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Assistant Executive Director

TRACK & FIELD/CROSS COUNTRY ADVISOR MINUTES

Meeting: Wednesday, September 27, 2023, 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	2026 (1)
“B” Coach	Todd Thorson, Ipswich	2025 (2)
Athletic Director	Kelcy Nash, Arlington	2026 (1)
Principal	Paul Nepodal, Lead-Deadwood	2025 (2)
Official	Tim Casper, Lake Preston	2024 (1)
Native Am. Rep.	Lema Leader Charge, St. Francis	2023 (1)

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

Committee action began with the review of the 2023-2024 changes and review

1. Review Rule Changes for 2023-24

a. SDHSAA Rule Changes

- i. The final meet of the season shall be no later than Friday of NFHS Week 46 with State Meet entries due to SDHSAA by noon on Saturday of NFHS Week 46.
- ii. All state-qualifying track meets must be run with FAT starting with the 2023-24 school year.
- iii. Javelin will be a scored event at the State Meet for all classes.
- iv. Class A and Class B will no longer hold Region Meets. Last Chance Meets may now be added in its place.
- v. Add a one-point team deduction for coach misconduct and immediate removal from the event.

b. NFHS Rule Changes, as published for upcoming season

- i. **3-4-3:** Offers guidelines for meet referees when determining a rerun.
Rationale: Defined specific guidelines from the case book to offer consistency and guidance to a meet referee when ruling on reruns.
- ii. **4-2-2:** Clarifies that an athlete is disqualified after participating in more than four events.
Rationale: The athlete is not disqualified from an event until the individual participates in more than four events. The table was revised and moved to clarify the number of events in which an athlete may participate during a meet.

- iii. **5-7-2:** Adjusts language to offer a standard for starter hold times.
Rationale: Standardize starter hold times for fair and consistent starts.
- iv. **5-10-2:** Increases the number of individuals who may be listed on the relay entry.
Rationale: Providing two additional names gives opportunity for more athletes to be involved in regular and postseason track meets.
- v. **6-6-4:** Clarifies when the javelin measurement should be taken.
Rationale: The measurement is made to the first point of contact under Rule 6-6-7 so that should be within the sector. If the rest of the javelin should fall outside the sector, that should not be a foul.
- vi. **7-2-2g (NEW):** Adds mixed relay to the special events list.
Rationale: Mixed relays are becoming more popular at high school meets adding them to special events offers guidance to the states on how to conduct these events.
- vii. **9-3-2b:** Any displaced or jostled crossbar should be placed on standards in exact same position before next attempt.
Rationale: Adding the words 'or jostled' clarifies the intent of the 2022 rules change.
- viii. **Rule 9 (NEW):** Creates new indoor track and field rules section.
Rationale: There are 17 states that conduct state championships in indoor track and field, over 150,000 participants, and 21 states that sanction the activity. With recent changes to the outdoor rules, it became clearer that it was necessary to create a section specifically for indoor track and field rules. Move Records Section to New Rule 10.

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.
- As an Advisory Group we discussed eliminating the two deviations we have in track. Randy will do some more work on costs and how it will look and what an appropriate timeline to implement will be. He will present that information at the AD's Conference

Coaches Clinic Reports

Discussion items at coach's clinic. Discussion on the 2 and 3 day State Track meet. It was split on who wanted to keep it and who wanted to change it back. The State Time Schedule was also discussed.

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

Committee Members Reports:

Paul Hendry – AA Coaches Representative

- AA - Here are items that were brought up
 - Qualifying more than 3 athletes per school (5) Discussion
 - 67% said no more than 3 per school
 - 24% said more than 3 but only score 3 out of the 5 possible
 - 9% more than 3 and all count in the scores

- Shuttle Hurdle Relay as a state event. Discussion Class AA would like to have it class B and A not at this time.
- A true top 24
- 2 day or 3 day meet (split right now)
- Warmup area at state meet. (How can it be improved)
- Can we add more field events in the infield if we are not allowed to use it for warmup?
- Top 16 athletes qualify for AA events
- Starting heights for HJ/PV Start at the height at the 12 place qualifier and move down 3 inches for PV and 1 inch for HJ
- XC courses all have different lengths – Certifying the course
- Shade for PV athletes while competing are waiting for awards in the awards area

Jason Bohl – Class A Coaches Representative

- Huron Site for State Cross Country – Issues with Hotels
- Class A Split on 3-day meet
- FAT timing issues. What is the plan if they do not work
- If you qualify for finals in the hurdles athletes that get injured are unable to compete and do not get a medal. Would like this changed to getting them a medal but no points
- A- Coaches would like to go to Rapid. Its 50/50 for coaches poll on 2-3 day meet
- XC Season moved to one week later on the calendar.
- Reorganize Regions for Class A & B
- No to Coed Relay & Shuttle Hurdles
- Starting heights for PV/HJ
- More than 3 in events 25/30 class A coaches against

Todd Thorson – Class B Coaches Representative

- Starting Heights
- Shaded area for PV and Medal area
- How do we improve the warmup area at state track?
- Issues with state XC in Huron. Hotel issues for teams
- Delays in the state meet schedule. Advisory will approve corrected and updated schedule.
- Allow head coach to also be in the infield to help with PV
- Alignments for region in XC. Would like the Classification committee to look at it.
- If you qualify for finals in the hurdles athletes that get injured are unable to compete and do not get a medal. Would like this changed to getting them a medal but no points
- Class B Split on 3-day meet
- No on removing 4x400 prelims
- No on Coed 4x400 – lack of numbers on class B teams

Kelcy Nash – Athletic Directors Representative

- Backup for FAT issues. What is the plan if it is not working. Right now those times do not count toward the top 24
- More than 3 athletes per school discussion
- Would like the SDHSAA have some tutorials on how to use FAT timing program and systems
- Weather issues and what happens with lack of qualifying meets
- Starting Heights for PV and HJ

Paul Nepodal – Principal Represented

- Eliminate 1600M Relay Prelims at state track meet

- Ad Co-Ed 1600M Relay race as an exhibition to the state meet
- PV & HJ starting heights

Tim Casper - Officials Represented

- Discussed the newly formed SDCCTFOA
- FAT – what is the plan if we have issues
- 2024 Track/Field Rule changes
- SD Deviations – We need to look at removing them
- XC/Track Official Fee Structure
- XC – adding a certified assistant starter
- Waterfall starts for anything 800 or more

Lema Leader Charge – Native American Represented

- Top 24 discussion in regards to Native American schools and their qualifiers

Other Items discussed

- 100m Girl Hurdles Deviation – Randy will do some work on cost and time implementation and present it at the AD Convention
- 200M Deviation – Present to the AD Conference
- Shuttle Hurdle
- Fee for XC/Track Officials
- Starter shells – cost or does the school supply them to the starter
- Assistant Starter for XC meets and Course Marshall. Would like schools to do a better job especially with bigger meets to have extra workers to help with the running of the meets
- Schedule – We will add javelin for all classes and adjust the time schedule and have it approved at the next Board of Directors meeting

Consider Rule Changes and Proposals

- **Pole Vault - starting height will be determined by taking the 12th place qualifier height and subtracting 3 inches from that each year to designate the starting PV height for the state track meet. High Jump - starting height will be determined by taking the 12th place qualifier height and subtracting 1 inch from that to designate the starting HJ height for the state track meet**
Motion by Hendry and 2nd by Bohl. Motion Approved 7-0
- **Change in the 2024 State Track Schedule**
We will have the Disc and Javelin run at specific areas and will not move them. The three track coaches will work on the addition of Javelin to the Schedule. Once completed the SDHSAA office will approve and then send out final schedule for Advisory approval. (Schedule is attached) Motion by Hendry and 2nd by Thorson. Motion Approved 7-0

2024 STATE TRACK AND FIELD MEET (RUNNING EVENTS- GIRLS B-A-AA FOLLOWED BY BOYS B-A-AA)

T H U R S D A Y	TRACK		FIELD	
	11:00 AM	Girls 100 Meter Hurdles - Prelims	10:00 AM	A Girls Pole Vault
	11:20 AM	Boys 100 Meter Hurdles - Prelims	10:30 AM	B Boys Long Jump
	11:40 AM	Girls 3200 Meter Relay - Finals		AA Boys High Jump
	12:50 PM	Boys 3200 Meter Relay - Finals		A Boys Discus
	1:50 PM	Girls 100 Meter Dash - Prelims		B Girls Shot Put
	2:15 PM	Boys 100 Meter Dash - Prelims	1:00 PM	AA Girls High Jump
	2:40 PM	Girls 400 Meter Relay – Prelims		B Girls Triple Jump
	3:10 PM	Boys 400 Meter Relay - Prelims		A Girls Long Jump
	3:40 PM	Girls Sprint Medley - Finals		B Boys Shot Put
	4:40 PM	Boys Sprint Medley - Finals		A Boys Pole Vault
				AA Boys Javelin
			3:30 PM	AA Girls Javelin
				A Girls Discus
				A Boys Long Jump
				A Girls High Jump
				B Boys Triple Jump
			4:00 PM	AA Boys Pole Vault
	TRACK		FIELD	
F R I D A Y	9:30 AM	Girls 3200 Meter Run - Finals	9:00 AM	AA Girls Long Jump
	10:20 AM	Boys 3200 Meter Run - Finals		AA Boys Discus
	11:00 AM	Girls 800 Meter Relay - Prelims		B Girls High Jump
	11:40 AM	Boys 800 Meter Relay - Prelims		B Boys Pole Vault
	12:20 PM	Girls 400 Meter Dash - Prelims		A Girls Triple Jump
	12:50 PM	Boys 400 Meter Dash - Prelims	11:30 AM	B Boys Discus
	1:20 PM	Girls 300 Meter Hurdles - Prelims		A Boys Triple Jump
	1:45 PM	Boys 300 Meter Hurdles - Prelims		AA Boys Long Jump
	2:10 PM	Girls 800 Meter Run - Finals		AA Girls Shot Put
	2:35 PM	Boys 800 Meter Run - Finals		A Girls Javelin
	3:00 PM	Girls 200 Meter Dash - Prelims	12:00 PM	B Girls Pole Vault
	3:20 PM	Boys 200 Meter Dash - Prelims	2:00 PM	A Boys Javelin
	3:35 PM	Girls 1600 Meter Relay - Prelims		B Boys High Jump
	4:30 PM	Boys 1600 Meter Relay - Prelims		AA Boys Shot Put
				B Girls Discus
			3:00 PM	AA Girls Pole Vault
	TRACK (ALL FINALS)		FIELD	
S A T U R D A Y	10:00 AM	Girls 100 Meter Hurdles	9:30 AM	AA Boys Triple Jump
	10:15 AM	Boys 110 Meter Hurdles		A Girls Shot Put
	10:25 AM	Girls 100 Meter Dash		A Boys High Jump
	10:40 AM	Boys 100 Meter Dash		B Girls Long Jump
	10:55 AM	Girls 800 Meter Relay		AA Girls Discus
	11:10 AM	Boys 800 Meter Relay		B Boys Javelin
	11:25 AM	Girls 1600 Meter Run	12:00 PM	A Boys Shot Put
	11:45 AM	Boys 1600 Meter Run		AA Girls Triple Jump
	12:10 PM	Girls 400 Meter Relay		B Girls Javelin
	12:20 PM	Boys 400 Meter Relay		
	12:35 PM	Girls 400 Meter Dash		
	12:50 PM	Boys 400 Meter Dash		
	1:05 PM	Girls 300 Meter Hurdles		
	1:20 PM	Boys 300 Meter Hurdles		
	1:35 PM	* Special Awards*		
	1:50 PM	Girls 200 Meter Dash		
	2:05 PM	Boys 200 Meter Dash		
	2:20 PM	*Announcements/Awards Instructions*		
	2:25 PM	Girls 1600 Meter Relay		
	2:40 PM	Boys 1600 Meter Relay		

Review SDHSAA Handbook Sections for cross country and track & field

- No changes brought forward other than State Track Meet Schedule

Meeting date next year-- Tuesday, October 29, 2024 at 10:30 a.m. (via Zoom)

Adjourn – **Motion by Casper, 2nd by Hendry. Motion Approved 7-0**