



804 N. Euclid / PO Box 1217 - Pierre SD 57501
Telephone: 605-224-9261 – Fax: 224-9262

Randy Soma
Assistant Executive Director

TRACK & FIELD/CROSS COUNTRY ADVISORY AGENDA (Preliminary)

Meeting: Wednesday, September 28, 2022, 10:30 AM CT

SDHSAA

Track & Field/Cross Country Advisory Committee Members:

“AA” Coach	Paul Hendry, RC Stevens	2024 (1)
“A” Coach	Jason Bohl, Garretson	2025 (1)
“B” Coach	Todd Thorson, Ipswich	2025 (2)
Athletic Director	Casey Meile, Sioux Falls	2023 (2)
Principal	Paul Nepodal, Lead-Deadwood	2025 (2)
Official	Tim Casper, Lake Preston	2024 (1)
Native Am. Rep.	Lema Leader Charge, St. Francis	2023 (1)

1. Call Meeting to Order
2. Select Recording Secretary
3. Approval of Agenda
4. Review Duties/Responsibilities
5. Review Rule Changes for 2022-23
 - a. SDHSAA Rule Changes
 - i. The javelin will begin as a standard event in Spring of 2021 as Regular Season only, and then a scored event for AA throwers at the 2022 State Track & Field Meet. Only rubber-tipped implements may be used.
 - ii. Beginning in May of 2022, all three classes of the SDHSAA State Track & Field meet will compete at a common location Thursday through Saturday.
 - b. NFHS Rule Changes, as published for upcoming season
 - i. **4-3-1b5:** Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.
Rationale: The change would minimize issues related to logo/trademark reference on uniform bottoms. In the sport of track and field uniform bottoms are increasingly being purchased by the athlete and not school issued. It is becoming more difficult to purchase some garments without the logo completely around the waistband. Allowing larger logos around the waistband has no bearing or impact on the race or event.
 - ii. **8-1-1a (NEW NOTE):** Clarifies cross country course markings.
Rationale: The change states that other methods of marking a course should be used with a single wide line to help identify the turns and route of the course as a single wide line may not be the shortest route.

- iii. **4-3-1b5:** Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.
Rationale: The change would minimize issues related to logo/trademark reference on uniform bottoms. In the sport of track and field uniform bottoms are increasingly being purchased by the athlete and not school issued. It is becoming more difficult to purchase some garments without the logo completely around the waistband. Allowing larger logos around the waistband has no bearing or impact on the race or event.
- iv. **4-3-1b 8 (NEW):** Clarifies that religious headwear is not considered a hair device.
Rationale: The NFHS Track and Field Rules Committee added this rule to clarify there is no need for prior authorization from the state association for religious headwear.
- v. **5-3-3:** Clarifies when each exchange zone is to be used.
Rationale: Clarifies when each exchange zone is to be used based on the incoming runner.
- vi. **6-2-7 (NEW):** Clarifies that running in a direction other than how the event is conducted is prohibited in warm-ups with the exception of the high jump.
Rationale: Clarifies that running in the direction other than how the event is conducted is prohibited during warm-ups in horizontal jumps, pole vault and javelin and more clearly organizes warm-ups, competition, and conclusion of all field events.
- vii. **6-9-9:** Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.
Rationale: The change no longer penalizes the athlete for a hat or sunglasses falling in the pit after they have made their mark.
- viii. **9-3-2 b, c (NEW):** Clarifies when measurements for record attempts for vertical jumps needs to be taken.
Rationale: Putting all record information in one location and clarifying when measurements for record attempts at vertical jumps need to be taken.

6. Review List of Deviations in Cross Country/Track

- i. The distance for the 100m Girls' Hurdles shall be as follows: 13 meters from the start line to the first hurdle, 8 meters between hurdles, and 15 meters from the final hurdle to the finish line.
- ii. The 200m Dash may be reversed at regular season events and during the Region Meet to a wind-aided event if agreed upon by the Meet Manager and Meet Referee. Additionally, the facility must permit this change by way of having permanent markings on the non-common finish to properly stage the event. Should either official object, or should the markings not be present, the event cannot be reversed. The 200m Dash will not be reversed at the State Meet.

7. Coaches Clinic Reports

- a. TFCC Coaches Assn. Meetings
- b. Summer/SODAK Coaches Clinics

8. Report from Committee Members; Opportunity to discuss & make proposals of recommendations for submission to the Athletic Directors/Board of Directors for further consideration

- a. Coaches Reps
- b. Administrative Reps
- c. Official Reps
- d. SDHSAA Representatives (including items as below received in advance from members)

9. Consider Rule Changes and Proposals

- a. 800 M run being run in two heats
- b. Moving 300 M Hurdles at the state meet
- c. FAT Timing (two proposals)
- d. Javelin for Class A/B
- e. Elimination of Region Meets
- f. Starting Heights for State Meet (HJ/PV)

10. Review SDHSAA Handbook Sections for cross country and track & field

- a. Link for SDHSAA Cross Country Handbook: [SDHSAAXCHANDBOOK](#)

b. Link for SDHSAA Track and Field Handbook: [SDHSAAT/FHANDBOOK](#)

11. Review recommendations; additional opportunity for proposals following group discussion

12. Other items of concern

13. Meeting date next year-- Wednesday, September 27, 2023 at 10:30 a.m. (via Zoom)

14. Adjourn



ADVISORY RULE PROPOSAL CHANGE

Schools wishing to make a rules proposal change for the advisory committee to consider shall complete this form and submit to the SDHSAA office preferably two weeks PRIOR to the meeting date so the proposal may be added to the agenda.

Please select the sport in which the rules proposal is being submitted.

- Basketball
- Cross Country/Track & Field
- Gymnastics
- Volleyball
- Comp. Cheer
- Football
- Soccer
- Wrestling
- Comp. Dance
- Golf
- Tennis
- In-/Out-of-Season

Title of Proposal: 800 M Run being run in two heats.

Proposal will affect the following classes (please check all that apply):

- Class B
- Class A
- Class AA

Proposed Rule Change:

The change would have the 800 M run in two heats with 12 instead of three heats with 8 athletes.

Rationale for Rule Change:

The elimination of the 6 heats would allow for 30 minutes to be filled with the next race moving the meet along faster.

The race will be more competitive for the runners and for the fans to watch.

Maxine Unterbrunner
Print Coach Name

Madison
Member School

Maxine Unterbrunner
Coach Signature

Michael Rieke
Print Athletic Director Name

Madison
Member School

Michael Rieke
Athletic Director Signature



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Title of Proposal: Moving 300 M Hurdles at the State Meet

Proposal will affect the following classes (please check all that apply):

- Class B
- Class A
- Class AA

Proposed Rule Change:

Moving the 300 M hurdles to follow the 100 M Dash Prelims on the first day of the State Track and Field Meet.

Rationale for Rule Change:

The moving of the 300M hurdles will allow the runner to participate in the open 400 M run. The moving of the 300 M hurdles to the first day of the meet will free up time on the track for the second day.

Maxine Unterbrunner
Print Coach Name

Madison
Member School

Maxine Unterbrunner
Coach Signature

Michael Pickle
Print Athletic Director Name

Madison
Member School

Michael Pickle
Athletic Director Signature



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Title of Proposal: FAT timing for all meets

Proposal will affect the following classes (please check all that apply):

- Class B
- Class A
- Class AA

Proposed Rule Change:

Make it mandatory that all meets use FAT timing

Rationale for Rule Change:

It will take away human error in timing. We would have every meet using the same system of timing.

<u>Jason Bohl</u> Print Coach Name	<u>Garretson</u> Member School	<u>[Signature]</u> Coach Signature
<u>Kevin Stecker</u> Print Athletic Director Name	<u>Garretson</u> Member School	<u>Kevin Stecker</u> Athletic Director Signature



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Title of Proposal: FAT

Proposal will affect the following classes (please check all that apply):

- Class B
- Class A
- Class AA

Proposed Rule Change:

By Spring 2024 Track & Field season, all schools wishing to hold a sanctioned track meet, must be able to provide an FAT system for that meet. No handheld conversions times will be considered legal times for qualifying for the State Track meet after the Spring 2023 Track & Field Season.

Rationale for Rule Change:

Handheld is inaccurate, and the possibility of human error is high. FAT is the most accurate and fair way to decide the Top 24. We need to have everyone statewide on the same playing field as it relates to qualifying times. FAT systems are expensive, but everyone has 1 year to plan for purchasing their own or renting/hiring a person to do it for their track meets. Many schools already rent systems and divide the cost up amongst the teams participating in the meet.

Brad Barkhalter
Print Coach Name

Bison 52-1
Member School

Brad Barkhalter
Coach Signature

TRACY L COCCINS
Print Athletic Director Name

BISON 52-1
Member School

Tracy L Coccins
Athletic Director Signature



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Title of Proposal: Javelin

Proposal will affect the following classes (please check all that apply):

- Class B
- Class A
- Class AA

Proposed Rule Change:

We would like to add the Javelin to the State Track Meet in Class A and B

Rationale for Rule Change:

Everyone is starting to incorporate into their home meets and needs to go on the state level.

Jason Bohl
Print Coach Name

Garretson
Member School

[Signature]
Coach Signature

Kevin Steckeler
Print Athletic Director Name

Garretson
Member School

[Signature]
Athletic Director Signature



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Title of Proposal: That we do not have a region meet in track and field for class AA, A or B.

Proposal will affect the following classes (please check all that apply):

- Class B
- Class A
- Class AA

Proposed Rule Change:

We do not require region meet for class A or B schools.

Rationale for Rule Change:

The Class A and B coaches took a survey and would prefer to have a last chance meet instead of a region meet.

More than 60% of the coaches that filled out the survey would prefer a last chance meet.

Sending athletes to a more competitive meet, Graduations, weather, and travel expense are some of the main reasons we would like to have a last chance meet.

<u>Todd Thorson</u>	<u>Ipswich</u>	<u>Todd Thorson</u>
Print Coach Name	Member School	Coach Signature
<u>Dan Vest</u>	<u>Ipswich</u>	<u>[Signature]</u>
Print Athletic Director Name	Member School	Athletic Director Signature



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Title of Proposal: Starting heights for state track and field meet.

Proposal will affect the following classes (please check all that apply):

- Class B
- Class A
- Class AA

Proposed Rule Change:

High Jump Starting height would be 2" lower than the 24th qualifiers best performance.
Pole Vault Starting height would be 6" lower than the 24th qualifiers best performance.

Rationale for Rule Change:

We would like to have everyone that qualifies for state to have a reasonable chance to clear opening height at state.

<u>Todd Thorsen</u> Print Coach Name	<u>Ipswich</u> Member School	<u>Todd Thorsen</u> Coach Signature
<u>Don Kist</u> Print Athletic Director Name	<u>Ipswich</u> Member School	<u>[Signature]</u> Athletic Director Signature



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Randy Soma
Assistant Executive Director

TRACK & FIELD/CROSS COUNTRY MINUTES

Meeting: September 27, 10:30 AM CT

SDHSAA via Zoom

The Track & Field/Cross Country Advisory Committee meeting was called to order at 10:30 AM CT with the following representatives present via teleconference:

“AA” Coach	Paul Hendry, RC Stevens
“A” Coach	Matt Coy, Beresford
“B” Coach	Todd Thorson, Ipswich
Athletic Director	Casey Meile, Sioux Falls
Principal	Paul Nepodal, Lead-Deadwood
Official	Tim Casper, Lake Preston
Native Am. Rep.	Lema Leader Charge, St. Francis (Not Available)

SDHSAA Staff members present included Jo Auch, Dr. Dan Swartos and Randy Soma. Agenda was motioned for approval by Casper, second by Nepodal; approved unanimously. Meeting terms and committee terms were reviewed. Soma was selected as the recording secretary.

Committee action begin with review of 2021-22 changes.

SDHSAA Rule Changes:

1. The javelin will begin as a standard event in Spring of 2021 as regular season only, and then a scored event for AA throwers at the 2022 State Track & Field Meet. Only rubber-tipped implements may be used.
2. Beginning in May of 2022, all three classes of the SDHSAA State Track & Field meet will compete at a common location Thursday through Saturday.

NFHS Rule Changes:

1. 4-3-1b5: Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.
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2. 4-3-1b 8 (NEW): Clarifies that religious headwear is not considered a hair device.
Rationale: The NFHS Track and Field Rules Committee added this rule to clarify there is no need for prior authorization from the state association for religious headwear.
3. 5-3-3: Clarifies when each exchange zone is to be used.
Rationale: Clarifies when each exchange zone is to be used based on the incoming runner.

4. 6-2-7 (NEW): Clarifies that running in a direction other than how the event is conducted is prohibited in warm-ups with the exception of the high jump.
Rationale: Clarifies that running in the direction other than how the event is conducted is prohibited during warm-ups in horizontal jumps, pole vault and javelin and more clearly organizes warm-ups, competition, and conclusion of all field events
5. 6-9-9: Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.
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6. 8-1-1a (NEW NOTE): Clarifies cross country course markings.
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7. 9-3-2 b, c (NEW): Clarifies when measurements for record attempts for vertical jumps needs to be taken.
Rationale: Putting all record information in one location and clarifying when measurements for record attempts at vertical jumps need to be taken.

Reviewed the List of Deviations in Cross Country/Track from the NFHS

The distance for the 100m Girls' Hurdles shall be as follows: 13 meters from the start line to the first hurdle, 8 meters between hurdles, and 15 meters from the final hurdle to the finish line.

Coaches Clinic Report

Paul Hendry – This past year the clinic was held in Rapid City. Concern is high on the numbers that attended and what they need to do to increase those attendance numbers. Next year it will be in Mitchell.

Committee members reports:

Matt Coy – A Coaches Representative

1. 3 day meet schedule for the state championship and discussed the field event and running event schedule. Concerned about the long days.
2. Fully Automatic Timing – should it be required for all track meets that are qualifiers.
3. Athletic.net – liked how it worked and wanted to keep it as the program we use.
4. Establishing opening heights for pole-vault and high jump and what that procedure is.
This is established by the SDHSAA Meet Directors. Handbook states: pole vault -starting height will be 6 inches below the six-year average of the 8th place finisher for each class. high jump – Starting height will be 2 inches lower than the six-year average of the 8th place finisher for each class.
5. Coed 4 x 4 relay was discussed
6. Relay cards – Can they be moved to online.

Todd Thorson - B Coaches Representative

1. Top 24 athletes – Allow more than 3 from one school
2. Athletic.net -Liked it and wanted to keep it as the program we use state wide.
3. Region Meets – If we have the Top 24 do we need to have region meets or last chance meets
4. State Meet – Discussed coaches' boxes at state meet. Asked about allowing more than 1 coach in the box from a school.
5. Javelin – Schools do not have enough room for this event.
6. Sharing Facilities – Schools that do not have pole-vault allow them to share facilities with other schools.
7. Fully Automatic Timing – if required we will need to allow 2-3 years for schools to get it in place because of cost.

Paul Hendry – AA Coaches Representative

1. State Meet – Coaches on infield, allow 1-2 passes.
2. State Meet Schedule – 4 heats of the 100, Do we need to have Semi Finals?
3. State Meet – Field events Use all 3 days to split up the field events.
4. State Meets when held in Rapid City. Cannot do 3 day meets at 3 sites
5. 100/110 Hurdles – on the state schedule look at starting with that event
6. Athletic.net - Want to keep it as the program we use state wide. We should have a training session for coaches and administrators.
7. AA wants to bring a proposal that AA schools all use FAT timing systems for qualifiers.
8. Look at State Meet Schedule – Run it for a state meet and then tweak it where it needs to be tweaked.

Paul Nepodal – Principal Representative

1. FAT vs. hand held – How can we become more consistent with how events are being timed.
2. Wants to make sure we are still going back to Rapid City every 3 years. If we have to go to 3 sites we can.

Casey Meile – Athletic Directors Representative

1. Athletic.net – Overwhelming support to keep it as our program
2. Class AA & A support for F.A.T. timing systems
3. Starting Height for pole-vault and high jump – Lean on entries and adjust starting heights
4. 100/110 Hurdles – 3 Event, look at adjusting in the schedule
5. 3 Day State meet needs to rotate.

Tim Casper – Official's Representative

1. 3 Day State Track Meet – Make adjustments annually to improve the schedule. The Games Committee determine the starting heights for pole vault and high jump.
2. Starting Heights for pole-vault and high jump
3. Big Meets – officials request that you have 3 officials (Meet Referee, Starter and Asst. Starter) Big meets would be 8 or more teams competing
4. Would like to go through all track documents with SDHSAA staff to simplify so all can understand.
5. Host Schools provide officials with updated track ledger of their facility

SDHSAA Staff

1. Athletic.net – recommended that we change the handbook to not be vendor specific, that would allow changing of vendors, if deemed necessary.

Rule Proposals

1. Adjust the starting time on Thursday of the State Track Meet to 12:30pm for both running and field events. In the 4x800 we will have 2 heats. Class A & B – 12 in the fastest heat (2nd heat) and the rest in the 1st heat. Class AA – 8 in the fastest heat (2nd heat) and the rest in the 1st heat. Motion by Nepodal and 2nd by Hendry. Rational –the first day would end late and the next day starts early. Not enough rest and time for a meal for student athletes.
Vote 6-0 (Motion Carries)
2. Eliminate the Semi-finals for girls and boys in the 100. Motion by Thorson and 2nd by Coy.
Rational – Based on the handbook
Vote 6-0 (Motion Carries)
3. AA only – All state qualifying track meets must be run with F.A.T timing starting with the 22-23 school year. Motion by Meile and 2nd by Thorson. Rational – help to insure top 24 qualifiers are qualifying all the same way. No longer want hand held times at qualifying meets.
Vote 6-0 (Motion Carries)

4. Final Meet of the season no later than Friday of week 46 with state entries due to SDHSAA by noon on Saturday. Motion by Casey and 2nd by Thorson. Rational – Entries to SDHSAA by Saturday to help with seeding of state track meet.
Vote 6-0 (Motion Carries)

State Track Meet Schedule

Thursday

Track		Field	
12:30 PM	Girls 4x8	12:30 PM	"AA" Long Jump "AA" Girls Pole Vault "AA" Girls Shot Put "A" Boys High Jump "A" Boys Discus "B" Boys Triple Jump
1:40 PM	Boys 4x8		
2:40 PM	Girls 100 M Prelim		
3:10 PM	Boys 100 M Prelim		
3:40 PM	Girls 4x1 Prelim		
4:20 PM	Boys 4x1 Prelim		
5:00 PM	Girls Medley Prelim	3:00 PM	"AA" Girls Long Jump "AA" Boys Discus "A" Girls Triple Jump "B" Boys Pole Vault "B" Girls High Jump "B" Girls Shot Put
5:50 PM	Boys Medley Prelim		

Friday

Track		Field			
9:00 AM	Girls 3200	9:00 AM	"AA" Boys Triple Jump "A" Girls High Jump "A" Girls Pole Vault "B" Girls Discus		
10:00 AM	Boys 3200				
11:00 AM	Girls 4x200 Prelim				
11:30 AM	Boys 4x200 Prelim				
12:15 PM	Girls 100H Prelim				
1:00 PM	Boys 110H Prelim				
1:45pm	Girls 400 Prelim	11:30 AM	"AA" Girls Triple Jump "AA" Girls Discus "AA" Boys Pole Vault "B" Boys Long Jump "B" Boys Shot Put		
2:15 PM	Boys 400 Prelim				
2:45 PM	Girls 300H Prelim				
3:25 PM	Boys 300H Prelim				
4:05PM	Girls 800				
4:35 PM	Boys 800				
4:55 PM	Girls 200 Prelim	2:00 PM	"AA" Boys High Jump "AA" Boys Shot Put "A" Boys Triple Jump "A" Girls Discus "B" Girls Pole Vault		
5:40 PM	Boys 200 Prelim				
6:20PM	Girls 4x4 Prelim				
7:05 PM	Boys 4x4 Prelim				
				4:30 PM	"A" Boys Pole Vault "A" Boys Shot Put

Saturday

Track		Field	
9:30AM	Girls 100H	9:30AM	"AA" Girls Javelin "A" Girls Shot Put "A" Boys Long Jump "B" Boys High Jump "B" Girls Triple Jump "B" Boys Discus
9:45AM	Boys 100H		
9:55AM	Girls 100		
10:10AM	Boys 100		
10:25AM	Girls 4x2		
10:40AM	Boys 4x2		
10:55AM	Girls 1600	12:00 PM	"AA" Boys Javelin "AA" Girls High Jump "A" Girls Long Jump
11:15AM	Boys 1600		
11:40AM	Girls 4x100		
11:50AM	Boys 4x100		
12:05AM	Girls 400		
12:20AM	Boys 400		
12:35PM	Girls 300H		
12:50PM	Boys 300H		
1:05PM	Girls Medley		
	Boys Medley		
1:20PM	Girls 200		
1:40PM	Boys 200		
1:55PM	*Awards*		
2:05PM	Girls 4x4		
2:20PM	Boys 4x4		
2:35PM			

Review of SDHSAA Handbook Sections for Cross Country and Track

The SDHSAA Staff will work with a group of officials to review the two handbooks and make corrections and simplify where possible.

Meeting Date Next Year – Wednesday, September 28, 2022 at 10:30 a.m. (via Zoom)

There being no further business before the committee, the meeting was adjourned at 3:00 p.m. CT.