

**SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION
P.O. BOX 1217 - PIERRE, SD 57501**

2025 STATE HIGH SCHOOL TRACK & FIELD MEET

MEET LOCATIONS: Howard Wood Field
1200 N. Western Avenue
Sioux Falls, SD 57106

MEET MANAGERS:

SDHSAA - Randy Soma, Assistant Executive Director
SDHSAA - Kristina Sage, Assistant Executive Director
SDHSAA - Dan Swartos, Executive Director

CHECK-IN:

Wednesday (May 28) – All Classes – 7:00-7:30 PM (Packet pickup before coaches meeting)

Thursday (May 29) – All Classes – 8:30am (Packet Pickup before coaches meeting)

Coaches must check in at designated time.

COACHES MEETING: There will be a meeting for all coaches with the meet referee to cover rule interpretations, meet regulations, proper uniform verification, sportsmanship, etc. You will only need to attend one of these meetings.

Wednesday (May 28) – All Classes – 7:30pm (Northeast corner of grandstands)

Thursday (May 29) – All Classes – 9:30am (Northeast corner of grandstands)

Expense Statement:

Each school will pay the entire expense of its contestants while at the State Meet.

Items to Pick Up:

1. Competitor numbers (mandatory to wear paper assigned numbers **on the Front** of the jersey - Exception-Pole Vault, if in high jump and pole vault at the same time number goes on the back.
2. Competitor wristbands.
3. Track Markings and Maps
4. Coaches' tags.
5. Relay Cards for teams competing in a relay.

Items to Leave:

1. Relay Cards to the Clerk
2. Scratch Cards to the Clerk

Complimentary and Contestant Tag Policy

Schools qualifying contestants for the State Track and Field Meet will be provided with the following tickets/tags based upon final rosters from entries & websites:

- a. Each contestant will receive a wristband.
- b. Coaches' tags for schools qualifying a boy(s) and/or girl(s) contestant are allotted as follows, **provided each school has enough coaches who have actually completed NFHSLearn.com requirements prior to April 30, 2025:**

- 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
- c. Student Managers (all classes)
 - Girls and Boys Teams
 - 1-4 qualifiers – 1 tag if listed on the SDHSAA.com website
 - 5 or more qualifiers – 2 tags if listed on the SDHSAA.com website
- d. Bus Driver
 - One tag per school
- e. Trainer
 - One tag per school if listed on the SDHSAA.com website (Class AA)

Facilities

Facilities will be open at the following times:

Thursday, May 29, 2025

- 8:00 AM** Stadium Available to Teams
- 8:00 AM** Open Track Warm-Ups
- 9:00 AM** Stadium Available to Spectators
- 10:20 PM** 100/110 Hurdle Warm-Up on Home Stretch – Blocks will be available
(All Other Warm-Ups Move to Scheels Warm-Up Area)
- 10:50 PM** Clear Infield and Track (All Warm-Ups Move to Scheels Warm-Up Area)
- 10:55 PM** Anthem
- 11:00 AM** Girls 100 Meter Hurdle Prelims

Friday, May 30, 2025

- 7:30 AM** Stadium Available to Teams
- 7:30 AM** Open Track Warm-Ups
- 8:30 AM** Stadium Available to Spectators
- 9:20 AM** Clear Infield and Track (All Warm-Ups Move to Scheels Warm-Up Area)
- 9:25 AM** Anthem
- 9:30 AM** Girls 3200 Meter Run Final

Saturday, May 31, 2025

- 8:00 AM** Stadium Available to Teams
- 8:00 AM** Open Track Warm-Ups
- 9:00 AM** Stadium Available to Spectators
- 9:20 AM** 100/110 Hurdle Warm-Up on Home Stretch – Blocks will be available
(All Other Warm-Ups Move to Scheels Warm-Up Area)
- 9:50 PM** Clear Infield and Track (All Warm-Ups Move to Scheels Warm-Up Area)
- 9:55 AM** Anthem
- 10:00 AM** Girls 100 Meter Hurdle Finals

Ticket Prices: Tickets are sold as a day pass or season pass with no re-entry.

Season Pass	Adult	\$35.00
	Student	\$25.00
	Adult Thursday only	\$15.00
	Student Thursday only	\$10.00
	Adult Friday only	\$15.00
	Student Friday only	\$10.00
	Adult Saturday only	\$15.00
	Student Saturday only	\$10.00

Dressing Facilities: Dressing facilities are not available at any of the sites.

Numbers: Paper numbers will be issued for each competitor. The correct assigned number must be worn all 3 days. Attach to the FRONT of the jersey by four safety pins, one at each corner. Exception - Pole Vault may attach to the back.

The penalty for not wearing a jersey with a competitor's number or wearing a jersey with an incorrect number at the State Track and Field Meet shall be a one-point team deduction. Athlete will be allowed to run without a number; however, the team will be assessed a one-point deduction.

Restrictions:

Coaches may not be on the infield. A one-point team deduction will be taken for any infraction. ALL OFFICIALS and meet managers (SDHSAA) have the power to make this call with a written report to be made to the meet referee.

Areas will be provided for team camps or base of operation. No team camps on the infield. Camp set-up is 7:00pm-8:00pm on Wednesday May 28 or Thursday May 29 at 8:00am.

AN AREA WILL BE MARKED FIVE YARDS FROM THE CURB ON THE CURVES. ONLY OFFICIALS WILL BE ALLOWED IN THESE AREAS.

Medical Services: An athletic trainer will be available during the state meet.

Starting Blocks: Blocks will be provided for all contestants choosing to use them. Block holders will not be needed. **Only blocks provided by the facility may be used.**

Batons: Batons will be provided for all relay teams. Only SDHSAA batons that are provided at the start line may be used. Once the race is over the batons will be collected.

Track Spikes: May use 3/16" pyramid spikes. No pins spike. Inspections will be made.

Scoring - Relays and Individual Events: 10-8-6-5-4-3-2-1

Substitution:

1. No substitution in Individual Events: Substitutions are not permitted in individual events in the State Meet. Only those selected to the field are eligible to compete in the event. Failure to compete/scratching does not create eligibility for an athlete in another event.
2. Relays
 - A. A maximum of eight 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 (Preliminaries or Finals) will be considered as officially entered and have it count toward your 4 event maximum.
 - C. If less than eight names appear on the relay card, no additions or substitutions may be made after the relay team gives the card to the clerk prior to running.
 - D. It is not necessary to use the same four runners in both the prelims and finals at the state meet or that posted the qualifying time for that team.
 - E. If selected to compete in four individual events at the State Meet, the contestant would not be eligible to compete on any of the relays.
 - F. Even though listed, a competitor can only **participate** in a total of 4 events - a combination of individual and relays. If athlete competes in prelims or finals, it counts as one of their four events.
 - G. The four names used each day must come from the names (up to eight) submitted on the relay card.
 - H. A coach may not scratch a competitor from an individual event at the State Meet to make them eligible to compete in an additional relay.

The chart below outlines relay eligibility for athletes based on number of individual events selected for at the State Meet.

Individual Events Selected For	Relay Cards Listed On	Relays Competing In
0	Up to 5	Up to 4
1	Up to 5	Up to 3
2	Up to 5	Up to 2
3	Up to 5	Up to 1
4	Cannot be listed	Cannot Compete

Unfair Act: It is an unfair act when:

- 1) The competitor has in any way been aided by a coach, teammate or anyone connected directly or indirectly with the competitor or team concerned. Such aid includes running alongside a teammate, being stationed at a point near the track, including the starting area, or located near any of the field events from an area restricted to athletes only for the purpose of aiding or coaching a competitor after the race or field event has been started; or
- 2) Competitors join hands or grasp each other at anytime during a race; or
- 3) A competitor uses an aid during a race. (This includes receiving any liquids while running.) **Exception:** 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/referee prior to the beginning of the meet. Without a doctor's statement, the athlete may only use the inhaler prior to and after competition. The use of the nebulizer prior to and after competition is legal with a doctor's statement.

- 4) Communicating with a competitor through the use of a wireless device. The games committee has decided that wireless communication, such as cell phones and 2-way radios, between coaches and athletes is not allowed during the state meet in the competition area.

Note: Coaching is permitted as long as the coach remains in an area which has been designated unrestricted to coaches. This would include verbal encouragement reading splits, etc. Student managers reading splits, etc. must also be in the unrestricted area.

For Any Such Act, the Referee Shall Disqualify the Competitor from the Event.

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. A coach assigned to be a Field Event or Track Event Official in the area where athletes from their school are competing, should not be restricted from conferring with their athletes provided it is between trials or events.

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.

Comment: Track and field is an individual sport and competitors should be competing against opponents on an individual basis without any advantages supplied by a teammate, or a nonparticipant.

Automatic Timing: All Final Times and Prelim Times will be Recorded.

- in one one-hundredth (1/100) of a second. Ties may be broken to the furthest possible digit.

Photo Review

Results of the races are final, however any coach wishing to view a picture/video may do so but only after the close of the meet (or days events) and with the meet referee.

Reversing races due to wind:

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

- A. The anemometer registers a minimum of 8 M.P.H.
- B. The wind is blowing into the face of the runner.
- C. The decision for reversal must be made 15 minutes prior to the event.
- D. If an anemometer is not available, the decision to reverse any races will be made by the Meet Director, Meet Manager and Meet Referee.
- E. 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.

Awards:

Awards will be presented at the awards station in the infield as soon as possible after an event has been completed. Instruct your athletes to this procedure. Names will be called over the PA system. Awards will be presented on the same day the final is conducted for the event. It is expected that all place finishers participate in the award ceremony. Only first place relay teams will be recognized.

For **individual** events, each of the eight athletes will be recognized on an awards podium. Awards/medals will be waiting for the competitors on the medal stand in the corresponding spot for the athlete to place on themselves.

For **relay** events: Only those athletes who ran in the relay will be recognized, and only the first-place team will be on the podium.

Point of Emphasis: Athletes must be in school issued uniform or approved uniforms when accepting awards on the awards stand. Street clothes are not acceptable for the awards ceremony. Inform your athletes of this regulation.

Trophies: Champion and runner-up teams

Plaques: Third through six place teams.
Each first-place relay team

Medals: Individual: Top 8 places in each event
Team: To the top six teams in each Classification

Gold Medal Award:

The "Gold Medal Award" was initiated in 1986 by the South Dakota High School Activities Association and is presented to the best "finals" performance from all athletes in an event, regardless of class. 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 in all track and field events for both the boys and girls. In some cases, the award itself will not be present on-site with three-site finals and will be mailed to schools following the state meet.

Starting - The types of commands used at the State Meet are as follows:

Verbal Commands

1. "On Your Marks" - "Set"

All hurdles

100m

200m

400m

400m Relay

800m Relay

1600m Relay

Medley Relay

2. "" On Your Marks"

800m Run

1600m Run

3200m Run

3200m Relay

Lane Order/Assignments:

1. For races on the straightaway4-5-3-6-2-7-1-8
2. For races on the curve4-5-3-6-2-7-1-8
3. Lane assignments are based strictly on time **from the preliminaries or from in-season qualifying, depending on event**. The best time is assigned to the first lane listed, second best time to the next lane listed, and so on and so forth.
4. Events will all be three-heat finals, except in those instances as noted on the schedule, as well as those instances where a field-size dictates additional/fewer heats or preliminaries.

Instructions for Relays:

400m & 800m Relays - Runners stay in lanes all the way.

Sprint Medley Relay: (200, 200, 400, 800) The Sprint Medley Relay will be run with a three-turn stagger. The first two runners stay in lanes and shall exchange batons in their proper lanes. The third runner (400) will not break for the inside lane until reaching the break line on the backstretch of the track in their lane, provided s/he is one full running stride in front of his/her opponent so as not to interfere or cause physical contact.

1600m Relay: The 1600m 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 reaching the break line on the backstretch of the track in their lane.

3200m Relay: The first runner shall remain in his/her lane for one full turn before cutting at the breakline.

1. Tape marks will not be allowed on the track. Tennis ball markers will be provided.
2. 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 exchange 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.

3. 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.
4. Relay cards listing the four to eight individuals that will be running the relay must be turned into the clerk prior to running the event. All competitors that will run on the relay must be listed on the relay card. Coaches, please place a number in the box indicating the order competitors will be running rather than a check mark.

Warm-up: These will take place in designated areas outside of the track. No one is allowed to warm up on the track after the meet has started. Implements may not be used in the warm-up area. Those found using them in the warm-up area will be disqualified from the event.

PROCEDURES IN FIELD EVENTS

1. Each contestant must personally check in with the event judge prior to the start of the event. A teammate may not check in a competitor.
2. The first person will be called at the time scheduled for the event. Practice run-throughs will be permitted between flights of the long jump and triple jump. A five-minute time frame will be allowed; however, adjustments may be made based on competitors being ready to compete. A five-minute warm-up between flights in the javelin, shot put, and discus will also be allowed. Contestants may continue to warm-up but not throw or jump in a closed/secondary competition area outside of the active competition area. Athletes must report to the judge upon call.

FIELD EVENT CONTESTANTS: A contestant shall be charged with an unsuccessful attempt if the contestant does not initiate a trial that is carried to completion, within one minute in all events after being called for a trial, unless excused by the event judge to participate in some other event. However, when three competitors remain in the competition, the high jumpers and pole vaulters will be allowed three minutes to initiate a jump. When one competitor remains, high jumpers and pole vaulters will be allowed for up to five minutes to initiate a jump. If the contestant is going to pass, he/she must indicate this to the event judge immediately after his/her name has been called. The event judge will use some judgement in extending the time excused under special circumstances, e.g., the 3200-meter run.

GUIDELINES FOR A COMPETITOR WHO HAS BEEN EXCUSED FROM A FIELD EVENT TO COMPETE IN ANOTHER EVENT. (20 Minute Max)

- A. Athlete must receive permission from event judge.
- B. Judge must record time excused and inform athlete when they are expected back.
- C. Judge may allow competitor to take a trial out of try before being excused. Leave time must be placed on the event sheet and will come back to complete in-flight only.
- D. 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.
- E. Coaches must take into account the limited time allowed to compete in another event when determining the events an individual competitor enters.
3. **Order of Competition:** The Head Event Judge may change the order of competition in the preliminaries and finals to accommodate those who may be excused to participate in other events. In the long and triple jump events, as well as shot put, javelin and discus, competitors may take more than one trial at a time. These provisions are allowed only for those competing in another event. The request may be refused if it could be unfair to other competitors such as an impending change in weather conditions.
4. **The Use of Markers for High Jump, Pole Vault, Long Jump and Triple Jump:**
High Jump: Chalk will 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 midpoint. There will not be any marks allowed near the bar (pad) or take off area.
Pole Vault: Chalk will be used to place mark on the runway, 100 feet from the stop board.
Long Jump and Triple Jump: A Chalk mark will be placed on or at the edge of the runway, 100 feet from the stop board.
5. **Shot Put, Discus & Javelin Throw Procedure:** Each flight in the preliminaries will be divided evenly. If there are eight in each flight, the first four of each flight of eight to throw in rotation for two throws, the second four 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 nine best throws will qualify for the finals. If there is a tie for the ninth qualifying place all ties will qualify for the finals. Finalist will throw in order as one flight with the best throw in the preliminaries throwing last and so on and so forth. Each competitor is entitled to three attempts in the finals.
6. **High Jump & Pole Vault Procedure:** Will be conducted in continuing flights of the "Five Alive" system as described in the NFHS Rule Book. The high jump or pole vault may permit a warm-up jump, without the bar in place, and after the competition has begun, to a competitor who has passed three consecutive heights. The pole vault cross bar will be positioned from a point 18 inches to 31.5 inches beyond the vertical plane of the top of the stopboard, in the direction of the landing surface.
8. **Long Jump and Triple Jump Procedure:** Flights in the long jump and triple jump will be divided evenly. They will be conducted as described in the Track Rule Book. The order of competition will be listed on the judge's sheet. If there is a tie for the ninth qualifying spot, all ties will qualify for the finals.
9. The make-up of each flight in the field events will be determined by the marks made by the contestants in qualifying competition. Contestants with the best marks will be placed in the last flight, for the shot put, long jump, triple jump, discus and javelin. The best will be listed last for the high jump and pole vault.

10. Shoes without spikes must be used in the discus throw and shot put. Contestants are allowed to use up to 3/16" pyramid spikes on track and runways. No needle spikes. Maximum length of spikes for javelin runway – 9mm (3/8").
11. **Starting Heights and Raises in High Jump** will be the 12th place qualifier height minus 1 inch. This height will be set at a later date. Once the event has begun, we will use two inch raises until 3 competitors are left, then one inch raises for the final three competitors. If weather conditions warrant, the starting height may be lowered as decided by the meet director, meet managers, meet referee and head field judge.
12. **Starting Heights and Raises in Pole Vault** will be the 12th place qualifier height minus 3 inches. This height will be set at a later date. Once the event has begun, we will use six inch raises until 3 competitors are left, then three inch raises for the final three. If weather conditions warrant, the starting height may be lowered as decided by the meet director, meet managers, meet referee and head field judge.

IMPLEMENT INSPECTION AND WEIGH IN

All field event implements must be checked and/or weight-in prior to use in warm-ups of the event. They will be marked for identification purposes. The inspections will be conducted as follows:

Day	Event	Time of Event	Times of Weigh In/Inspection
Thursday			
	"B" Girls Pole Vault	10:00 a.m.	8:30 a.m. to 9:30 a.m.
	"B" Boys Long Jump	10:30 a.m.	9:00 a.m. to 10:00 a.m.
	"A" Boys Shot Put	10:30 a.m.	9:00 a.m. to 10:00 a.m.
	"A" Boys High Jump	10:30 a.m.	9:00 a.m. to 10:00 a.m.
	"AA" Boys Javelin	10:30 a.m.	9:00 a.m. to 10:00 a.m.
	"AA" Girls Shot Put	1:00 p.m.	11:30 a.m. to 12:30 p.m.
	"AA" Girls Pole Vault	1:00 p.m.	11:30 a.m. to 12:30 p.m.
	"A" Girls Javelin	1:00 p.m.	11:30 a.m. to 12:30 p.m.
	"B" Girls Long Jump	1:00 p.m.	11:30 a.m. to 12:30 p.m.
	"B" Boys Discus	1:00 p.m.	11:30 a.m. to 12:30 p.m.
	"AA" Boys Triple Jump	1:00 p.m.	11:30 a.m. to 12:30 p.m.
	"A" Girls High Jump	3:30 p.m.	2:00 p.m. to 3:00 p.m.
	"B" Girls Discus	3:30 p.m.	2:00 p.m. to 3:00 p.m.
	"AA" Girls Triple Jump	3:30 p.m.	2:00 p.m. to 3:00 p.m.
	"A" Boys Pole Vault	4:00 p.m.	2:30 p.m. to 3:30 p.m.
Friday			
	"A" Girls Discus	9:00 a.m.	7:30 a.m. to 8:30 a.m.
	"A" Girls Pole Vault	9:00 a.m.	7:30 a.m. to 8:30 a.m.
	"B" Girls High Jump	9:00 a.m.	7:30 a.m. to 8:30 a.m.
	"B" Boys Shot Put	9:00 a.m.	7:30 a.m. to 8:30 a.m.
	"A" Boys Triple Jump	9:00 a.m.	7:30 a.m. to 8:30 a.m.
	"AA" Boys Discus	11:30 a.m.	10:00 a.m. to 11:00 a.m.
	"A" Girls Triple Jump	11:30 a.m.	10:00 a.m. to 11:00 a.m.

	"B" Girls Javelin	11:30 a.m.	10:00 a.m. to 11:00 a.m.
	"AA" Girls Long Jump	11:30 a.m.	10:00 a.m. to 11:00 a.m.
	"B" Boys High Jump	11:30 a.m.	10:00 a.m. to 11:00 a.m.
	"AA" Boys Pole Vault	12:00 p.m.	10:30 a.m. to 11:30 a.m.
	"B" Boys Javelin	2:00 p.m.	12:30 p.m. to 1:30 p.m.
	"A" Girls Shot Put	2:00 p.m.	12:30 p.m. to 1:30 p.m.
	"AA" Girls Discus	2:00 p.m.	12:30 p.m. to 1:30 p.m.
	"AA" Boys Long Jump	2:00 p.m.	12:30 p.m. to 1:30 p.m.
	"B" Boys Pole Vault	3:00 p.m.	1:30 p.m. to 2:30 p.m.
Day	Event	Time of Event	Times of Weigh In/Inspection
Saturday			
	"AA" Boys Shot Put	9:30 a.m.	8:00 a.m. to 9:00 a.m.
	"A" Boys Discus	9:30 a.m.	8:00 a.m. to 9:00 a.m.
	"AA" Boys High Jump	9:30 a.m.	8:00 a.m. to 9:00 a.m.
	"B" Girls Triple Jump	9:30 a.m.	8:00 a.m. to 9:00 a.m.
	"A" Boys Long Jump	9:30 a.m.	8:00 a.m. to 9:00 a.m.
	"AA" Girls Javelin	9:30 a.m.	8:00 a.m. to 9:00 a.m.
	"B" Girls Shot Put	11:30 a.m.	10:00 a.m. to 11:00 a.m.
	"A" Boys Javelin	11:30 a.m.	10:00 a.m. to 11:00 a.m.
	"B" Boys Triple Jump	11:30 a.m.	10:00 a.m. to 11:00 a.m.
	"AA" Girls High Jump	11:30 a.m.	10:00 a.m. to 11:00 a.m.
	"A" Girls Long Jump	11:30 a.m.	10:00 a.m. to 11:00 a.m.

Note: Prior to coming to the state meet, all weight equipment should be weighed at home on a certified scale; this could save you from bringing an illegal shot or discus. All illegal implements will be impounded. **Please** clean or remove all previous marks from your shot or discus. All legal implements will be marked with spray paint. All poles used for vaulting will be marked with vinyl tape at the base of the pole. Illegal poles will be impounded. All javelins will be measured and weighed. **For pole-vault, we recommend weighing your athlete(s) at home whenever possible. However, onsite weighing facilities will also be available for your convenience."**

SITE OF INSPECTION:

Sioux Falls
Pole Vault - at site
Javelin – at site
Discus , Shot– at site

Inclement weather note: Field events may start early if the weather forecast indicates deteriorating conditions. When such conditions exist, all competitors must be at the site at least one hour prior to the scheduled start time.

State Track & Field Points of Emphasis for 2025 T/F Season

Created on 4-1-25 by Tim Casper

1. Coaches/athletes are responsible for all NFHS and SDHSAA Track and Field rules and regulations
2. Uniform rule: **Top and bottom** Reference rule 4.3.1-3 in the NFHS rule book
 - a. Athlete must show up/compete in legal uniform for all events under the uniform rule 4.3.1-3 and the SDHSAA rules
 - i. Reference the SDHSAA web page, Specific Field Event Procedures

1. Sweat outfits, when worn in competition, shall have **no markings** other than that of the school the contestant represents. Sweat outfits should only be **worn under adverse weather conditions**
 - b. Uniform warning is at our mandatory rules meeting with coaches. Uniform violations during the meet = DQ
 - i. Definition of a uniform – Top and Bottom that meets all NFHS 4.3.1 regulation + SDHSAA regulations
 - c. Make sure your 4 relay uniforms have a **PREDOMINANT COLOR** and all 4 are legal, do no risk a DQ – must be the same
 - d. Make sure your athletes have coach/school approved top, bottom, sweat outfits (Must be NFHS/SDHSAA legal)
3. Field Event procedures listed on the SDHSAA website:
- a. <https://www.sdhsaa.com/activity/track-field/>
 - b. 6.7.1 No marker shall be placed on the runway (between white lines) or in landing pit, read all of 6.7.1, a-b
 - i. Games Committee decision on approved markers along with warm up time on the track and for field events. Most typical markers are chalk, ¼ tennis ball, tongue depressor sticks, small flags. Typical warm up time for Field Events = 1 hour before event and 5 minutes between flights/finals, however all these decisions are up to the Games Committee. Never warm up at the event without an event judge or coach present
 - c. “Five Alive” for PV and HJ (RB 6.8.2 = When the # of competitors remaining at a given height is **FEWER than 9**, all competitors will be in a single rotation flight)
 - d. Starting heights, progression, how to finish to 1st place. 3 throws/jumps in prelims and 3 throws/jumps in finals (take 9 + all ties for 9th place into finals) * know the progression of throws and jumps in each specific field event
 - i. Rotation of jumps for LJ/TJ = single rotation, worst to best all day, 1-2-3-4-5-6-7-8, 3 times in prelims and 9-8-7-6-5-4-3-2-1, 3 times in finals, add #10 if a tie for 9th, best qualifier will compete last (count all 6 jumps for placing)
 - ii. Rotation of throws for Shot Put/Discus/Javelin = rotation of two throws in prelims then single rotation for the last throw, single rotation in the finals, best qualifier will compete last (count all 6 throws for placing)
 - iii. Shot/Discus/Javelin = 1-2-3-4, 1-2-3-4, 5-6-7-8, 5-6-7-8, 1-2-3-4-5-6-7-8. 9-8-7-6-5-4-3-2-1 = 3 times for finals, add #10 if a tie for 9th. If 9 competitors are in a flight = 1-2-3-4-5, 1-2-3-4-5, 6-7-8-9, 6-7-8-9 and so on...
 - iv. Javelin – Safety. Measure where the javelin first breaks the ground to the foul line. 6.6.7 RB and CB (furthestmost point, rearmost point, or cord grip)
4. Hurdles: Must attempt to clear the hurdle, if the athletes hurdle goes into another lane, subject to disqualification if interfere
- a. Reference rule 5-14, article 1 and 2 of the NFHS rule book
5. Interference:
- a. Reference rule 5-9, article 1-3 of the NFHS rule book
6. Baton Passing/Lane Exchanges: Must finish with the same baton you started with
- a. Reference rule 5-10-13, all articles within the NFHS rule book
 - b. Note some D/Qs happen in the front of the zones *must start within **(both feet inside)** the exchange zone (know the diff. between 20/30-meter zones) Common 20-meter zone = start/finish – make sure both feet in the zone
 - c. Note that a relay team (incoming runner 100 or 200 meters, 4x100, 4x200 and first two legs of the Medley relay) must start their acceleration within the 30-meter zone and pass the baton within the 30-meter zone, they cannot step out of the front/beginning of any exchange zone or pass the baton past the end of the exchange zone
 - i. Reference situation 5-10-9 of the NFHS case book
7. Jury of Appeals: Is it Appealable? Most misunderstood rule in Track and Field.... **YELLOW FLAGS ARE NOT APPEALABLE**
- a. Reference rule 3.5, article 1-4 of the NFHS rule book
8. Make sure your Pole Vault Poles have the appropriate manufactured mark on the end of the pole – can we read it? Weight and length must be visible before the pole can be certified, if not, athlete cannot utilize the pole – Don’t forget your weight sheets
9. One coach per field event within the coach’s box, if venue provides two coaches box... still only one coach
10. No coach on the infield at the HW-State meet unless the Games Committee-SDHSAA-Meet Referee requests = -1pt. deduction

11. Coaches/Officials/Umpires, please discourage athletes from using their cell phones/I-Pods in the competition area
12. Coaches, please be patient when you see a yellow flag. It takes time for Meet Officials/Referees to make decision
13. Read over Casper's Clarifications on our Officials Web page
 - a. [Casper's Clarifications – SDHSAA](#)
14. Read through the Track and Field Handbook from the SDHSAA website
 - a. <https://www.sdhsaa.com/activity/track-field/>