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Randy Soma
 Assistant Executive Director

TRACK & FIELD/CROSS COUNTRY ADVISOR MINUTES

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

The Track & Field/Cross Country Advisory Committee meeting was called to order at 10:30 am with the following representatives present.

“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) (not available)

Staff Members present include Jo Auch, Dr. Dan Swartos and Randy Soma. The agenda was motioned for approval by Casper and 2nd by Hendry; approved unanimously. Meeting and committee terms were reviewed. Swartos was selected as the recording secretary.

Committee action began with the review of the 2022-2023 changes and review

1. 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.

Review List of Deviations in Cross Country/Track

1. 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.
2. 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.

Coaches Clinic Reports

Discussion items at coach's clinic. The responds to the 3-day track meet was that they overwhelmingly liked it. Some areas they would like to see improved upon – Schedule, Long lines at concessions and t-shirt vendor, coaches' box by pole-vault and high jump, medley as a final, warmup area not adequate.

Certify Cross Country courses - We currently do not have a way to do this.

Committee Members Reports:

Paul Hendry – AA Coaches Representative

- Emailed all AA coaches after last years state track meet. Here are items that were brought up
 - LJ/TJ use tape measure as the laser took to long
 - Starting heights for HJ/PV Start at the height that all 24 can make
 - XC courses all have different lengths – Certifying the course
 - Shade and water while athletes are waiting for awards in the awards area
 - Early packet pick-up on Wednesday
 - Schedule

- Friday to long
- 2 heats of the 800
- Hurdles 100/110 first event on Thursday
- Look at Iowa state meet schedule
- Top 24 – allow more than 3 athletes – allowed to qualify 3 or more for each event. AA was not in favor of this.
- Survey on 3-day event – 13 want the 3 day meet, 7 like the 2 day meet
- Medley Relay – 3 heat final on Thursday – AA 17 for and 4 against
- Allow athletes to warmup on infield

Jason Bohl – Class A Coaches Representative

- Huron Site for State Cross Country – Issues with Hotels
- Class A Split on 3-day meet
- Overwhelming support for Medley Final
- 2 heats of the 800
- Hurdles move to Thursday
- Schedule Long on Friday – need to look at changes
- Starting heights for PV/HJ
- More than 3 in events 25/30 class A coaches against
- Region Track goes away – make it a last chance meet

Todd Thorson – Class B Coaches Representative

- Starting Heights
- Region Track Meet goes away – replace with last chance meet
- 3 day meet vote – 101-40 approved
- 2 day meet vote – 79-29
- Which do they prefer 3 or 2 day meet 50-49
- Keep Region meet and continue top 24 – 59 no – 38 yes
- Warmup sufficient – 89 no
- Use FAT vote 72 yes – 28 No

Paul Nepodahl

- Javelin moving forward – schools need to start investing if this is passed for all classes.
- Do we need to stop deviating for hurdles? Discussion only

Casey Meile

- Had similar responses and nothing new to add.

Tim Casper

- Have Wednesday night at early packet pickup and coaches meeting
- Regions – FAT if we have Regions
- Region Track Tuesday with rain date Thursday
- Recommend 1 turn stagger instead of waterfall start
- Sectioned XC starter and Meet Referee
- Bound have a list of officials for schools to search

Other Items discussed

- IF not FAT – do field events still count – we currently cannot filter.
- For AA – Top 24 in Relays – Should we go to top 16

Consider Rule Changes and Proposals

- **FAT No handheld conversions times will be considered a valid time for qualifying for the State Track Meet after Spring 2023 Track and Field Season. (Only FAT times will be considered for top 24) This will be for all Classes. AA already using. Motion by Thorson and 2nd by Meile. Motion Approved 6-0**
- **Add Javelin to the State Track Meet in Class A & B for the 2023-24 school year. AA already using. Motion by Bohl and 2nd by Nepodal. Motion Approved 6-0**
- **Removal of Regions meets for class A & B – Not requiring region meets in all classes. Extend last allowable date for qualification to Friday Week 46 Motion by Thorson, 2nd by Bohl. Motion Approved 6-0**
- **Add 1-point team deduction for coaches conduct and removal from event. (Rule 3-2, Article 8.2)– Team Personnel (e.g., Coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct. Motion by Thorson, 2nd by Hendry. Motion Approved 6-0**

Discussion Items:

- **Starting Heights – Discussion – We follow what is defined in the handbook –**
 - **Pole-Vault** - Starting height for the State Meet will be 6” below the six-year average of the 8th place finisher for each class.
 - **High Jump** - Starting height for the State Meet will be 2” below the six-year average of the 8th place finisher for each class.
- **Change in the 2023 State Track Schedule**

T H U R S D A Y	TRACK		FIELD	
	11:00 AM	Girls 100 Meter Hurdles Prelim(40min)	10:00 AM	B Girls Pole Vault
	11:40 AM	Boys 100 Meter Hurdles Prelim(40)	10:30 AM	AA Boys Long Jump
	12:20 PM	Girls 3200 Meter Relay Finals(70)		B Girls Shot Put
	1:30 PM	Boys 3200 Meter Relay Finals (60)		A Boys High Jump
	2:30 PM	Girls 100 Meter Dash Prelims(30)		AA Boys Discus
	3:00 PM	Boys 100 Meter Dash Prelims((30)		B Boys Triple Jump
	3:30 PM	Girls 400 Meter Relay Prelims(40)	1:00 PM	B Boys Pole Vault
	4:10 PM	Boys 400 Meter Relay Prelims(40)		AA Girls Long Jump
	4:50 PM	Girls Sprint Medley Finals(50)		A Boys Discus
5:40 PM	Boys Sprint Medley Finals	A Girls Triple Jump		
		B Girls High Jump		
		4:00 PM	AA Girls Shot Put	
			AA Girls Pole Vault	
			AA Boys Javelin	
TRACK		FIELD		
F R	9:00 AM	Girls 3200 Meter Run Final (50min)	9:00 AM	AA Boys Triple Jump
	9:50 AM	Boys 3200 Meter Run Final (40)		A Girls Discus
	10:30 AM	Girls 800 Meter Relay Prelims(40)		B Girls Long Jump
	11:10 AM	Boys 800 Meter Relay Prelims(40)		A Girls Pole Vault

I D A Y	11:50 AM	Girls 400 Meter Dash Prelims(30)	11:30 AM	AA Girls Triple Jump
	12:20 PM	Boys 400 Meter Dash Prelims(30)		A Girls High Jump
	12:50 PM	Girls 300 Meter Hurdles Prelims(40)		AA Girls Discus
	1:30 PM	Boys 300 Meter Hurdles Prelims(40)		B Boys Long Jump
	2:10 PM	Girls 800 Meter Run Finals(30)		B Boys Shot Put
	2:40 PM	Boys 800 Meter Run Finals(20)	12:00 PM	AA Boys Pole Vault
	3:00 PM	Girls 200 Meter Dash Prelims(40)	2:00 PM	AA Boys High Jump
	3:40 PM	Boys 200 Meter Dash Prelims(40)		AA Boys Shot Put
	4:20 PM	Girls 1600 Meter Relay Prelims(45)		A Boys Triple Jump
	5:05 PM	Boys 1600 Meter Relay Prelims		B Girls Discus
		3:00 PM	A Boys Pole Vault	
	TRACK		FIELD	
S A T U R D A Y	10:00 AM	Girls 100 Meter Hurdles Finals(15)	9:30 AM	A Girls Shot Put
	10:15 AM	Boys 110 Meter Hurdle Finals(10)		A Boys Long Jump
	10:25 AM	Girls 100 Meter Dash Finals(15)		AA Girls High Jump
	10:40 AM	Boys 100 Meter Dash Finals(B Girls Triple Jump
	10:55 AM	Girls 800 Meter Relay Finals		B Boys Discus
	11:10 AM	Boys 800 Meter Relay Finals	12:00 PM	AA Girls Javelin
	11:25 AM	Girls 1600 Meter Run Finals		B Boys High Jump
	11:45 AM	Boys 1600 Meter Run Finals		A Girls Long Jump
	12:10 PM	Girls 400 Meter Relay Finals		A Boys Shot Put
	12:20 PM	Boys 400 Meter Relay Finals		
	12:35 PM	Girls 400 Meter Dash Finals		
	12:50 PM	Boys 400 Meter Dash Finals		
	1:05 PM	Girls 300 Meter Hurdles Finals		
	1:20 PM	Boys 300 Meter Hurdles Finals		
	1:35 PM	* Special Awards*		
	1:50 PM	Girls 200 Meter Dash Finals		
	2:05 PM	Boys 200 Meter Dash Finals		
	2:20 PM	*Announcements/Awards Instructions*		
2:25 PM	Girls 1600 Meter Relay Finals			
2:40 PM	Boys 1600 Meter Relay Finals			

We used state track results for 3200 Run, 3200 Relay & 800 and used Saturday's schedule + $\frac{1}{3}$ to get to 9 heats. If the $+\frac{1}{3}$ was more time than we had last year we used last year's times. (example 4x8 i used last year) The 3200 runs we subtracted 30 minutes.

We also used the 2018 2-day schedule and last year's 2022 schedule to compare rest times and evaluate our new schedule.

In 2018 the 400-meter dash prelim athletes would have had 1h 25 min for girls and for boys before the 800. With the 2023 schedule they would have 2h 20 min for girls and 1h 50min for boys

In 2018 the 800 runners would have 20 min rest for girls and 25 min rest for boys before the 200. With the 2023 schedule they have 50min for girls and 1h for boys.

The 4x200 boys running the 400-meter dash is the shortest rest time @ 1 hour and 10min. Keep in mind that the 100-meter dash, 4x1, and medley relays are all done on Thursday so they should have plenty of rest compared to what our athletes have done in the past with a 2-day schedule. 1 hour is plenty of rest for any event that takes less than 30 seconds...

In 2018 the 800-runner trying to run the 3200 would have had 50 min rest for girls and 1h rest for boys. With the 2023 schedule the 3200 run is first with way less heat and they have 5h 10min for girls and 4h 50min for boys before the 800.

Some other positive aspects are the field event athletes have 3 days to complete their events. 3 days compared to 2 days

will spread out the coaching duties.

The sprinters don't have to run 8 times in 2 days, they have 3 days. We also subtracted the extra race for the medley relay runners to allow them to have more recovery for other events.

The biggest positive for the 2023 schedule is we should be able to get all our athletes out of the facility shortly after 6pm to go get a good meal and have time to unwind after competition. In 2022 we left the facility at 7:50pm.

800-meter run being run in two heats. The change would be to have the 800 M run in two heats with 12 instead of three heats with 8 athletes. Top 12 qualifying times will be placed in the fast heat.

3200-meter relay being run in two heats. The change would be to have the 3200 meter relay in two heats with 8 (AA) or 12 (A & B) teams in the fast heat and everyone else in the slow heat.

Review SDHSAA Handbook Sections for cross country and track & field

- No changes brought forward other than State Track Meet Schedule

Meeting date next year-- Monday, October 30, 2023 at 10:30 a.m. (via Zoom)

Adjourn – **Motion by Casper, 2nd by Hendry. Motion Approved 6-0**