

TRACK & FIELD

Table of Contents

(click on an item to jump directly to that section)

<u>IMPORTANT DATES AND DEADLINES</u>	3
<u>STATE TRACK MEET DATES & SITES</u>	3
<u>ACADEMIC ACHIEVEMENT TEAM AWARD</u>	3
MAJOR TRACK & FIELD RULE REVISIONS FOR 2024	
<u>National Federation Rules Changes</u>	4
<u>South Dakota Changes</u>	4
<u>South Dakota Deviations from NFHS Rules</u>	4
<u>GENERAL INFORMATION (Applies to All Track Meets under SDHSAA Regulations)</u>	
<u>Track & Field Rules</u>	5
<u>Three Classes of Competition</u>	5
<u>SDHSAA Requirement of Coaches</u>	5
<u>SDHSAA Requirements of Officials</u>	5
<u>Qualifications for the State Meet & Sanctioning Regular Season Track Meets</u>	5
<u>Regular Season Meet Qualification Criteria</u>	5
<u>In-Season Qualification Reporting Procedure</u>	6
<u>Competitor Restrictions During the Regular Season</u>	6
<u>Road Races/Fun Runs During the Track & Field Season</u>	6
<u>Conduct for Disqualification</u>	6
<u>Hurdle Spacing</u>	6
<u>Direction of 100m Hurdles, 110m Hurdles, 100m Dash</u>	6
<u>Certifying Pole Vaulter’s Weight at Meets</u>	6
<u>Moving Events Indoors</u>	7
<u>UNIFORM REQUIREMENTS (Updated for 2023-24 School Year)</u>	
<u>Manufacturer’s Logo/Commemorative or Memorial Patch/American Flag</u>	7
<u>Tops or One-Piece Uniform</u>	7
<u>Bottoms or One-Piece Uniform</u>	7
<u>Shoes</u>	7
<u>Sweat suits</u>	7
<u>Visible Garments</u>	7
<u>Headgear/Sunglasses</u>	8
<u>Relays</u>	8
<u>Field Events</u>	8
<u>Penalties</u>	8
<u>Additional Notes</u>	8
<u>SPECIFIC EVENT OPERATION GUIDELINES – REGION & STATE MEETS</u>	
<u>Track Events & Regulations</u>	8
<u>Field Event Information</u>	9
<u>Finals & Heats</u>	9
<u>100m Dash, 100m/110m Hurdles</u>	9
<u>200m Dash</u>	9
<u>300m Hurdles</u>	9
<u>400m Dash</u>	9
<u>800m Run</u>	9
<u>1600m Run</u>	9
<u>3200m Run</u>	10
<u>Relays</u>	10
<u>400m Relay (4x100)</u>	10
<u>800m Relay (4x200)</u>	10

1600m Relay (4x400)	10
3200m Relay (4x800)	10
1600m Sprint Medley Relay (200-200-400-800)	11
Field Events	11
Pole Vault	11
High Jump	11
Long Jump	12
Triple Jump	12
Shot Put, Discus, Javelin	12

STATE MEET REGULATIONS

State Meet General Information & Regulations	12
State Meet Entries	12
Drawing Heats – State Meet	13
Substitutions & Relay Entry Regulations	13
Awards	13
Passes/Tag Policy	13
Adverse/Severe Weather Contingency Plans	14
Jury of Appeals	14

STATE TRACK AND FIELD MEET SCHEDULE 15-16

TRACK AND FIELD

IMPORTANT DATES AND DEADLINES

	Week/Day	2024-25	2025-26	2026-27
First Allowable Practice – Pole Vault	Monday, Week 31	February 3	February 2	February 1
Coaches Education Classes Completed	Monday, Week 35	March 3	March 2	March 1
First Allowable Practice	Monday, Week 35	March 3	March 2	March 1
First Allowable Meet/Contest	Saturday, Week 36	March 15	March 14	March 13
Sanctioned Meets Submitted by	Monday, Week 37	March 17	March 16	March 15
Chance Meets Completed By	Friday, Week 46	May 23	May 22	May 21
Championship State Meet	Thu/Fri/Sat, Week 47	May 29-30-31	May 28-29-30	May 27-28-29
Summer Moratorium		July 1-7	July 1-7	July 1-7
Winter Moratorium		December 23-26	December 23-26	December 23-26

STATE TRACK MEET DATES & SITES

	All Classes
May 29, 30 & 31, 2025	Sioux Falls Howard Wood Field
May 28, 29 & 30, 2026	Sioux Falls Howard Wood Field
May 27, 28 & 29, 2027	Sioux Falls Howard Wood Field

Participation in school activities teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of growing up experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules. Please refer to the **Sportsmanship Section of the SDHSAA Athletic Handbook** for policies and statements concerning the following items:

- General Sports Objectives and Coaching Responsibility
- Athletic Code of Ethics
- Fundamentals of Sportsmanship
- Code of Sport Ethics for Coaches
- Racial Harassment, Violence and Taunting (See General Section)

ACADEMIC ACHIEVEMENT TEAM AWARD

In an attempt to recognize the academic excellence of the athletic teams and fine arts groups in each school, the SDHSAA created the Academic Achievement Team Award. The Academic Achievement Team Award is designed to recognize varsity level teams that achieve a combined GPA of 3.0 or higher. For additional information about the Academic Achievement Team Award, refer to the Academic Achievement Team Award section of either the **ATHLETIC** or **FINE ARTS HANDBOOK**.

2025 National Federation Rule Changes

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.

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.

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.

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.

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.

6-3-2 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.

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.

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.

2025 Editorial Changes

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

2025 Points of Emphasis

1. Managing Vertical Jump Landing Systems: A Guide for Track and Field Officials
2. Excused Athletes
3. Time Limits in Vertical Jumps
4. False Starts

South Dakota Changes

1. Pole Vault/High Jump-Starting Height change at state track and field. Starting height is the 12th place qualifier height minus 3 inches (pole vault) and 1 inch (high jump).

South Dakota Deviations from NFHS Rules

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 to become wind-aided 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.

General Information applying to All Track & Field Meets under SDHSAA Regulation:

I. Track and Field Rules

The NFHS Track and Field Rules Book, as published by the National Federation of State High School Associations, shall govern the Track & Field athletics of the South Dakota High School Activities Association, except in cases modified by SDHSAA regulations as listed in this handbook section.

II. Three Classes of Competition

Member schools are divided into three classes. Classification for this school year is according to the Average Daily Membership as determined by the SDHSAA Board of Directors and listed in the Classification section of the Athletic Handbook.

III. SDHSAA Requirement of Coaches

All Head Coaches must complete an online rules meeting and submit and pass an online open-book rules test. Further, the Board of Directors has adopted the following penalty code for non-compliance of this policy: *A fine of \$50.00 will be assessed against the member school if the Head Coach fails to complete an online rules meeting or fails to submit and pass the open book test. If the Head Coach fails to complete both requirements, the fine will be \$75.00.* Notification of testing dates and procedures will be sent to the Athletic Director at each school.

IV. SDHSAA Requirement of Officials

- a. Starters and Meet Referees who are utilized for qualifying meets, and/or the State Meet must register with the South Dakota High School Activities Association, view the online rules meeting, submit and pass the online open-book rules test, and attend an officials' clinic one in the first two years and then one in the next three years.
- b. Each qualifying meet will select their officials for their meet, recognizing the Starter and Meet Referee are to be two different individuals and may not be a coach.
- c. The SDHSAA will select the Starters, Meet Referees and other meet officials for the State Track & Field Meet.
- d. Officials registered with sister state associations, who have paid the reciprocity fee to the SDHSAA, are not eligible to serve as a Starter or Meet Referee at the State Meets. This regulation applies to the Head Field Judge at the State Meet as well.

V. Qualifications for the State Meet & Sanctioning Regular Season Track Meets

Coaches are asked to enter their complete roster using the SDHSAA entry system. All of the information and steps to complete this process is located on the SDHSAA website. All athletes will only qualify by in-season marks at sanctioned regular season track & field meets.

VI. Regular Season Meet Qualification Criteria

In order for a regular season meet to be "sanctioned" for State Meet qualifying marks to be set by the participating competitors, the following regulations must be met:

- a. Meet must be an outdoor meet. Specific events that are either held indoors, that use shorter hurdles, smaller implements or other non-NFHS Outdoor Track & Field rules compliance will not be recognized.
- b. Meet must be run on a 400-meter track.
- c. Meet must have at least two teams competing.
- d. Only those meets with high school competitors shall be sanctioned.
- e. An SDHSAA-licensed Meet Referee and Head Starter must be hired. Sanction will not be granted until the Referee and Head Starter are licensed with the SDHSAA. These individuals may not be a current Track & Field coach.
- f. All weight implements (shot put/discus/javelin) must be weighed and marked. Meet management may provide the implements, but must provide implements of all types.
- g. For All Classes – Only those meets held by the Friday of NFHS Week 46 will be considered for sanctioning and state-qualifying purposes.
- h. Out-of-state meets must follow interstate guidelines (see sanctioning section of the SDHSAA Handbook). South Dakota schools that participate in an out-of-state meet are responsible for submitting the qualifying athletes and the complete results using the SDHSAA entry system within one week following the qualifying meet.
- i. It is expected that all qualifying meets use of Fully Automated Timing in the running events and competent individuals able to take accurate measurements in the field events.

NOTE: Applications are to be submitted by the sponsoring organization no later than Monday of Week 37 on the NFHS Calendar. A state-qualifying Track & Field meet may be sanctioned after this date up to seven days prior to the meet with the payment of a \$50.00 late sanctioning fee.

VII. In-Season Result Reporting – NEW 2020

All Track & Field Programs are required to use the athletic.net website for result reporting. Full information on how to upload results and maintain qualification information will be supplied as a supplement to this handbook.

VIII. Competitor Restrictions During the Regular Season

No competitor shall participate in more than four events, including relays, during a single meet. This applies to any single meet, regardless of the length of the meet and applies throughout the season. If a violation of this rule is discovered after the conclusion of the meet, the competitor shall forfeit all places, team points and medals earned in all events of competition within that meet.

IX. Road Races/Fun Runs During the Track & Field Season

Students who are members of their school's Track & Field team are able to participate in non-sanctioned road races or like events during the SDHSAA Track & Field season as long as they do so as "unattached" entrants. Only other traditional Track & Field meets remain prohibited for in-season participation.

X. Conduct for Disqualification

- a. When a competitor is disqualified during a Track & Field meet, the Meet Referee shall notify or cause to be notified the competitor or his or her coach of the DQ. Coaches and officials are encouraged to understand the difference between disqualifications from a single event due to "unacceptable conduct" (results in forfeiture from that event) versus "unsportsmanlike conduct" (results in forfeiture from the entire meet).
- b. Full meet disqualification for unsportsmanlike conduct results in the forfeiture of all events that athlete was entered in for that meet, and will be subject to SDHSAA ejection penalties.
- c. If a contestant throws a baton, s/he and her/his team are disqualified for places in the relay. The contestant who threw the baton is eligible to continue to compete in other events unless unsportsmanlike conduct was involved. This regulation pertains to jubilation and disgust equally.

XI. Hurdle Spacing

- a. The SDHSAA follows NFHS regulations for hurdles in all events, with the exception of the 100m girls hurdles. For that event, hurdles shall be spaced as follows for all meets during the season, as well as at the State Meet:
 - i. Ten hurdles
 - ii. Each hurdle to be set at 33" high
 - iii. 13 meters from start line to first hurdle
 - iv. 8 meters between next hurdles
 - v. 15 meters from last hurdle to finish line

XII. Direction of 100m Hurdles, 110m Hurdles, 100m Dash & 200m Dash

- a. The direction of the 100m Dash and 100m/110m hurdle races may be changed to run with the wind at the discretion of the committee in charge of the meet during regular season meets.
- b. **NEW – 2020:** The 200m Dash may be reversed at regular season events to become wind-aided 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. Further, the 200m Dash event will not be reversed at the State Meet.

XIII. Certifying Pole Vaulter's Weight at Meets

- a. Each competitor's weight shall be at or below the manufacturer's rating for a given pole during the Pole Vault event.
- b. The manufacturers must have included on each pole:
 - i. The pole rating that shall be a minimum of a ¾ inch marking, in contrasting color, located within or above the top handhold position.
 - ii. A 1" circular band indicating the maximum top handhold position with the position determined by the manufacturer.
 - iii. If either of these items are missing, worn or unreadable, coaches should contact the manufacturer to get a replacement.
 - iv. Etchings, serial numbers, etc., do not replace the requirement of the markings as listed in previous notes here. Altius Poles manufactured prior to 2006 are the lone exception, as long as the etching is visible and above the top handhold band position, per the NFHS.

- c. Prior to competition, coaches must provide written verification of vaulter's weight on a form or card provided by the SDHSAA that also includes a school administrator's signature to ensure that vaulters use poles that are at or below their current weight. In lieu of a school administrator, a Meet Manager or his/her designee may sign off as a witness to having recorded the weights. This weight must be measured on the day of the competition, either at home or onsite. Officials running the event should receive the vaulter's weight and ensure that each attempt is taken using a pole that displays certification for a weight at or below that of the competitor.

XIV. Moving Events Indoors

- a. Do not move events indoors unless completely necessary, as marks from indoor field events will not count towards qualification for the SDHSAA State Track & Field Meet.

UNIFORM REQUIREMENTS

I. Manufacturer's Logo, Patches, American Flag

- a. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top or one-piece uniform.
- b. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches, is permitted on the bottom or one-piece uniform. Bottoms may have manufacturer's logo/trademark/references larger than 2 ¼ square inches around the waistband.
- c. One American flag and/or commemorative or memorial patch may be displayed on the one- or two-piece uniform (not exceeding 2" x 3")

II. Tops or One-Piece Uniform

- a. Must be school-issued or approved.
- b. Must be worn as the manufacturer intended. Must hang below or be tucked into the waistband of the bottom of the uniform when the competitor is standing erect.
- c. One-piece uniforms are legal and may be worn in lieu of the traditional top and bottom.
- d. The jersey may not contain ornamentation that will be objectionable in taste.
- e. The jersey shall not be knotted or have a knot-like protrusion.
- f. Football jerseys are not considered a school-issued uniform. If a tank top-style top cannot be found (usually involves field event competition), a t-shirt the same color of the school uniform is acceptable.
- g. The top and bottom may have school identification and the top may have the competitor's name.
- h. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal. The area of competition includes, but is not limited to, the infield, track, staging area, and all field event areas. Athletes wanting to remove any part of the team uniform must be in the stands or team camp areas outside the competitive area or infield.

III. Bottoms or One-Piece Uniform

- a. Must be school-issued or approved
- b. Loose fitting boxer type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
- c. The bottom may contain no ornamentation which will be objectionable in taste.

IV. Shoes

- a. Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet. The use of slippers or socks does not meet this rule.
- b. The upper must be designed so it can be securely fastened to the foot.
- c. There is no limit on the number of spikes.

V. Warm-Up/Sweat Suits

- a. Under adverse weather conditions, competitors may participate with warm-ups/sweat suits worn over the traditional top and bottom. If so, they shall have no markings other than that of the school the contestant represents. It is assumed the school-issued uniform is being worn under the warm-up/sweat suits.

VI. Visible Garments

- a. Any visible garment worn underneath the uniform top and/or bottom is to be considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.

VII. Headgear/Sunglasses

- a. No caps/hats/visors allowed. Stocking hats/ear muffs/hoods are not allowed unless conditions warrant. Adverse weather conditions are a Referee's decision.
- b. Headbands/hair control devices are legal and can be of any color or design. Multiple logos are legal as long as they are appropriate for high school athletics.
- c. Sunglasses are legal.
- d. Religious headwear is permitted and no prior state authorization is required.

VIII. Relays

- a. All relay and cross country team members must wear uniforms clearly indicating, through **PERDOMINANT COLOR**, school logo and color combination of all outer garments worn as a uniform, that members are of the same team.
- b. Relay competitors may not wear gloves.

IX. Field Events

- a. Must follow the same rules as above.
- b. Weight belts are allowed to be worn.
- c. Weights, gloves or illegal implements are illegal in the warmup and competitive areas of field events.

X. Penalties

- a. A competitor who competes in violation of the above rules shall be disqualified from the event.
- b. In running events, when the Starter begins his or her instructions, that indicates the starting point for enforcement of uniform violations.
- c. In field events, when a competitor has been called and the clock has started to complete his or her attempt, that indicates the starting point for enforcement of uniform violations.

XI. Additional Notes

- a. Competition will not be delayed in order to permit competitors to come into compliance with these rules.
- b. If the Starter, Referee or other meet official detects an illegal uniform prior to the start of competition, it is good practice in preventative officiating to call this to the attention of the contestant.
- c. Numbers, when used, must be unaltered and displayed properly. Failing to wear a contestant number properly or wearing the wrong contestant number will result in a one-point team deduction.

SPECIFIC EVENT OPERATION GUIDELINES

I. Track Events & Regulations

- a. All track events shall be run with a lane priority of 4-5-3-6-2-7-1-8.
- b. All race times are to be recorded to the tenth of a second when handheld timing is used, wherein times are rounded up to the next tenth of a second. All race times are to be recorded to the hundredth of a second when Fully Automated Timing (FAT) is used.
 - i. In determining qualifiers for a subsequent round of competition, timing to the furthest extent capable of FAT systems should be used. When handheld times are recorded, hundredths of a second may be used for breaking ties.
- c. If the FAT system should malfunction, the operating committee should have in place a contingency plan for either recalling the race or utilizing handheld times for that specific event.
 - i. In a multi-heat event, if one heat is forced to use handheld timing, all heats for that event shall utilize handheld timing.
 - ii. In a multi-heat event, if a clear winner exists during an FAT malfunction, it is permissible to advance that individual to the next round without having to participate in a re-run.
- d. The track should have markings around the entire track around five yards from the curb. Only officials shall be allowed in between this designated area.
- e. When forming heats, place shall be weighed first, time second. Heat winners will be evaluated first, remaining qualifiers second.
- f. **(New 2018)**: If the number of participants dictates, preliminaries may be cancelled if the amount of competitors actually competing is fewer than the lanes available. Instead, all athletes move automatically to finals.

II. Field Event Information

- a. All field events shall be conducted outdoors unless weather dictates otherwise. Decisions on moving field events indoors are to be made by the Games Committee or Meet Directors and Meet Referee. If field events are moved indoors, no State Meet qualifiers will be accepted based upon mark or performance.
- b. If competitions are moved indoors after they have started, all trials/performances from outdoors stand as recorded, and the event shall progress forward from the point of interruption.
- c. High Jump or Pole Vault may warm-up without the bar in place prior to competition. Any competitor who has passed three consecutive heights is permitted a warmup without the bar in place.
- d. After competition has begun in the Long and Triple Jump, five minutes will be allowed for run-throughs for competitors of the next flight.
- e. Field events should always take one more than placing to the finals, if the event warrants.
- f. All implements shall be weighed onsite.
- g. Athletes have the option of using any takeoff board that is present on the competition runway. The athlete is responsible for notifying the event judge of their chosen board prior to takeoff.

III. Finals & Heats

- a. Athletes in field events may pass in the finals and allow their marks from preliminary rounds to stand for place.
- b. Athletes in track events are not an extension of the preliminaries. If an athlete participates in the prelims, but not the finals, they shall receive no points for his or her team, nor will they place in the event.
- c. Heats will be formed for the finals based upon preliminary times and results. Lane order priority will first be given to those who won their heat, followed by comparing the next-best times for all other qualifiers. If a tie exists for the final lane available at the next level, the tying competitors shall compete for the available lane/position.
- d. Qualifying for finals will be based upon the winners of individual heats in track events, followed by the next-best times as performed.
- e. At the State Meet, preliminaries will be run in all track events, except for the 800m Run, 1600m Run, 3200m Run, 1600m Sprint Medley Relay, and 3200m Relay.

IV. 100m Dash, 100m/110m Hurdles

- a. Preliminaries shall be run in this event at the State Meet if the number of contestants entered is greater than or equal to nine.
 - i. In each scenario, the heat winner and the next best-times will advance to the next round of competition, based on the available number of lanes.
- b. When forming heats, place shall be weighed first, time second. Heat winners will be evaluated first, remaining qualifiers second.
- c. Races may be reversed due to wind conditions if the following conditions exist:
 - i. The wind at track level is 8 MPH or greater.
 - ii. The wind is blowing into the face of the runners.
 - iii. The decision is being made at least 15 minutes prior to the event.
 - iv. FAT is available at the opposite end for those meets utilizing FAT systems.
 - v. If no formal device for measuring wind speed is available, the Meet Director, Meet Manager and Head Field Judge will make the decision.

V. 200m Dash

- a. The 200m Dash shall be run around one curve.
- b. It is permissible to reverse the direction of the event to be wind-aided if the Meet Manager and Meet Referee permit. However, the facility must have proper, permanent markings in order for the event to be reversed. The event WILL NOT be reversed at the State Meet.

VI. 300m Hurdles

- a. Runners in this event shall run in lanes the entire distance with proper staggered starts.

VII. 400m Dash

- a. Runners in this event shall run in lanes the entire distance with proper staggered starts.

VIII. 800m Run

- a. This event shall be run in sections as follows:

- i. If the number of competitors is 12 or fewer, the event will be run in a single section.
 - ii. If the number of competitors is 13 or more, two sections will be run with the slower section first. At the State Meet, the faster section will consist of the top 12 competitors.
 - iii. Lane assignments for additional runners will be assigned beginning with the outside of lanes in reverse priority order (8-1-7-2-6-3-5-4).
- b. Runners in this event shall run in lanes for one full turn with proper staggered starts before cutting for the pole.

IX. 1600m Run

- a. Runners in this event shall run in lanes for one full turn with proper staggered starts before cutting for the pole.
- b. Regardless of number of competitors, this event shall be run in a single section.
- c. Lane Assignments should be awarded as follows, with the numbers designating fastest to slowest seed times:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7-15	5-13	3-11	1-9	2-10	4-12	6-14	8-16
23	21	19	17	18	20	22	24

X. 3200m Run

- a. Runners in this event shall run in lanes for one full turn with proper staggered starts before cutting for the pole.
- b. Regardless of number of competitors, this event shall be run in a single section.
- c. Lane Assignments should be awarded as follows, with the numbers designating fastest to slowest seed times:

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
7-15	5-13	3-11	1-9	2-10	4-12	6-14	8-16
23	21	19	17	18	20	22	24

XI. Relays

- a. Heats
 - i. At the State Meet, the fastest times shall be placed in the last heat.
 - ii. At the State Meet, eight teams shall qualify for the finals in all relays except for the 3200m and 1600m Sprint Medley Relays, which will be run finals only.
- b. Exchanges
 - i. 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 exchanges 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
 - ii. 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.
 - iii. An acceleration zone may be used by runners in relay races when the in-coming runners are running a length of 200m or less.
 - iv. If a contestant throws a baton, the person who threw the baton and his/her team are disqualified for places in the relay

XII. 400m Relay (4x100)

- a. Runners in this event will run in lanes for the duration of the race, with the proper staggered start.

XIII. 800m Relay (4x200)

- a. Runners in this event will run in lanes for the duration of the race, with the proper staggered start.

XIV. 1600m Relay (4x400)

- a. Runners in this event will run in a three-turn stager, with the second runner/leg breaking for the inside after completing the first full turn.

XV. 3200m Relay (4x800)

- a. This event shall be run in sections as follows:
 - i. If the number of teams is 12 or fewer, the event will be run in a single section.
 - ii. If the number of teams is 13 or more, two sections will be run with the slower section first. At the State Meet, the faster section will consist of the top eight teams (Class AA) or the top 12 teams (Class A and Class B).

- iii. Lane assignments for additional runners will be assigned beginning with the outside of lanes in reverse priority order (8-1-7-2-6-3-5-4).
- b. Runners in this event shall run in lanes for one full turn, with proper staggered starts before cutting for the pole.

XVI. 1600m Sprint Medley Relay (200-200-400-800)

- a. This event will be run with a three-turn stagger. The first two runners will run in their own lane for the duration of their leg, while the third runner is allowed to break for the inside after completing the first full turn.

XVII. Field Events

- a. Events should not be moved indoors unless absolutely necessary. The Meet Referee, Head Field Judge, Meet Director and SDHSAA shall determine if events are to be moved indoors, and only will be done if adequate facilities exist to host the event(s). In regular season competition, events moved indoors will negate the ability of competitors to qualify for the State Meet.
- b. All flights should be developed to the point where the competitors with the best qualifying marks should be the last to compete in an event.
- c. Contestants shall report promptly to the event judge at the designated location when the event is announced. With the exception of the Pole Vault, a contestant shall be charged with an unsuccessful attempt if the contestant does not initiate a trial that is carried to completion or pass it within one minute after being called for a trial (unless excused by the event judge to participate in some other event). In the Pole Vault event, the time limit remains at one minute.
- d. Excused from Field Events: Guidelines for a competitor who has been excused from a field event to compete in another event.
 - i. Athlete must receive permission from event judge.
 - ii. Judge must record time excused.
 - iii. Judge may allow competitor to take a trial out of turn before being excused.
 - iv. Judge will use some judgment in extending the time excused under special circumstances (i.e. 3200m Run),
 - v. 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.
 - vi. When determining the events for an individual competitor, coaches must take into account the limited time allowed to be excused to compete in another event

XVIII. Pole Vault

- a. Starting height for the State Meet shall be is the 12th place qualifier height minus 3 inches in each class.
- b. The bar shall be raised by six inches at each height until three or fewer competitors remain. After that point, the bar shall be raised in three-inch increments.
- c. No mark or markers may be placed by the competitors on the runway, but it is permissible to place markers at the side of the runway.
- d. The "Five-Alive" system shall be used for the order of competition.
- e. Any competitor who has passed on three consecutive heights may be provided a warm-up jump.

XIX. High Jump

- a. Starting height for the State Meet shall be is the 12th place qualifier height minus 1 inch in each class.
- b. The bar will be raised by two inches at each height until three or fewer competitors remain. After that point, the bar will be raised in one-inch increments.
- c. Any form of tape, such as athletic tape, may 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 mid-point. There will not be any tape allowed near the bar (pad) or takeoff area.
- d. The "Five Alive" system shall be used for the order of competition.
- e. Any competitor who has passed on three consecutive heights may be provided a warm-up jump.

XX. Long Jump

- a. No marker may be placed on the runway or in the landing pit. However, a competitor may place one or two markers alongside the runway to assist in the run-up and takeoff. Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records.
- b. This event will be conducted in flights of six to ten with the nine best jumps (plus ties) qualifying for the finals.
- c. Practice run-throughs will be permitted between flights at the State Meet. A five-minute time frame will be allowed for this purpose.

XXI. Triple Jump

- a. No marker may be placed on the runway or in the landing pit. However, a competitor may place one or two markers alongside the runway to assist in the run-up and takeoff. Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records.
- b. This event will be conducted in flights of six to ten with the nine best jumps (plus ties) qualifying for the finals.
- c. Practice run-throughs will be permitted between flights at the State Meet. A five-minute time frame will be allowed for this purpose.

XXII. Shot Put, Discus & Javelin

- a. Each flight in the preliminaries shall consist of six to ten competitors. The first three to five of each flight of six to ten to throw in rotation for two throws, then the second three to five 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 order of competition shall be worst to best. The nine best throws (plus ties) will qualify for the finals. Finalists will throw in order as one flight with the best throw in the preliminaries throwing last. Each competitor entitled to three attempts in the finals.
- b. A five-minute warm-up will be permitted between flights.
- c. At the State Meet, all classes will participate in the Javelin Throw event.

STATE MEET REGULATIONS

I. State Meet General Information & Regulations

- a. State Meet information will be distributed on an annual basis from the SDHSAA Office specific to logistical concerns. The next few items detail that process.
 - i. Team packets will be distributed onsite, including tickets, tags and contestant numbers. State Meet check-in will be at a designated time/site in coordination with the SDHSAA and host site management. Team Check-in/Package Pickup and meeting will be Wednesday night at 7:30pm, or Thursday morning at 9:00am
 - ii. No practice will be allowed onsite the day (Wednesday) before the State Meet.
 - iii. Each school will pay its own expenses to attend the State Meet.
 - iv. All athletes who compete in the State Meet will be provided a bib number assigned by the SDHSAA. **Wearing the incorrect bib number or failing to wear the bib properly during competition will result in a one-point team deduction.**
 - v. Events are planned to start on time as scheduled. In the case of inclement weather, event start times may be adjusted and announced over the public address system onsite. Failing to report on time will result in a contestant being eliminated.
 - vi. No athletes/student managers are to be allowed on the infield per venue discretion. Coaches found on the infield will result in a one-point team deduction for their given squad.
 - vii. A designated area will be provided at each site for team camp areas. The infield is not to be used for this purpose.
 - viii. All award winners are expected to be onsite to receive their awards.
 - ix. **Competitors may not warm up on any part of the track once the schedule for the day has begun.**

II. State Meet Entries – Top 24 Procedure

- a. In all classes, coaches will be required to submit their entries by a pre-determined deadline for the State Meet. Each team can submit up to three entries per individual event, as well as one entry for each relay.

- i. Following the conclusion of all Sanctioned Track Meets, coaches will be required to submit their State Meet Entries through athletic.net. Entries must be accompanied by a time/performance/mark from a sanctioned SDHSAA regular season meet. Deadline for this action will be set by the SDHSAA staff and strictly adhered to.
- ii. Coaches may enter any athlete or relay team in an event, even if they are outside the current Top 24 performances.
- iii. Athletes may only be entered in four events.
- iv. Relays may be entered, but names DO NOT need to be attached. If a school's team has recorded a time during an SDHSAA-sanctioned meet, it could be used as the entry timer regardless of the makeup of the team; good faith efforts of having at least half of the runners be the same are generally expected.
- v. Following the collection of entries from all participating teams, the Top 24 entered, verified performances in each event will be entered into the State Meet. Should any ties exist:
 1. In FIELD events – all athletes tied for the 24th spot will qualify into the State Meet.
 2. In RUNNING events WITH prelims – NONE of the athletes tied for the 24th spot will qualify in to the State Meet
 3. In RUNNING events WITHOUT prelims – ALL of the athletes/relays tied for the 24th spot will qualify in to the State Meet

III. Drawing Heats – State Meet

- a. All assignments for heat and lanes for the State Track & Field Meet preliminaries are based on times reported throughout the regular season.
- b. If entry marks result in a tie(s) between competitors or teams, the entries will be randomly placed in appropriate heats and lanes.
- c. If additional competitors or teams qualify for an event that is run in sections, the additional competitors or teams will be placed in the slower section.

IV. Substitutions & Relay Entry Regulations

- a. No substitutions are allowed in individual events at the State Meet for any reason.
- b. Relays
 - i. A maximum of eight individuals may be listed on a relay card, any four of which may compete in the event at the State Meet.
 - ii. Even if less than eight names appear on the relay card, no additions or substitutions may be made after the relay team reports to the Clerk the first day of the State Meet.
 - iii. Only those who actually participate in a relay will have the event count towards participation limits.
 - iv. Relay cards will be filled out and turned in when the relay team reports to the clerk on the first day of competition. The Clerk will check which four runners are actually running.
 - v. For finals, entrants must be listed on the card, but do not need to be the same four individuals, nor in the same four positions, as what were used in the prelims of the event.
 - vi. 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.

V. Awards

- a. Team and individual awards will be presented as prescribed by the General Section of the SDHSAA Handbook.
- b. The Gold Medal Award was initiated in 1986 by the SDHSAA, and is presented to the individual/relay that has the best finals performance, regardless of class.
- c. All individuals must be in school-issued or approved apparel when accepting awards on the awards stand during the State Track Meet.

VI. Passes/Tag Policy/Ticket Prices

- a. Each contestant entered in the SDHSAA State Meet shall receive a complimentary wristband for admission. Coaches are advised that only those athletes whom are participating in the meet should be listed as entries. Abuse of this policy may lead to a fine being sent to the participating school.
- b. Coaches tags (for those that have completed the coursework) will be provided to each team based upon the roster as published on the SDHSAA website:

- i. Class B – Maximum of two for boys coaches and maximum of two for girls coaches
- ii. Class A – Maximum of three for boys coaches and maximum of three for girls coaches
- iii. Class AA – Maximum of four for boys coaches and maximum of four for girls coaches
- iv. Athletic Trainer – Maximum of one, if attending
- v. Bus Driver – Maximum of one, if requested
- vi. Student Manager – Maximum of two wristbands, if attending and also listed on schools' roster as student managers (not non-qualifying participants)

VII. Adverse/Severe Weather Contingency Plans

- a. All efforts to conduct the State Track & Field Meet according to the posted schedule will be made by the SDHSAA and meet officials. In the case of adverse weather, the following is a suggested set of guidelines to assist in running a weather-affected meet.
- b. Track Events
 - i. Decisions on how to proceed will rest with the SDHSAA, Meet Referee and Meet Manager.
 - ii. Running events will deviate as appropriate, including the potential for a rolling schedule if necessary.
 - iii. Heats may be re-seeded if necessary to accommodate competition
- c. Field Events:
 - i. Decisions on how to proceed will rest with the SDHSAA, Meet Referee and Meet Manager.
 - ii. All field events will generally be postponed and adjusted on a basis of a specific time delay. Some events may be moved from Thursday to Friday or Friday to Saturday if necessary to guarantee completion.
 - iii. Competition in field events may be adjusted by eliminating prelims and conducting finals with only four or five trials.
 - iv. If field events cannot be completed during the three-day meet, events may be moved to the following Monday at a site to be determined by meet management.
 - v. If field events cannot be completed on the following Monday, those events will be cancelled and team standings will be based upon events actually completed.

VIII. Jury of Appeals

- a. The Jury of Appeals shall consist of SDHSAA Staff representatives or designated hired officials.
- b. To file an appeal, a coach must first file a protest with the Meet Referee. If they are not satisfied with the Referee's decision, any appeal must be made in writing to the Jury of Appeals for a final decision.

2024 STATE TRACK & FIELD MEET SCHEDULE

May 23-25, 2024 – Howard Wood Field, Sioux Falls
Track Events Order = 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	

F R I D A Y	TRACK		FIELD	
	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

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	12:00 PM	B Boys Javelin
	11:25 AM	Girls 1600 Meter Run		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			