. A referee, a head umpire, and a Jury of Appeals shall be appointed by the Region Committee for each Region Meet. The Committee may constitute itself as the Jury of Appeals.

- a. Meet Referee:

The region chairman must designate a Meet Referee. This individual may be the region chairman. The starter may not serve as the meet referee.

- b. Jury of Appeals:

A jury of appeals must also be designated. This group may be the region committee or whichever individuals you wish to select.

- c. What is Subject to Appeal?

- 1) Misapplication of a rule;
- 2) Clerical errors in placing competitors in individual events or relays - provided the appeal is made no later than 30 minutes after the conclusion of the meet;
- 3) Errors in team scoring - provided discovery is made within 48 hours of the completion of the meet;
- 4) Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

- d. What is Not Subject to Appeal?

- 1) A judgment decision pertaining to violations or alleged violations of the rules;
- 2) A decision made by the finish judges or timers that does not involve a misapplication of a rule, or the terms and conditions of competition.

NOTE: “Yellow Flags” are not appealable unless there has been a misapplication of a rule.

- e. Procedure to Follow in an Appeal

- 1) Coach must submit a verbal appeal to the meet referee;
- 2) The meet referee rules on the appeal;
- 3) If the meet referee rules on the appeal and the coach does not accept the decision, written appeal may be referred to the Jury of Appeals for a final decision. The meet referee cannot be a part of this final appeal board in this case.

15. **Chalk Line, Flag or Fence**

A marking of some type shall be marked around the track five yards from the curb. Only officials will be allowed in these areas.

16. **Special Regulations Governing Events**

- a. Participation in the Finals:

- 1) Field Events: Finals are an extension of the preliminaries in place designation. An athlete who qualifies for the finals may pass his/her jumps or throws in the finals and still place based upon performance in the prelims.
- 2) Running Events: The finals are not an extension of the preliminaries insofar as place designation is concerned. If an athlete breaks the standard in the preliminaries and choose not to compete in the finals, then the athlete shall not receive any points for his/her team or a place in the event. However, if said athlete chooses not to compete in the finals, then he/she will still qualify for the state meet because the standard was met or exceeded in the preliminaries. The SDHSAA strongly urges both coaches and athletes not to abuse the “qualifying by standard rule” by scratching out of the finals or deliberately false starting in the finals just to save themselves for a later event.

- b. Breaking Ties:

In case of ties at any height or distance in the finals of a field event in the Region Meets, places, points, awards, and qualifying for the State shall be determined as provided in Rule 6 of the Track & Field Rule Book. If a tie for a qualifying place still exists after applying the above procedure, then all contestants still in the tie shall qualify.

- c. Competitors Excused in Field Events:
Guidelines for a competitor who has been excused from a field event to compete in another event may be found in State Meet Information.
 - d. Qualifiers for the State Meet:
Any competitor who qualifies for the State Track & Field Meet at the Regional level should compete at the State level except for medical or disciplinary reasons.
17. **Reporting of Region Results:**
All region chairmen must report region results using the Hy-Tek program. The procedure for the return of the results will be reviewed with each region chairman.
18. **Region Meet Awards:**
The SDHSAA will order all medals and plaques for the region meets. Two plaques (champion and runner-up) will be awarded at each region meet.
Medals will be presented to the top eight finishers in each individual event and to the top 5 relay teams in class "A" and the top 8 relay teams in class "B". Orders will be sent directly to the region chairman by the companies. Region committees will be expected to pay for all awards.

AA STATE TRACK & FIELD QUALIFYING PROCEDURE

1. Class AA will not have region qualifying meets.
2. Competitors will qualify by meeting automatic or provisional qualifying standards during the regular season at a sanctioned qualifying meet.
3. Automatic Qualifying Standard: based upon the average 6th place performance at the state meet the previous 6 years.
4. Provisional Qualifying Standard: based upon 1.05 of the automatic qualifying standard in the running events and .95 of the automatic qualifying standard in the field events.
5. All automatic qualifiers will qualify for the state meet
6. Provisional qualifiers will qualify up to a maximum of 24 (automatic & provisional) in each event. If more than 24 meet the provisional/automatic standard in an event the entries will be reduced to the top 24 qualifying performances. If less than 16 meet the provisional/automatic standard in an event the entries will be increased to 16 based upon the top 16 performances as verified from the regular season qualifying meets. All ties for the final qualifying position will qualify for the state meet. All schools will qualify in each of the relay events. Best time during regular season will determine heat and lane assignments for prelims at the State Meet.
7. Each team will be limited to a maximum of 3 entries in the individual events and 1 entry in the relay events.
8. ALL Class AA Schools will be required to make all entries to the State Track and Field Meet using the SDHSAA entry system.
 - Each school will use the on-line meet entry system located on the SDHSAA website – school zone.
 - The deadline for entries to the State Track & Field Meet will be 8:00 pm on the Friday prior to the State meet. (Failure to meet the deadline will result in a \$50.00 fine.)

Hand Held Time – 2010 Qualifying Standards

<u>Event</u>	<u>Girls</u>		<u>Boys</u>	
	<u>Automatic</u>	<u>Provisional</u>	<u>Automatic</u>	<u>Provisional</u>
100m Dash	12.6	13.2	11.1	11.6
200m Dash	26.6	28.0	22.9	24.1
400m Dash	61.5	64.6	51.5	54.1
800m Run	2:20.9	2:28.0	1:59.6	2:05.6
1600m Run	5:14.7	5:30.5	4:32.3	4:45.9
3200m Run	11:33.8	12:08.6	9:56.1	10:26.0
100/110HH	15.6	16.4	15.5	16.2
300m IH	48.2	50.6	41.4	43.5
Shot Put	36' 7"	34' 9"	49' 6"	47' 0"
Discus	120' 1"	114' 1"	145' 8"	138' 5"
High Jump	4' 11"	4' 8"	6' 1"	5' 9"
Long Jump	16' 8"	15' 10"	20' 9"	19' 8"
Triple Jump	34' 7"	32' 10"	42' 1"	40' 0"
Pole Vault	10' 0"	9' 6"	13' 0"	12' 3"

Fully Automatic Time – 2010 Qualifying Standards

<u>Event</u>	<u>Automatic</u>	<u>Provisional</u>	<u>Automatic</u>	<u>Provisional</u>
100m Dash	12.76	13.40	11.27	11.83
200m Dash	26.84	28.18	23.14	24.30
400m Dash	61.72	64.81	51.68	54.26
800m Run	2:21.11	2:28.17	1:59.76	2:05.75
1600m Run	5:14.94	5:30.69	4:32.45	4:46.08
3200m Run	11:34.03	12:08.74	9:56.33	10:26.15
100/110 HH	15.79	16.58	15.65	16.43
300m IH	48.35	50.77	41.58	43.66
Shot Put	36' 7"	34' 9"	49' 6"	47' 0"
Discus	120' 1"	114' 1"	145' 8"	138' 5"
High Jump	4' 11"	4' 8"	6' 1"	5' 9"
Long Jump	16' 8"	15' 10"	20' 9"	19' 8"
Triple Jump	34' 7"	32' 10"	42' 1"	40' 0"
Pole Vault	10' 0"	9' 6"	13' 0"	12' 3"

STATE TRACK & FIELD MEET INFORMATION

A. Official State Meet Entries

It is very important that the SDHSAA office be informed whether a school's qualifiers will actually compete. The region report is the official entry of all qualifiers. Coaches must verify all their entries with the region chairman before leaving the region meet.

If, after the region meet, a coach finds that one or more of his/her qualifier(s) will not be present at the State Meet, they must notify the SDHSAA office and give the name or names of those not competing and the events they qualified. SDHSAA number 224-9261.

B. Check-in At The State Meet

Coaches will be given a packet containing coaches' tickets, contestants' tags, and contestants' numbers. (Refer to item "S" at the end of this section.) State Meet check-in will be at Sioux Falls (Class B), Lennox (Class A), and Brandon (Class AA). Times, heat & lane assignments and the order of competition for the field events, along with the State Meet information will be posted on the SDHSAA website..

C. Signs and Banners

The displaying of signs and banners at the state track & field meet is limited to team identification signs only and are restricted to the team camp areas. Signs may NOT be placed on any of the fences surrounding the track or field areas. Local management may have further restrictions. Refer to the state track & field general information sheet on the SDHSAA website (www.sdhsaa.com) the week of the state meet for regulations pertaining to a specific site.

D. Practice/Workout at State Meet Sites

Schools will be permitted to workout/practice prior to the State Meet at host sites with times to be announced in information forwarded to the schools.

E. Ticket Information - State Track & Field Meet

All tickets will be purchased at the site of the State Track and Field Meet Preliminaries and/or Finals.

Ticket prices:

Student -

Friday Preliminaries only	\$ 5.00	
Saturday Finals only		5.00
Season Ticket (Friday & Saturday)	10.00	

Adult

Friday Preliminaries only	10.00	
Saturday Finals only		10.00
Season Ticket (Friday & Saturday)	15.00	

Proper student identification must be shown to purchase student tickets. These tickets are for high school and elementary school students only (Grades 1-12).

F. Expenses

Each school shall pay the entire expenses of the contestants at the State Meet per their local school policy. Schools will receive partial reimbursement by the SDHSAA. Please refer to the general section of the athletic handbook for an explanation for the amount to be reimbursed.

G. Qualifying for the Finals

Contestants who take part in the preliminaries at the State Meet have an obligation to take part in the finals if they qualify.

H. Entry List and Eligibility for State Meet

The list of qualifiers as submitted by the Region Chairman is the official entry list for the State Meet. Each school shall be held responsible that its contestants in the State Meet fulfill all eligibility requirements up to the close of school on the Friday preceding the State Meet.

I. Contestant Numbers

All athletes who compete in the State Track and Field Meet are to wear numbers as assigned to the schools by the SDHSAA office. Each schools' athletes assigned numbers will be included in the schools packets which are picked-up at check-in.

NOTE: Penalty for not wearing a number or wearing an incorrect number at the state meet will be a one-point team deduction for each infraction. There will be no penalty for non-compliance of this regulation at regular season track meets and the regional meet, unless the games committee determines otherwise.

J. Appeals

1. Procedure to Follow In An Appeal:
 - a. Coach must submit a verbal protest to the meet referee.
 - b. The meet referee rules on the protest.

- c. If the coach does not accept the decision of the meet referee, a written appeal may be referred to the Jury of Appeals for a final decision.
- 2. Jury of Appeals:
The Jury of Appeals will be composed of the Meet Director(s), Board of Directors member(s) and representative(s) of the SDHSAA staff.

K. Contestants Must Be On Time

Events will start at the time scheduled. Contestants must be on time or they will be eliminated. A call from the clerk is not necessary. In the event of inclement weather, any scheduled field events may start earlier than what is designated. Athletes should be available at the site at least 1 hour prior to start time.

L. Admission After Elimination

Contestants failing to qualify on Friday and having no additional events on Saturday will be admitted to the stands on Saturday and are not required to dress in track uniform but must have their contestants' tags. See awards procedure for proper Saturday attire.

M. Student Managers

To be admitted to the infield, student managers must have their contestants' tags.

N. Relay Finals

Eight teams shall qualify for the finals in each class of the State Meet in the 400m relay, 800m relay, 1600m relay and medley relay. No preliminaries will be run in the 3200m relay. The 3200m relay finals shall be run in two sections, a fast and slow section based upon the times made in the region meets/in-season qualifying meets. The fast section shall be run last. If more than 16 qualify, 8 will run in the fast section and the remainder in the slow section up to a maximum of 12. If more than 20 teams qualify the race will be divided into three sections.

O. Semi-Finals to be Run in 100m Dash

There will be semi-finals in the 100m dash for classes "A" & "B" only, however if 24 or fewer competitors are entered, semi-finals will not be run.

P. Qualifying in All Hurdles, Dashes and Relays (except 3200m Relay)

- 1. Unless there are added starters because of meeting or exceeding standards, the preliminaries in the hurdles, dashes and relays (except 3200m relay) shall be run in two heats.
- 2. The first place from each heat and the next fastest times will qualify to the finals. This would also apply to qualifying from prelims to semi-finals.

Q. Tied Competitors for Last Available Lane

Run off events to determine individual and relay runners for last available lane in finals at the state meet will be held at the end of present session. All participants will have a minimum of a 30 minute rest period between run off event and their last event. If runoff involves relay team, all four runners must be the same as competed in the original preliminary race. Should a team/individual wish not to participate in the runoff (the head coach) must indicate this in writing to the meet director. If you are the last remaining contestant, you are awarded the lane assignment by default.

R. Substitutions

- 1. No Substitutions in Individual Events. Substitutions are not permitted in individual events in the State Meet. Only those contestants who qualify by place in the Region Meet or by meeting or exceeding a standard are eligible to compete in individual events in the State Meet.
- 2. Relay (Rule 5-9-2)
 - a. A maximum of six individuals may be listed on a relay card, any four of which may compete at the State Meet.
 - b. Only those who actually participate in a relay will be considered as officially entered.
 - c. Even if less than six names appear on the relay card, no additions or substitutions may be made after the relay team reports to the clerk the first day of the state meet.
 - d. It is not necessary to use the same four runners in the finals at the State Meet that competed in the prelims at the State Meet or the four that ran at the Region Meet.
 - e. If entered in four individual events at the State Meet, the contestant would be ineligible to compete on any of the relays. Below is an illustration as to combinations of allowable competitor placement:

Individual Events	*Listed on Relays	Allowable Relays
4	0	0
3	5	1
2	5	2
1	5	3
0	5	4

*Even though listed, a competitor can only **participate** in a total of 4 events - a combination of individual and relays.

- f. Relay cards will be filled out and turned in when the relay team reports to the clerk on the first day of competition. The clerk will check which four runners are actually running. SDHSAA will see that the clerk has the necessary relay cards for the finals and the clerk again will check the four runners actually competing.
- g. The four names used each day must come from the six names submitted on the relay card. If a different name appears other than any of the six names submitted, the relay will be disqualified.
- h. A coach can not scratch the competitor from an individual event at the State Meet to make them eligible to compete in an additional relay race.
- i. It is recommended that all competitors compete in all individual events in which they have qualified.
- j. There is no competitor restriction which prevents an athlete from running both the 800 meter run and the anchor leg (800m) of the medley relay at the region and state track meets.

S. Awards at the State Meet

1. Awards will be presented at the awards station in the infield as soon as possible after an event has been completed. An event takes precedence over an awards ceremony. Coaches are to instruct their athletes as to this procedure – field event award winners are to present their medal cards to receive the medals. Names will be called over the PA system. Awards will be presented on the same day the final is conducted for the event, either Friday or Saturday. It is expected all place finishers participate in the award ceremony. (Exception: Only first place relay teams will be recognized.)

Trophies: Champion and runner-up teams.

Plaques: Third and fourth place teams.
Each first place relay team

Medals:

Individuals: Top 8 places each event.

Team: To top four teams.

Class “AA” - Maximum 35 each team.

Class “A” - Maximum 25 each team.

Class “B” - Maximum 15 each team.

If additional medals are needed schools may purchase them. The receiving school is responsible for this.

2. Gold Medal Award. The “Gold Medal Award” was initiated in 1986 by the South Dakota High School Activities Association. To qualify to receive this “Gold Medal”, an athlete must have the best time or greatest distance in each event, regardless of class. In the track events, only the best time in the finals shall be considered. For example, in the Girls’ 100m Dash, if the Class “AA” winner’s time is :12.71, the Class “A” winner’s time is :13.30 and the Class “B” winner’s time is :13.07, the “Gold Medal” would be awarded to the Class “AA” champion. That individual had the fastest time in the 100m Dash. This award will be given to all track and field events for both boys and girls. Please explain the Gold Medal Award to your athlete(s).

Finals Completed on Friday:

Field events will be awarded during the 1600m Runs on Saturday. Listen for the announcement.

Saturday Track Events “Gold Medal Awards” will be presented as events are completed.

3. **All individuals and teams receiving an award during and/or after the conclusion of the State Track and Field Meet must be in a school issued uniform or approved uniforms when accepting awards on the awards stand at the state track meet.**

EVENT REGULATIONS/REGION & STATE

A. 200 Meter Dash:

The 200 Meter Dash shall be run around one curve. It is not permissible to reverse direction of this race due to wind.

B. 400 Meter Dash:

The runners in the 400 Meter Dash shall run in lanes the entire distance with proper staggered starts.

C. 800m, 1600m, 3200m Run and 3200m Relay:

These races will be run in lanes for one full turn. Lanes will be used (not alleys) with proper staggered starts, and all runners will remain in their lanes for one full turn before cutting for the pole.

D. 800m Run and 3200m Relay in Sections:

The 800m Run and the 3200m Relay shall be divided into sections using the following criteria: if there is 20 or less competitors, there will be two sections, a slow section followed by a fast section based upon times made in the region/qualifying meets. The eight best times will run in the fast section and all other qualifiers will run in the slow section. If there are more than 20 qualifiers, there will be three sections, with the last section being the eight fastest qualifiers and sections one and two split with an equal number of qualifiers. If there is an odd number, the second section will have the extra qualifier. Lane assignments for any additional 800m runners or 3200m relay teams will be assigned beginning with the outside of lane 8, then the outside of lane 1, and so on and so forth. The fast section shall be run last.

NOTE: In “AA” competition, if there are 12 or fewer teams competing, the 800m Run and/or 3200m Relay will be run in one section. The additional teams will be assigned to lanes as described above.

E. 1600m Run and 3200m Run in One Section:

The 1600m Run and 3200m Run shall be run in one section.

F. 400m and 800m Relays:

Runners stay in lanes all the way.

G. Sprint Medley Relay: (200-200-400-800)

The first two runners stay in lanes and shall exchange batons in their proper lanes.

H. 1600m Relay:

Relay will be run with a three-turn stagger. The first exchange will be staggered since the second competitor will not break for the inside lane until completing the turn. (If the region committee decides to use a two-turn stagger, the second runner may break for the pole after receiving the baton from the first runner.)

I. Baton Exchanges:

When a runner finishes his/her leg of a relay in a lane, the baton pass to the next runner must be made in that lane. Baton exchanges by runners who are permitted to break for the pole will be made according to the position of the runners as they come around the last curve.

J. Following The Exchange:

In any relay, the runners should be instructed to remain in their own lanes after passing the baton and continue down the track until all runners have passed.

K. Acceleration Zone:

An acceleration zone may be used by runners in relay races when the in-coming runners are running a length of 200m or less.

L. Throwing A Baton:

If a contestant throws a baton, the person who threw the baton and his/her team are disqualified for places in the relay.

M. Heat and Lane Assignment Procedure:

1. From Region to State

- a. All assignments for heat and lanes for the State Track Meet preliminaries will be based on times as reported from the regional meets. Time will be weighed first. In the event an individual qualifier posts a faster time in a regular season qualifying meet, the regional preliminaries or semi-finals than is posted in the finals, the very best time recorded will be used to establish heat and lane-assignment for the state meet.
- b. If regional times submitted result in a tie(s) between competitors or teams, then place will be weighed second.
- c. If additional competitors or teams qualify for an event that is run in slow and fast sections, the additional runners will be placed in the slow section.
- d. No attempt shall be made to separate runners from the same school when setting up heats for the state meet.
- e. Following is the way the heats will be set up as determined by the times made in the region meets. The numbers indicate the fastest time (1) to the slowest time (16) to (24).

If there are 2 heats:

Heat I	Heat II
1	2
4	3
5	6
8	7
9	10
12	11
13	14
16	15

If there are 3 heats:

Heat I	Heat II	Heat III
1	2	3
6	5	4
7	8	9
12	11	10
13	14	15
18	17	16
19	20	21
24	23	22

f. Lane Order

For all races: 4-5-3-6-2-7-1-8

Lane assignments for the 1600m Run and 3200m Run will be as follows:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
							$\frac{8 \ 16}{17}$
						$\frac{6 \ 14}{19}$	
					$\frac{4 \ 12}{21}$		
				$\frac{2 \ 10}{23}$			
		$\frac{3 \ 11}{22}$	$\frac{1 \ 9}{24}$				
	$\frac{5 \ 13}{20}$						
$\frac{7 \ 15}{18}$							

g. Lane assignments for the 800m Run and 3200 m Relay will be as follows:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
							8 - 9
						6 - 11	
					4		
				2			
			1				
		3					
	5 - 12						
7 - 10							

NOTE: Numbers indicate time ranking. The best time is placed in the inside of lane 4 and the 9th best time in the outside. The second best time is placed in the inside of lane 5 and the 10th best time in the outside. The third best time is placed in the inside of lane 3 and the 11th best time in the outside, etc., etc.

2. From Prelims to Finals in Individual and Relay Events at the State Meet
 - a. Preliminaries will be run in all track events with the following exceptions:
 GIRLS: 800m Run, 1600m Run, 3200m Relay, 3200m Run.
 BOYS: 800m Run, 1600m Run, 3200m Relay, 3200m Run.
 - b. Placement in preliminary heats will be determined by times made in region meets or season qualifying meets whichever time is better.
 - c. Qualifying from the prelims to the finals for all **hurdles, dashes, and relays** (except 3200m relay) will be first place in each heat and the next best times.
 - d. The 100m Dash shall be run in four (or more) preliminary heats in Class “B” and “A” with the first place in each heat and the next best times advancing to the semis. NOTE: If less than 25 are entered in Class A and B no semis will be held. There will not be any semi-finals in Class “AA”
 - e. If there is a tie in any heat or flight which affects qualification for the next level of competition the tying competitors shall compete for the available lane or position.
3. Lane Assignments From Prelims To Finals
 - a. For all races: 4-5-3-6-2-7-1-8
 - b. Lane assignments will be made as follows:
 - 1) Group and seed first place winners by their times.
 - 2) Group and seed remaining qualifiers by times only.

N. Ties in Qualifying Heats

If there is a tie in any heat or flight which affects qualification for the next level of competition, the tying competitors shall qualify if lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position.

The run off event to determine an individual or relay runners for the last available lane will be held at the end of present session. All participants will have a minimum of a 30 minute rest period between run off event and their last

event. If runoff involves relay team, all four runners must be the same as competed in the original preliminary race. Should a team/individual wish not to participate in the runoff (the head coach) must indicate this in writing to the meet director. If you are the last remaining contestant, you are awarded the lane assignment by default.

O. Timing/Camera

1. All Final Times and Prelims Times will be Recorded
-in one one-hundredth (1/100) of a second when fully automatic timing is used.
-in tenth (1/10) of a second when hand held digital watches are used. (Times will be rounded off to the next tenth of a second. Example: 10:42 will be recorded as 10.5)
2. FAT Malfunctions: When the fully automatic timing device fails to start, the games committee will determine if the race will be recalled.
If the FAT fails during one or more heats of a prelim race, the hand held times in all heats will be used to advance the runners from the prelims to finals.
3. Photo Review: Results of the races are final however any coach wishing to view a picture may do so but only after the close of the meet (or days events) and with the meet referee.

P. Reversing Races Due to Wind

The meet director and meet referee will consider the reversal of the 100m dash, 100m hurdles, 110m high hurdles provided the following conditions exist:

1. The anemometer registers a minimum of 8 MPH
2. The wind is blowing into the face of the runner.
3. The decision for reversal should be made 15 minutes prior to the event
4. If an anemometer is not available, the decision to reverse any races will be made by the Meet Director, Meet Manager and Meet Referee.
5. The decision to change the direction of a field event will be made by the Meet Director, Meet Manager, Meet Referee and the Head Field Judge.

NOTE: If FAT is not available at both ends, the 100m dash will not be reversed.

Q. Field Events

1. Events moved indoors. Events will not be moved indoors unless absolutely necessary. The meet referee, head field judge, meet director and SDHSAA representative will determine if events are to be moved indoors. Adequate facilities must be available.
2. Starting Heights and Raises for High Jump. In the State Track Meet the starting height for the high jump will be 4" below the qualifying standard, with two-inch raises until 3 are left, then one-inch raises. If fewer than 12 qualifiers have cleared the scheduled opening height or if weather conditions warrant, the starting height may be lowered as decided by the meet director (SDHSAA representative), meet manager, meet referee and head field judge.
3. Starting Heights and Raises in Pole Vault.
In the State Track Meet the starting height for the pole vault will be 9" below the qualifying standard, with six-inch raises until 3 are left, then three-inch raises. If fewer than 12 qualifiers have cleared the scheduled opening height or if weather conditions warrant, the starting height may be lowered as decided by the meet director (SDHSAA representative), meet manager, meet referee and head field judge.
4. Flight Make-up. The make-up of each flight in the field events shall be determined by the marks made by the contestants in regular season qualifying meets as well as in regional competition. Contestants with the best marks will be placed in the first flight, for the shot put, long jump, triple jump and discus. The best will be listed last for the high jump and pole vault.
5. The Use of Markers For High Jump, Pole Vault, Long Jump and Triple Jump:
High Jump: Any form of tape, such as athletic tape, may be used on all-weather high jump aprons for the purpose of indicating check marks. No more than two will be allowed, one at the start of the approach (if on the surface) and one at a mid-point. There will not be any tape allowed near the bar (pad) or take off area.
Pole Vault: No mark or markers may be placed by the competitors on the run-way, but it is permissible to place markers at the side of the runway.
Long Jump and Triple Jump: No marker may be placed on the runway or in the landing pit. However, a competitor may place one or two markers alongside the runway to assist in the run-up and take-off. Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records.
6. High Jump & Pole Vault Procedure. These events will be conducted in continuing flights of the "Five Alive" system as described in Rule 7 of the Track and Field Rule Book. The order of competition - best will be listed last. The high jump or pole vault may permit a warm-up jump without the bar in place. A competitor who has passed three consecutive heights shall be entitled to a warm-up jump.
Certifying Vaulters Weights: Refer to procedure on page 8, item Y.
7. Breaking Ties. In case of ties at any height or distance in the finals of a field event in the State Meet; places, points, and awards shall be determined as provided in Rule 2 of the Track & Field Rule Book.

8. Use of Spikes. Only 3/16" spikes or less will be permitted on the track and runways. Pyramid spikes only. The needle spike is not to be worn. Inspections will be made.
9. Long Jump and Triple Jump Procedure. The long jump and triple jump will be conducted in flights of six to ten. They will be conducted as described in Rule 7 of the Track and Field Rule Book. The eight best jumps will qualify for the finals. If there is a tie for the eighth qualifying place, all tied competitors will advance to the finals. The order of competition shall be listed on the judge's sheet. The order of competition - best will be listed first. Weather conditions may alter the procedure.

Practice run-throughs will be permitted between flights of the long jump and the triple jump at the state meet. A five minute time frame will be allowed for this purpose.

10. Shot Put and Discus Procedure.
 - a. Each flight in the preliminaries shall consist of six to ten competitors. The first three to five of each flight of six to ten to throw in rotation for two throws, then the second three to five competitors throw in rotation for two throws. Each member of the entire flight then takes his or her third throw in order. Repeat this for each flight. The order of competition - best will be listed first. The eight best throws will qualify for the finals. If there is a tie for the eighth qualifying place, all tied competitors will advance to the finals. Finalists will throw in order as one flight with the best throw in the preliminaries throwing last and so on and so forth. Each competitor entitled to three attempts in the finals.
 - b. A 5-minute warm-up will be permitted between flights of the shot put and discus.
11. Reporting To Field Events: Contestants shall report promptly to the event judge at the designated location when the event is announced. With the exception of the pole vault, a contestant shall be charged with an unsuccessful attempt if the contestant does not initiate a trial that is carried to completion, or pass it within one minute after being called for a trial, unless excused by the event judge to participate in some other event. In the pole vault event, the time limit remains at one and one-half minutes.
12. Excused From Field Events: Guidelines for a competitor who has been excused from a field event to compete in another event.
 - a. Athlete must receive permission from event judge.
 - b. Judge must record time excused.
 - c. Judge may allow competitor to take a trial out of turn before being excused.
 - d. Judge will use some judgment in extending the time excused under special circumstances, i.e. 3200 meter run.
 - e. In the high jump and pole vault, if the competitor has failed to return in the allotted time and all other remaining competitors have either passed, failed or cleared the existing height, the crossbar will be raised to the next height and the judge will automatically pass the excused competitor to the new height.
 - f. When determining the events for an individual competitor, coaches must take into account the limited time allowed to be excused to compete in another event.

R. Special Attention (Coaches and Contestants)

1. An area will be provided at the State Meet for team camps or base of operations. This will not be on the infield. Coaches may be in the camp area. The infield will be used for warm-ups only.
2. A one-point team deduction is to be taken for each infraction for a coach being in the infield. All officials have the power to make the call. A written report shall be made to the referee.
3. A chalk line will be marked five yards from the curb on the curves. Only officials will be allowed in these areas.
4. Lap times will be given in the 1600m and 3200m runs to all runners.
5. It is expected that all place finishers participate in the award ceremony and be recognized. (Exception-Only first place relay teams are to be recognized)
6. It is also expected Gold Medal Award recipients be available for this special award.
7. Remember: Competitors may not warm-up on the back stretch once track events have started.

S. Complimentary and Contestant Tag Policy

Schools qualifying contestants for the State Track and Field Meet will be provided the following ticket/tags. These will be handed out at check-in.

1. Each contestant will receive a tag.
2. Coaches tags for schools qualifying a boys and/or girls contestant are allotted as follows:
 - Class "B":
2 tags for boys, 2 tags for girls.
 - Class "A":
3 tags for boys, 3 tags for girls.
 - Class "AA":
4 tags for boys, 4 tags for girls.
3. Student Managers (all classes)
 - Girls and Boys Teams
1-4 qualifiers - 1 tag

- 5 or more qualifiers - 2 tags
- 4. Bus Driver
One tag per school if requested.
- 5. Trainer
One tag per school if requested.

T. Contingency Plan in the Event of Adverse Weather Conditions

General

1. Lightening - Evacuate the stands and postpone all competition until the danger has passed.
2. Heavy downpour - Postpone all competition until the rain subsides.
3. The State Meet Manager must have a current list of phone numbers and individuals affiliated with the Weather Bureau.

Track Events

1. Decisions as to how to proceed in the running events will be made by the Meet Referee, Meet Director, and Meet Manager.
2. Schedule of running events - Deviate as deemed appropriate. Conduct all remaining events on a back-to-back basis as expeditiously as possible.
3. Run hurdles as planned except postpone during a heavy down-pour.
4. If there is deep standing water on the track, the above named officials will determine the procedure for continuing to compete. Heats can be reseeded if necessary.

Field Events:

1. Decisions as to how to proceed in the field events will be made by the Meet Referee, Head Field Judge, Meet Director, and Meet Manager.
2. All field events are to be postponed on an hour-by-hour basis. Event adjustments will be made on the same basis. If Friday field events cannot be completed as scheduled, they will be moved to the site of the Saturday finals. An earlier starting time should be announced and uncompleted Friday events should start first with Saturdays events following immediately afterwards. The above named officials should meet Friday night and set up the revised schedule. Postponed event workers from Friday will be expected to run these events.
3. The discus, shot put, triple jump and long jump competition may be adjusted by eliminating the preliminaries and conducting finals only with four jumps or throws. Reverse the flight order and the make-up of each flight so the best qualifier competes last.
4. If the field event(s) cannot be completed during the two day state meet, those events that were postponed shall be moved to the following Monday, site to be determined. (Note: The following Monday will be Memorial Day four out of a six year cycle.)
5. In the event adverse weather conditions prevent utilizing the following Monday as a makeup day, all events will be cancelled and team standings will be based on the events we were able to complete.

2010 TRACK & FIELD MEET SCHEDULES AT SIOUX FALLS, LENNOX & BRANDON

Class "B" Preliminaries at Sioux Falls; Class "A" Preliminaries at Lennox
Class "AA" Preliminaries at Brandon; Class "B", "A", "AA" Finals at Sioux Falls

1st Session – SIOUX FALLS AND LENNOX - MAY 28, 2010

9:30 a.m. Field Events and 10:00 a.m. Running Events

10:00	Girls 100m Inter. Hurdles – Prelims	9:30	"B" "A" Girls Pole Vault
10:15	Boys 110m High Hurdles – Prelims		"B" "A" Boys Long Jump
10:30	GIRLS 3200m RELAY – FINALS		"B" Girls High Jump
11:00	Girls 100m Dash – Prelims		"A" Girls Shot Put
11:15	Boys 100m Dash – Prelims		
11:30	BOYS 3200m RELAY – FINALS		
11:55	Girls 100m Dash – Semis	11:30	"B" "A" Girls Long Jump
12:05	Boys 100m Dash – Semis		"B" Boys Discus
12:15	Girls 800m Relay – Prelims		
12:30	Boys 800m Relay – Prelims		

1st SESSION – BRANDON – MAY 28, 2010

10:30 a.m. Field Events and 11:00 a.m. Running Events

11:00	Girls 100m Inter. Hurdles – Prelims	10:30	"AA" Girls Discus
11:15	Boys 110m High Hurdles – Prelims		"AA" Boys High Jump
11:30	GIRLS 3200m RELAY – FINALS		
11:50	Girls 100m Dash – Prelims		
12:00	Boys 100m Dash – Prelims	12:30	"AA" Girls High Jump
12:10	BOYS 3200m RELAY – FINALS		"AA" Boys Shot Put
12:30	Girls 800m Relay – Prelims		
12:45	Boys 800m Relay – Prelims		

2nd SESSION – ALL SITES – MAY 28, 2010

2:00 p.m. Field Events and 2:30 p.m. Running Events

2:30	Girls 400m Relay – Prelims	2:00	"B" "A" Boys Pole Vault
2:40	Boys 400m Relay – Prelims		"B" "A" "AA" Boys Triple Jump
2:50	Girls 400m Dash – Prelims		"B" Girls Discus
3:00	Boys 400m Dash – Prelims		"AA" Girls Shot Put
3:15	Girls 300m Low Hurdles – Prelims		
3:30	Boys 300m Inter. Hurdles – Prelims		
3:45	Girls Medley Relay – Prelims	4:00	"B" "A" "AA" Girls Triple Jump
4:00	Boys Medley Relay – Prelims		"B" Boys High Jump
4:15	GIRLS 800m RUN – FINALS		"A" Boys Shot Put
4:25	BOYS 800m RUN – FINALS		"AA" Boys Discus
4:35	Girls 200m Dash – Prelims		
4:50	Boys 200m Dash – Prelims		
5:05	GIRLS 3200m RUN – FINALS		
5:25	BOYS 3200m RUN – FINALS		
5:40	Girls 1600m Relay – Prelims		
6:00	Boys 1600m Relay – Prelims		

FINAL SESSION – SIOUX FALLS – MAY 29, 2010

9:00 a.m. Field Events and 9:30 a.m. Running Events

9:30	"B" "A" "AA" Girls 100m Inter. Hurdles	9:00	"B" Girls Shot Put
9:45	"B" "A" "AA" Boys 110m High Hurdles		"A" Girls High Jump
10:00	"B" "A" "AA" Girls 100m Dash		"A" Boys Discus
10:15	"B" "A" "AA" Boys 100m Dash		"AA" Boys Long Jump
10:30	"B" "A" "AA" Girls 800m Relay		"AA" Girls Pole Vault
10:45	"B" "A" "AA" Boys 800m Relay		
11:00	"B" "A" "AA" Girls 1600m Run	11:30	"B" Boys Shot Put
11:20	"B" "A" "AA" Boys 1600m Run		"A" Boys High Jump
11:45	"B" "A" "AA" Girls 400m Relay		"A" Girls Discus
11:55	"B" "A" "AA" Boys 400m Relay		"AA" Girls Long Jump
12:10	"B" "A" "AA" Girls 400m Dash		"AA" Boys Pole Vault
12:25	"B" "A" "AA" Boys 400m Dash		
12:40	"B" "A" "AA" Girls 300m Low Hurdles		
12:55	"B" "A" "AA" Boys 300m Inter. Hurdles		
1:10	"B" "A" "AA" Girls Medley Relay		
1:25	"B" "A" "AA" Boys Medley Relay		
1:45	"B" "A" "AA" Girls 200m Dash		
2:00	"B" "A" "AA" Boys 200m Dash		
2:10	DISTINGUISHED SERVICE AWARDS, NFOA TRACK OFFICIAL'S AWARD, 25 YEAR COACHES AWARDS, 25 YEAR OFFICIALS AWARDS, SPECIAL OLYMPICS MEDAL PRESENTATION		
2:25	"B" "A" "AA" Girls 1600m Relay		
2:40	"B" "A" "AA" Boys 1600m Relay		

**SDHSAA 2010 STATE TRACK & FIELD
HAND HELD TIME - QUALIFYING STANDARDS**

GIRLS	“B”	“A”	BOYS	“B”	“A”
100 Meter Dash	12.9	12.9	100 Meter Dash	11.3	11.2
200 Meter Dash	27.4	26.8	200 Meter Dash	23.5	23.3
400 Meter Dash	62.0	61.4	400 Meter Dash	52.4	51.6
800 Meter Run	2:30.7	2:27.8	800 Meter Run	2:04.7	2:02.7
1600 Meter Run	5:37.8	5:35.3	1600 Meter Run	4:45.0	4:36.9
3200 Meter Run	12:33.3	12:17.0	3200 Meter Run	10:33.9	10:16.2
100 Meter Hurdles	16.4	15.9	110 Meter Hurdles	16.0	15.7
300 Meter Hurdles	49.5	48.8	300 Meter Hurdles	42.9	42.4
400 Meter Relay	53.1	52.4	400 Meter Relay	46.0	45.3
800 Meter Relay	1:51.5	1:50.3	800 Meter Relay	1:36.0	1:34.1
1600 Meter Relay	4:17.9	4:16.2	1600 Meter Relay	3:38.3	3:33.8
3200 Meter Relay	10:23.2	10:14.1	3200 Meter Relay	8:39.2	8:33.1
Medley Relay	4:35.3	4:32.2	Medley Relay	3:52.8	3:49.0
Shot Put	35’ 8”	36’ 3”	Shot Put	46’ 6”	50’ 11”
Discus	110’ 0”	115’ 1”	Discus	137’ 2”	151’ 2”
High Jump	4’ 10”	5’ 0”	High Jump	6’ 1”	6’ 1”
Long Jump	15’ 11”	16’ 2”	Long Jump	20’ 3”	20’ 8”
Triple Jump	33’ 4”	34’ 3”	Triple Jump	40’ 8”	42’ 1”
Pole Vault	8’ 3”	8’ 9”	Pole Vault	11’ 3”	11’ 6”

**SDHSAA 2010 STATE TRACK & FIELD
FULLY AUTOMATIC TIME - QUALIFYING STANDARDS**

GIRLS	“B”	“A”	BOYS	“B”	“A”
100 Meter Dash	13.12	13.07	100 Meter Dash	11.51	11.41
200 Meter Dash	27.59	27.02	200 Meter Dash	23.72	23.48
400 Meter Dash	62.21	61.63	400 Meter Dash	52.60	51.80
800 Meter Run	2:30.91	2:28.02	800 Meter Run	2:04.89	2:02.94
1600 Meter Run	5:38.00	5:35.54	1600 Meter Run	4:45.17	4:37.05
3200 Meter Run	12:33.46	12:17.20	3200 Meter Run	10:34.12	10:16.36
100 Meter Hurdles	16.64	16.10	110 Meter Hurdles	16.23	15.91
300 Meter Hurdles	49.67	48.99	300 Meter Hurdles	43.06	42.63
400 Meter Relay	53.31	52.57	400 Meter Relay	46.23	45.53
800 Meter Relay	1:51.66	1:50.53	800 Meter Relay	1:36.18	1:34.28
1600 Meter Relay	4:18.12	4:16.35	1600 Meter Relay	3:38.49	3:34.04
3200 Meter Relay	10:23.44	10:14.28	3200 Meter Relay	8:39.35	8:33.30
Medley Relay	4:35.54	4:32.40	Medley Relay	3:52.97	3:49.20
Shot Put	35’ 8”	36’ 3”	Shot Put	46’ 6”	50’ 11”
Discus	110’ 0”	115’ 1”	Discus	137’ 2”	151’ 2”
High Jump	4’ 10”	5’ 0”	High Jump	6’ 1”	6’ 1”
Long Jump	15’ 11”	16’ 2”	Long Jump	20’ 3”	20’ 8”
Triple Jump	33’ 4”	34’ 3”	Triple Jump	40’ 8”	42’ 1”
Pole Vault	8’ 3”	8’ 9”	Pole Vault	11’ 3”	11’ 6”