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Randy Soma
 Assistant Executive Director

TRACK & FIELD/CROSS COUNTRY ADVISOR MINUTES

Meeting: Wednesday, October 2, 2024, 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	2027 (2)
“A” Coach	Jason Bohl, Garretson	2026 (1)
“B” Coach	Todd Thorson, Ipswich	2025 (2)
Athletic Director	Kelcy Nash, Arlington	2026 (1)
Principal	TBD	2027 (1)
Official	Tim Casper, Lake Preston	2027 (2)
Native Am. Rep.	Lema Leader Charge, St. Francis	2026 (2)

Staff Members present include Dr. Dan Swartos, Kristina Sage and Randy Soma. The agenda was motioned for approval by Nash 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 2024-25
 - a. SDHSAA Rule Changes
 - i. No SDHSAA Rule Changes for Cross County
 - ii. Track & Field Changes – Pole-vault/High Jump – Starting Height. Starting height is the 12th place qualifying height minus 3 inches (pole vault) and 1 inch (High Jump)
 - b. NFHS Rule Changes, as published for upcoming season
 - i. Cross Country
 1. 8-1 Re-organization of the cross-country course layout. Rationale: Clarifies the course layout for ease of use and re-organizes the rule.
 2. 8-5 Section 5 on Cross Country Teams was broken into articles to increase ease of use of the rule.
 - ii. Track
 1. **5-7-6:** Adjusts the recall distance to within the first 50 meters.
Rationale: Starters oversee recalling races in track and field events. 50 meters is sufficient in calling a fair start. Athletes are accelerating and are up to racing speed well before the 100-meter mark. In addition, the current recall distance is problematic depending on the number of officials on the track and location of field events that may obstruct the view of the 100-meter distance around the entire curve.

2. **5-10 and 11:** Reorganizes Sections 10 and 11 for ease of use.
Rationale: Reorganization of Sections 10 and 11 concerning relay races and infractions. The change moves all infractions into Section 11 (Relay Infractions) for ease of use by officials.
3. **5-13-3:** Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway.
Rationale: Provides guidance to the meet referee as to when an athlete leaves the track on a straightaway and whether or not a competitor should be disqualified.
4. **6-2-2f (NEW):** Offers officials guidance when warning competitors their time limit is about to expire.
Rationale: This change gives athletes notification that their time limit is about to expire. Additionally, the change brings officiating practices in line with other rules codes while still giving the games committee options for using flags, signal clock or verbal signals.
5. **6-2-2 CHART:** Defines field event time limits for all competitors.
Rationale: The change to the table and additions of the notes helps clarify the time limits of all competitors throughout the entire competition in field events.
6. **6-3-2 NOTES 1:** Clarifies the starting height in a jump-off with athletes at varying heights.
Rationale: Aligns language in rules book with current situations and interpretations. Gives directions to officials and event judges for the starting height in a jump-off when athletes exit the event at varying heights due to passes. The jump-off will begin at the next height in the progression after the tying height.
7. **6-8-2:** Further defines an active flight and continuing flight.
Rationale: The change clarifies the definition of an active flight (five-alive) and continuing flight (straight through) for vertical jump competitions.
8. **6-9-22:** Establishes a standard placement of the high jump crossbar and standards.
Rationale: The change creates a standard distance for the placement of the high jump crossbar and standards.

Review List of Deviations in Cross Country/Track

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.

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

The State and National Track/XC Coaches Clinic will take place in June 2025 in Rapid City.

Committee Members Reports:

Paul Hendry – AA Coaches Representative

- Allow athletes to compete in more than 4 events in meets (including State)
- Add the 2000m steeplechase (Could be after the 200m final) (AA only) (Not many meets able to hold this event due to barriers and water jump)
- Add the shuttle hurdle relay (Not much support from SDHSAA or Class A and B)

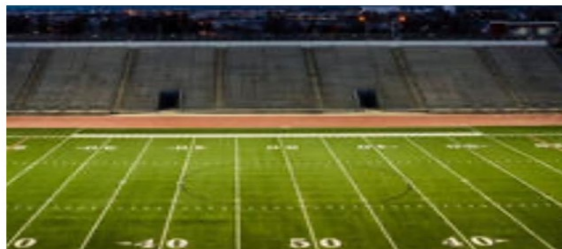
- Add the Mixed 4x4 relay (Not much support from SDHSAA or Class A and B)
- Starting heights for HJ and PV
 - Next year HJ will be 1-inch lower than the 12th seed and PV will be 3-inches lower than the 12th seed.
 - Could we get two raised runways and run two PV's at the same time? Run two in the AM and one in the PM on Thursday and Friday. But we'd need another work crew to run two PV's at the same time, which would be difficult.
- Change the order of events and awards at State so it's not always B-A-AA
- State Meet schedule
 - Friday is tough on the 200-400 kids but not sure how to fix that
 - Tried to get one jump and one throw a day (will rotate field event schedule yearly)
- Eliminate the girls 100m hurdles deviation
 - AA for sure was in favor
 - Can we still do it if the A's and B's don't want to change?
- Change the in-season participation rules for pole vault to begin when all events have their first allowable practice on week 35. Even though pole vault's first allowable practice is on week 31, this would allow pole vaulters to compete unattached in the pole vault at indoor meets just like all other track & field events (until week 35 or when your season officially begins). Even though pole vault can begin on week 31 most schools do not have the capability to get on a runway and/or pole vault mats due to basketball, gymnastics and wrestling still going on. Indoor meets would almost be like another practice.

Jason Bohl – Class A Coaches Representative

- Coaches would like an area on the infield at state to coach their athletes
- Athletes would receive the medal but not team points if they do not walk the final if they are injured
- Issue on how coaches' passes are distributed. Randy will check into it.

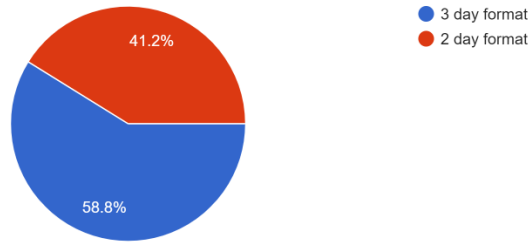
Todd Thorson – Class B Coaches Representative

- Coaches Box at state
 - the idea would be the white coaches' space on the backstretch from the 25-yard line to 25-yard line. They use this for coaches in Football. The reasoning behind this is it is hard to coach your athletes from the stands and coaches don't want to be at the fence blocking the view of spectators.

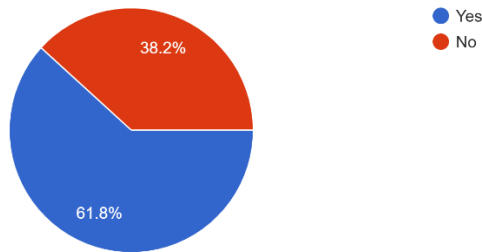


- Class B coaches Survey.
Summary.

Pick the state track meet format you would prefer.
34 responses

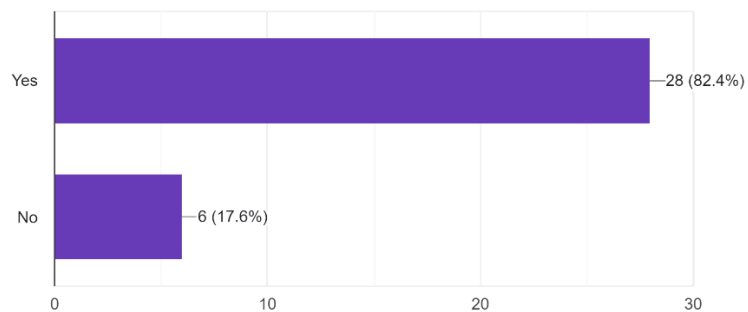


Since we have a true top 24 qualifying standard do you feel it would be fair to allow more than 3 athletes per school in the top 24 to qualify for state?
34 responses



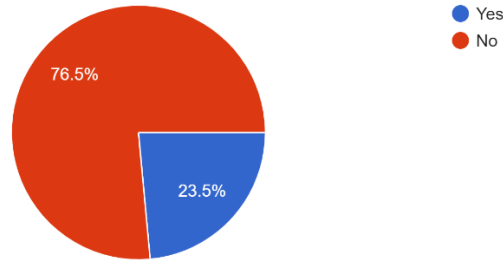
Currently the girls' varsity hurdles spacing is 13 meters to the first hurdle and 8 meters between hurdles and 15m to the finish. South Dakota is the only state in the country that uses this spacing. The NFHS spacing is 13 meters to the first hurdle and 8.5m between hurdles and 10m to the finish. Are you in favor of changing the SD girls' varsity hurdle spacing to the same as the other states and following the NFHS rules? Collège has the same spacing as the NFHS at 8.5 meters as well.

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34 responses



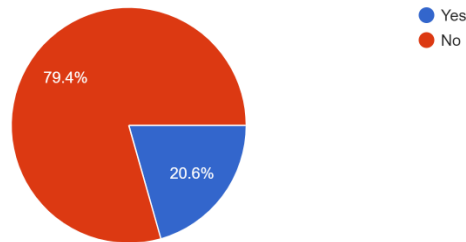
Do you want to add a hurdle relay to our state track and field meet?

34 responses



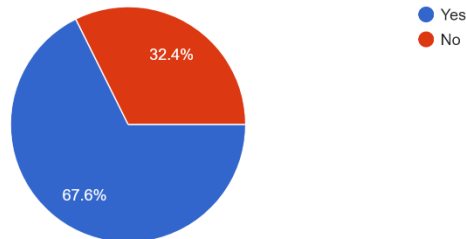
Do you feel Rapid City has adequate facilities to host the state track and field meet at one location?

34 responses



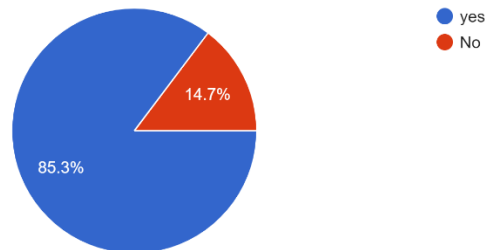
Have you had problems finding hotel rooms in Rapid City in the past for the state track and field meet?

34 responses



Can you provide one worker for the state track and field meet for one field event? Example would be Class A Long jump.

34 responses



Kelcy Nash – Athletic Directors Representative

- Cross Country Start Date and First Event Date (Proposals)
- More than 3 athletes per school discussion
- Medals for athletes that are unable to participate in the finals due to injury

TBD – Principal Represented

- Need a representative for this position

Tim Casper - Officials Represented

- SDHSAA Website and updates
- AA move to top 16 in relays
- AA Boys Pole vault – move to a more favorable time on the schedule
- SD Deviations – We need to look at removing them
- A Field Meet Referee meeting before the start of the state meet

Lema Leader Charge – Native American Represented

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

Other Items discussed

- The Schedule – The coaches reps and Randy will meet to make changes to the Field Event schedule for the state track meet. We are looking at rotating the events to make it fair from year to year.
- Shot/Disc/Javelin – How it is run at state. Request has been made to run the events all flights straight through instead of breaking up of the flights into two groups for the first two throws and then they go straight through for their last attempt. Coaches’ reps will be getting more input from the coaches in the state.
- The Awards at the end of the state meet. Work on changing it and rotate who gets awards first.

Consider Rule Changes and Proposals

- **Top 24 (Entry Limits change to 4)**
This rule change would remove the 3-athlete limit per school in each event and allow for an 4th athlete from each school in a single event as long as they are in the top 24 confirmed times/distances/heights. Only the top 3 will count for team scores.
Motion by Thorson and 2nd by Hendry. Motion Approved 6-0
- **First Allowable Cross Country Competition Date Week 8 – Change from Friday to Thursday.**
Motion by Bohl and 2nd by Casper. Motion Approved 6-0
- **Start Date for Boys and Girls Cross Country – change the start date for boys’ and girls’ cross country from Thursday week 6 to Monday week 6.**
Motion by Hendry and 2nd by Thorson. Motion Approved 6-0
- **Removing the deviation for the 100M girls’ hurdle and follow the NFHS rule on distance between hurdles. The NFHS rule is:**

<u>Starting Line to first Hurdle</u>	<u>Between Hurdles</u>	<u>Last Hurdle to Finish</u>
13 m (42 ft.; 8 in.)	8.5 m (27 ft., 10 ¾ in.)	10.5 m (34 ft., 5 ½ in.)

If approved this would go into effect the Spring of 2026
- **To change the SDHSAA Rule to allow the 200 meters to be reversed for the state meet just like the regular season.**

- **Motion by Thorson and 2nd by Hendry. Motion Approved 6-0**

Review SDHSAA Handbook Sections for cross country and track & field

- No changes brought forward other than State Track Meet Schedule

Meeting date next year-- Wednesday, October 1 2025 at 10:30 a.m. (via Zoom)

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