

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 2019	
<u>National Federation Rules Changes</u>	4
<u>South Dakota Changes</u>	4
<u>South Dakota Deviations from NFHS Rules</u>	4
<u>2019 STATE TRACK AND FIELD QUALIFYING STANDARDS (Class A & B)</u>	
<u>Qualifying Standards</u>	5
<u>GENERAL INFORMATION (Applies to All Track Meets under SDHSAA Regulations)</u>	
<u>Track & Field Rules</u>	6
<u>Three Classes of Competition</u>	6
<u>SDHSAA Requirement of Coaches</u>	6
<u>SDHSAA Requirements of Officials</u>	6
<u>Qualifications for the State Meet & Sanctioning Regular Season Track Meets</u>	6
<u>Regular Season Meet Qualification Criteria</u>	6
<u>In-Season Qualification Reporting Procedure</u>	7
<u>Entry for Region & State Meet of In-Seasons Qualified Competitors</u>	7
<u>Competitor Restrictions during the Regular Season</u>	8
<u>Road Races/Fun Runs during the Track & Field Season</u>	8
<u>Conduct for Disqualification</u>	8
<u>Hurdle Spacing</u>	8
<u>Direction of 100m Hurdles, 110m Hurdles, 100m Dash</u>	8
<u>Certifying Pole Vaulter's Weight at Meets</u>	9
<u>Moving Events Indoors</u>	9
<u>UNIFORM REQUIREMENTS (Updated for 2018-19 School Year)</u>	
<u>Manufacturer's Logo/Commemorative or Memorial Patch/American Flag</u>	9
<u>Tops or One Piece Uniform</u>	9
<u>Bottoms or One Piece Uniform</u>	10
<u>Shoes</u>	10
<u>Sweatsuits</u>	10
<u>Visible Garments</u>	10
<u>Headgear/Sunglasses</u>	10
<u>Relays</u>	10
<u>Field Events</u>	10
<u>Penalties</u>	10
<u>Additional Notes</u>	10
<u>REGION TRACK & FIELD MEET REGULATIONS (Class A & B)</u>	
<u>Meet Schedule</u>	11
<u>Scoring</u>	11
<u>Meet Management Software</u>	11
<u>Ticket Price</u>	11

Region Meet Committees	11
Region Entries	12
Entry Meetings	12
Pre-Meet Seeding Meeting	12
Entry Finalization Meeting	13
Verification Meeting	13
Competitor Entry Regulations	13
Violations of Competitor Entry Regulations	14
Withdrawal from Region Meet	14
Substitution at Regional Meets	14
Qualifying from Region to State	15
Meet Referee & Jury of Appeals	15
Awards	15

SPECIFIC EVENT OPERATION GUIDELINES – REGION & STATE MEETS

Track Events & Regulations	16
Field Event Information	16
Finals & Heats	16
100m Dash, 100m/110m Hurdles	17
200m Dash	17
400m Dash	17
800m Run	17
1600m Run	17
3200m Run	18
Relays	18
4x200m Relay	18
4x400m Relay	18
4x800m Relay	18
Medley Relay (200-200-400-800)	19
Field Events	19
Pole Vault	19
High Jump	19
Long Jump	20
Triple Jump	20
Shot Put & Discus	20

STATE MEET REGULATIONS

State Meet General Information & Regulations	20
State Meet Entries	21
Drawing Heats – State Meet	21
Substitutions & Relay Entry Regulations	22
Awards	22
Passes/Tag Policy	22
Adverse/Severe Weather Contingency Plans	22
Jury of Appeals	23

2019 TRACK AND FIELD MEET SCHEDULE.....24

TRACK AND FIELD

IMPORTANT DATES AND DEADLINES

	Week/Day	2018-19	2019-20	2020-21
First Allowable Practice – Pole Vault	Monday, Week 31	January 28	February 3	February 2
First Allowable Practice	Monday, Week 35	February 25	March 2	March 1
First Allowable Meet/Contest	Saturday, Week 36	March 9	March 14	March 13
Region Meets Completed By	Friday, Week 46	May 17	May 22	May 21
Championship State Meet	Fri/Sat, Week 47	May 24-25	May 29-30	May 28-29

STATE TRACK MEET DATES & SITES

	‘B’ Prelims & Sat. Finals	‘A’ Prelims	‘AA’ Prelims
May 24 & 25, 2019	Sioux Falls Howard Wood	Tea Area HS	Brandon Valley HS
May 29 & 30, 2020	Sioux Falls Howard Wood	Tea Area HS	O’Gorman HS
May 28 & 29, 2021	Rapid City O’Harra Stadium	Spearfish – BHSU	Sturgis – Woodle 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**.

Major Track & Field Rules Revisions for 2018-19:

NFHS Changes

4-3-1: Changes the rule to allow that a foundation garment is now any item worn under the uniform top and/or bottom, and not subject to logo/trademark/reference or color restrictions.

4-3-2: Allows for more flexibility in the uniform rule for relay team members, allowing that uniforms must clearly indicate that, through predominant color, team members are from the same team.

Rule 6: Measurements in the discus or javelin shall now be recorded to the nearest, lesser inch or centimeter

6-9: In long and triple jump events, ranges of distances are now allowed to accommodate different levels of competition, including competitors changing which takeoff board they are using in the same competition by notification and confirmation with the event judge.

South Dakota Changes

1. Class AA shall now qualify competitors in individual events by allowing the top 24 entered performances into the State Meet. Qualifying standards are no longer applicable.
2. If an athlete indicates they are entered, but not running at the region meet and actual participation numbers dictate, prelims can be eliminated and the event advance straight to finals.
3. All Region Meets must be conducted on an eight-lane track.

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.

**2019 CLASS 'A' STATE MEET
QUALIFYING STANDARDS**

EVENT	GIRLS – FAT	GIRLS – HH	BOYS – FAT	BOYS – HH
100m Dash	12.96	<i>12.7</i>	11.42	<i>11.1</i>
200m Dash	27.00	<i>26.7</i>	23.27	<i>23.0</i>
400m Dash	1:01.06	<i>1:00.8</i>	52.34	<i>52.1</i>
800m Run	2:27.32	<i>2:27.0</i>	2:04.14	<i>2:03.9</i>
1600m Run	5:23.38	<i>5:23.1</i>	4:39.81	<i>4:39.5</i>
3200m Run	12:00.93	<i>12:00.6</i>	10:26.31	<i>10:26.0</i>
100/110m Hurdles	16.02	<i>15.7</i>	16.09	<i>15.8</i>
300m Hurdles	48.27	<i>48.0</i>	42.19	<i>41.9</i>
4x100m Relay	52.18	<i>51.9</i>	45.02	<i>44.7</i>
4x200m Relay	1:50.24	<i>1:50.0</i>	1:34.32	<i>1:34.0</i>
4x400m Relay	4:15.32	<i>4:15.0</i>	3:34.85	<i>3:34.6</i>
4x800m Relay	10:15.60	<i>10:15.3</i>	8:37.88	<i>8:37.6</i>
Medley Relay	4:29.73	<i>4:29.4</i>	3:47.83	<i>3:47.5</i>
Shot Put	36-0		48-1	
Discus	108-4		136-7	
High Jump	4-10		6-0	
Long Jump	16-2		20-10	
Triple Jump	34-1		41-0	
Pole Vault	8-3		11-3	

**2019 CLASS 'B' STATE MEET
QUALIFYING STANDARDS**

EVENT	GIRLS – FAT	GIRLS – HH	BOYS – FAT	BOYS – HH
100m Dash	13.13	<i>12.8</i>	11.51	<i>11.2</i>
200m Dash	27.18	<i>26.9</i>	23.61	<i>23.3</i>
400m Dash	1:02.16	<i>1:01.9</i>	52.76	<i>52.4</i>
800m Run	2:28.90	<i>2:28.6</i>	2:06.43	<i>2:06.1</i>
1600m Run	5:35.07	<i>5:34.8</i>	4:45.44	<i>4:45.2</i>
3200m Run	12:35.22	<i>12:34.9</i>	10:37.47	<i>10:37.2</i>
100/110m Hurdles	16.66	<i>16.4</i>	16.66	<i>16.3</i>
300m Hurdles	50.09	<i>49.8</i>	43.17	<i>42.9</i>
4x100m Relay	52.91	<i>52.6</i>	45.95	<i>45.7</i>
4x200m Relay	1:51.89	<i>1:51.6</i>	1:35.66	<i>1:35.4</i>
4x400m Relay	4:20.55	<i>4:20.3</i>	3:38.72	<i>3:38.4</i>
4x800m Relay	10:32.82	<i>10:32.5</i>	8:52.17	<i>8:51.9</i>
Medley Relay	4:37.65	<i>4:35.4</i>	3:52.65	<i>3:52.4</i>
Shot Put	35-5		45-11	
Discus	109-3		136-10	
High Jump	4-11		6-0	
Long Jump	15-6		19-10	
Triple Jump	32-8		40-3	
Pole Vault	8-3		11-6	

NOTE: All times for state qualifying will be converted “up” from HH to FAT. No time may become a qualifying time by converting “down” from FAT to HH. These HH times merely represent the slowest qualifying time for HH races and are not, themselves, the qualifying standard.

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

I. Track and Field Rules

The NFHS Track and Field Rules & Records as published by the National Federation of State High School Associations shall govern the track and 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

Head Coaches must complete an on-line Rules Meeting and Pass Open Book Test. All head coaches in South Dakota high school sports programs must complete an on-line rules meeting in their sport(s). In addition to completing the rules meetings, each head coach must pass the on-line open book test in his/her sport.

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 submit and pass the open book test, or complete a rules meeting. 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, Regional Track Meets and the State Meet must register with the South Dakota High School Activities Association, complete and pass the Track and Field on-line open book test, complete the on-line rules meeting and/or officials clinic when offered.
- b. Each qualifying Meet and Region Track and Field Committee will select their officials for their meet recognizing the track starter and the meet referee are to be two different individuals and may not be a track coach.
- c. The SDHSAA will select the starters, meet referees and other meet officials for the different sites of 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 region or state meets. This regulation applies to the state meet head field judge also.

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 at www.sdhsaa.com school zone under the Track and Field tab.

To qualify for the State Track Meet at a regular sanctioned meet during the official track season, other than region, the athletes must meet or exceed the qualifying standards that have been established by the SDHSAA in Classes A & B. In Class AA, athletes will only qualify by in-season marks at sanctioned regular season track 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. Movement of high jump and pole vault indoors will not be recognized for qualifying.

- b. Meet must be run on a 400m track.
- c. Meet must have at least two teams competing.
- d. Non Varsity meets shall not be sanctioned.
- e. An SDHSAA licensed meet referee and head starter must be hired. Sanction will not be granted until meet referee and head starter are licensed with the SDHSAA. These individuals may not be a track coach.
- f. All weight implements (shot & discus) must be weighed and marked. Meet management may provide the implements but must provide implements of all types.
- g. Only those meets held by the Saturday prior to the week of Region Meets will be considered for sanctioning. Meets that were regularly-scheduled during the week prior to regions may be postponed in part or whole to the Monday of NFHS Week 46 due to weather conditions and still allow for state qualifying to take place.
NOTE: If a sanctioned track meet is moved to a different date due to inclement weather, the meet manager must notify the SDHSAA of the new date, officials and the number of teams attending.
- h. Out-of-state meets must follow interstate meet guidelines (see sanctioning section of the SDHSAA Handbook). The South Dakota school is responsible for submitting the qualifying athletes and the complete results to the SDHSAA office within one week following the qualifying meet.
- i. It is expected that all qualifying meets have competent timers and pickers in the running events and measurements must be properly taken in the field events.

NOTE: Applications are to be submitted by the sponsoring organization not 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 Qualification Reporting Procedure

ALL Track & Field Programs are required to use the SDHSAA In Season Qualifier (ISQ) form.

- a. Schools should enter their rosters and (ISQ) on the SDHSAA website using the school zone.
- b. Coaches have one week following a sanctioned track meet where in-season qualifying standards were met to enter qualifiers, or in Class AA to enter potentially qualifying results.
- c. Coaches/schools failing to enter in season qualifiers to the SDHSAA, will result with the individual athlete meeting the standard not being listed and his/her qualifying time/distance not being acknowledged by the SDHSAA.
- d. Meet Directors of ALL sanctioned track meets are required to send results from their meet to the SDHSAA office. This needs to be done within one week following the date the meet was held.
- e. Once an athlete's name is in the computer the coach does not have to re-enter the data. How this works: Enter the qualifying mark under the athletes' name. If an athlete pre-qualifies with a better mark, update that individual mark in the same database.

NOTE: Any athletes in the database will not be duplicated, but times/distances will be updated.

VIII. Entry for Region & State Meet of In-Season Qualified Competitors

- a. Each school's Head Coach is responsible for entering all athletes who qualified during the Track and Field season for the State Meet by listing the event as one of the athlete's four events at the Region Meet. (Times/distances entered on SDHSAA website during the season, will not be imported into the State Meet database. This must be done at the Region meet.)
- b. If a qualified athlete does not participate at the Region Meet, he/she still has the option to participate at the State Meet, as long as they were entered in that given event.
- c. Any athlete who enters and competes in an event at the Region Meet and qualifies for the State Meet based on a top-two region finish must also participate in that event at the State Meet. If the athlete does not participate in that event at the State Meet, it will still count towards their four events.

- d. If a relay team has qualified, then a relay must be entered at the region meet in order for that relay to compete at the State Meet. Any four names may be listed during the region meet. This will count as one of the individual's four events even though the relay may not actually run.
- e. At region level, listing counts as an entry. At the state level, participation counts as an entry, not listing.
- f. Athletes who have qualified at a sanctioned meet do not have to run or participate in the event at the Region Meet to be qualified for the State Meet. The standard that will be sent to the state by the region chairman will be the time, distance or height set at a sanctioned meet or region, whichever is greater.
- g. If a coach is going to have an athlete participate in an event at the State Meet who has met or exceeded the qualifying standard at a regular-season sanctioned meet, that must be an event(s) they are entered in at the Region Meet (limit of four events).

IX. 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.

X. Road Races/Fun Runs during the Track & Field Season

Students who are members of their 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 and field meets remain prohibited for in-season participation.

XI. Conduct for Disqualification

When a competitor is disqualified during a Track and Field meet, the 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' that results in forfeiture from that event, versus 'unsportsmanlike conduct' that results in forfeiture from the entire meet. 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.

Any athlete or coach disqualified from the region track meet due to unsportsmanlike conduct is ineligible to participate in the state track meet.

An athlete that is disqualified from an event at the region meet due to unacceptable conduct, may not participate in that event at the state meet, even if they had met the standard during the regular season. They could, however, compete in other events they have qualified for.

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.

XII. Hurdle Spacing

- a. Notice that the SDHSAA follows NFHS regulations for hurdles in all events, with the exception of the 100 meter 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. 10 Hurdles
 - ii. Each hurdle to be set at 33" high
 - iii. 13M from start line to first hurdle
 - iv. 8M between next hurdles
 - v. 15M from last hurdle to finish line

XIII. Direction of 100m Hurdles, 110m Hurdles, 100m 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.
- b. It is not permissible to change the direction of the 200m dash or 300m hurdles due to wind conditions.

XIV. Certifying Pole Vaulters' Weight at Meets

- a. Each competitor's weight should 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 one-inch 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 weights 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 on-site. 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.

XV. 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 – Updated for 2018-19 School Year

I. Manufacturer's Logo, Patches, American Flag (NFHS Rule 4-3-1)

- a. A single manufacturer's logo/trademark/reference, no more than 2 ¼" square inches with no dimension more than 2 ¼", is permitted on the top or one-piece uniform.
- b. A single manufacturer's logo/trademark/reference, no more than 2 ¼", is permitted on the bottom or one-piece uniform.
- c. One American flag and/or commemorative or memorial patch may be displayed on the uniform (not exceeding 2x3 inches) (one or two piece)

II. Tops or One Piece Uniform (4-3-1b)

- 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. Bare midriffs are not acceptable.
- c. One piece uniforms are legal in high school track & field 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. Any visible shirt(s) worn under the top of the uniform must be unadorned and of a single solid color.
- f. The jersey shall not be knotted or have a knot-like protrusion.
- g. 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.
- h. The top and bottom may have school identification and the top may have the competitor's name.

- i. 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 (4-3-1c)

- 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. Bottoms may vary in length and style, but must be the same color for all team members.
- d. 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. Sweatsuits

- a. Under adverse weather conditions, competitors may participate with warm-up 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 sweat outfits.

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 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.

VIII. Relays

- a. All relay and cross country team members must wear uniforms clearly indicating, through predominant 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 is 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 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, or wearing the wrong contestant number will result in a one point team deduction.

REGION MEET REGULATIONS – CLASSES A & B

I. Meet Schedule

- a. The deadline for all region track meets is Friday of Week 46. There is no allowable postponement of any regional track meets beyond the deadline without approval of the SDHSAA Executive Staff.
- b. All Region track meets are to use the same order of running events as follows:

Class “A”

First Session

Girls’ 100m Hurdles - Prelims
 Boys’ 110m Hurdles - Prelims
 * 3200m Relay - Finals
 Girls’ 100m Dash – Prelims
 Boys’ 100m Dash - Prelims
 * 3200m Relay – Finals

Class “B”

First Session

Girls’ 100m Hurdles - Prelims
 Boys’ 110m Hurdles - Prelims
 * 3200m Relay – Finals
 Girls’ 100m Dash - Prelims
 Boys’ 100m Dash – Prelims
 * 3200m Relay - Finals
 Girls’ 100m Dash - Semis
 Boys’ 100m Dash - Semis

All Classes

Final Session

Girls’ 100m Hurdles
 Boys’ 110m Hurdles
 Girls’ & Boys’ 100m Dash
 Girls’ & Boys’ 800m Relay
 Girls’ & Boys’ 1600m Run
 Girls’ & Boys’ 400m Relay
 Girls’ & Boys’ 400m Dash
 Girls’ & Boys’ 300m Hurdles
 Girls’ & Boys’ Medley Relay
 Girls’ & Boys’ 800m Run
 Girls’ & Boys’ 200m Dash
 Girls’ & Boys’ 3200m Run
 Girls’ & Boys’ 1600m Relay

- c. In even number years, the Girls 3200m relay follows the 110m Hurdles.
- d. In odd number years, the Boys 3200m relay follows the 110m Hurdles.
- e. If the number of competitors is eight or less, preliminaries will not be held.
- f. The suggested break between sessions is one hour.
- g. Field events are allowed to start earlier than track events. The Region committee has the flexibility to set up the field event schedule in correspondence with the action on the track.

II. Scoring

- a. Points for individual and relay events shall be scored in accordance with NFHS Rules based on the number of teams competing in the meet.

III. Meet Management Software

- a. All regions are required to use Hy-Tek software for the management and scoring of their region meets. The SDHSAA provides this program to designated meet managers.
- b. There will be an annual meeting of the meet managers and the software operator held by the SDHSAA for training purposes to ensure this process is completed correctly. This meeting should include mandatory attendance of both the meet manager and the computer operator.

IV. Ticket Price

- a. Ticket pricing for all region track meets shall be \$6 for adults, \$4 for students.

V. Region Meet Committees

- a. A committee shall be formed with a meeting to be held prior to the tournament/meet for organizational purposes.
- b. A school may designate any administrative staff member (superintendent, principal, athletic/activities director) who is not coaching in the sport involved to represent the school on the

- committee. The representative shall then inform the school personnel directly involved with the sport of the decisions made at the committee meeting.
- c. A committee chairperson is to be elected and each committee shall function following generally accepted Rules of Order. The region chairperson must be currently employed as an administrative staff member for a region member school. Minutes shall be kept of each meeting with a distribution made to each school represented on a timely basis.
 - d. All schools participating in the meet/tournament shall be notified as to time and place of any meetings.
 - e. Appointment of a new chairperson for the following year: The current region chairperson must submit to the SDHSAA the name of the individual that will be the chairperson for the following year. This notification, along with an indication of the date and site for the region meet should be made prior to June 1. If a committee chair cannot be named for the following year, the committee must designate a school and administrative position that will assume the chairmanship duties. Failure to name either an individual or a school for the chair will result in naming the current chair as the chairperson for the following year. If this information is not supplied to the SDHSAA Office by June 1 a \$50.00 fine will be assessed against the region not in compliance.
 - f. Input of Coaches - All committees are required to give coaches an opportunity to have input to the committee prior to any decision making by the committee.

VI. Region Entries

- a. The region chairman shall notify each school in their region as to the procedure and timetable for the submitting of regional entries, names, and a listing of entrants by events on forms supplied by the region chairman.
- b. It is the coaches' responsibility to enter the athletes who have in-season qualified for the State Meet to their desired events at the Region Meet. If an athlete is going to participate at the State Meet in an event that he/she has qualified for at a previous sanctioned meet, that must be one of the events the individual athlete is entered in at the Region Meet (limit four events). If a relay team has in-season qualified, a relay team must be entered at the region meet in that event. Any four names may be listed. This will count as one of the individuals' four events even though the relay may not actually run. Relay teams still have the same option for the State Meet as presently established by the SDHSAA.
- c. If a qualified athlete does not participate at the Regional Meet he/she still has the option to participate at the State Meet along with the other region meet qualifiers as established by the SDHSAA.
- d. The athletes that qualified at a sanctioned meet do not have to run or participate in the event at the Region Meet. The standard that will be sent to the state by the region chairman will be the time, distance or height set at a sanctioned meet or region, whichever is better.
- e. Late entries to a region must be accompanied by a fee of \$100.

VII. Entry Meetings

- a. Three meetings should be held to handle the proper operation of a region track meet – A Pre-Meet seeding meeting, an Entry Finalization Meeting and a Verification meeting. Meet managers may choose to do these meetings either in person, or via electronic communication.

VIII. Pre-Meet Seeding Meeting

- a. This meeting may be held the day of the meet but not earlier than three calendar days prior to the meet. Official entries shall be made at this time. This is the only opportunity to enter individuals into the events
- b. Region chairmen are to distribute a list of state meet qualifiers to all coaches attending the seeding meeting (pre-meet meeting).

- c. Have coaches check entries after the close of the meeting. This should prevent coaches from “inadvertently” forgetting someone

IX. Entry Finalization Meeting

- a. This meeting is to be held in situations where regions are seeding prior to the day of the Region meet, and is to be done prior to the start of any events to give coaches the opportunity to finalize all of their entries.
- b. Chairmen may prefer to designate a specific time whereby coaches may finalize their entries by reporting to an individual in the booth. This takes place of a specific in-attendance meeting.
- c. The purpose of the Finalization Meeting is to make appropriate scratches so a contestant may gain eligibility for an additional relay(s). Additional entries in individual events are not permitted.
- d. Entries are final after this meeting is complete.
- e. At this meeting, a coach is allowed to scratch an individual out of an individual event to either:
 - i. Gain eligibility for another relay, or,
 - ii. Scratch and not participate in the event
- f. After the finalization meeting, a competitor may scratch out of an individual event(s), however they do not gain eligibility to participate in additional relays. (Example: Entered in two individual events and two relays. Scratch out of the two individual events after the meet starts. The competitor is eligible for only two relays.)

X. Verification Meeting

- a. Following the conclusion of the region track & field meet the chairman will conduct a meeting with all coaches in attendance to verify his/her region report. This would include state meet entries as well as times/distances for each event. Coaches must verify the region report is accurate.

XI. Competitor Entry Regulations

- a. No school shall be allowed to list more than three contestants in any individual event and not more than one team in each relay event.
- b. A contestant’s name may not be entered in more than 4 individual events.
- c. A contestant may not compete in more than four events, including relays.
- d. Relay runners names need NOT be listed at the pre-meet meeting if the region committee does not require relay cards in advance of the meet. If relay runners’ names ARE required, the relay substitution rule must be followed.
- e. For those athletes who have in-season qualified in an event and may or may not participate in the region meet:
 - i. It is the coaches’ responsibility to enter qualified athletes for the state meet at the region meet. If the athlete is going to participate in the state meet in an event, then that event must be one of those in which the athlete is entered at the region meet.
 - ii. If qualified athlete does not participate at the Region Meet, he/she still has the option to participate at State Meet.
 - iii. If a relay team qualified, then a relay must be entered at the region meet. Any four names may be listed. This will count as one of the individuals four events even though the relay may not actually run.
- f. Relay runners names and the order of running MUST be turned into the Clerk of the Course prior to the start of the race. This must be done in writing, on forms provided by the region committee. A maximum of six names can be listed on the relay card. Each listing counts as an entry.
- g. At the region meet, listing as a participant in an event counts as an entry, regardless of whether or not an athlete actually participates in that given event.
- h. After the finalization meeting, a competitor may scratch out of an individual event(s), however they do not gain eligibility to participate in additional relays. (Ex: Entered in two individual events and two relays.)

- i. Relay competitors officially become participants when they report to the clerk of course and their name is listed on the region relay card. Individual event competitors become participants once their name is listed (entered) for that event. Official entries are finalized at the Finalization Meeting. If their name is listed and they do not report, the competitor is considered officially entered and the event counts as one of the competitors events.

XII. Violations of Competitor Entry Regulations

- a. Competitors shall not be listed in more than four events. If a contestant exceeds this limitation, all individual and team points for that competitor shall be forfeited, including any points earned in a relay in which that competitor was listed.
- b. If a participant reports to the starting line for his/her 5th event the individual will not be permitted to participate and those points earned by that competitor in the meet shall be forfeited and the competitor disqualified from further competition in that meet plus the individual would not be allowed to participate at the state meet.
- c. If a competitor exceeds participation limitations and the violation is not discovered until immediately after the completion of the fifth event, but before the results have been approved by the head finish or field event judge, lower place winners will be advanced to fill the place vacated by the disqualified competitor.
- d. If a competitor exceeds participation limitations and the violation is not discovered until after the completion of the fifth event, and results have been approved by the head finish or field event judge, lower place winners will not be moved up to fill vacant places. Rather, the place of the illegal competitor will remain vacated.
 - i. Re-ranking of the order of finish is only done when the competitor is disqualified prior to events being posted as final/approved by head field or head finish judges.
- e. If the violation is not discovered until the end of the meet, the competitor will forfeit all places, points and medals from all events.

XIII. Withdrawal from Region Meet

- a. Should a school find it necessary to withdraw from a region track meet after filing an intent to participate, such school shall notify the committee chairman of its withdrawal by the time of the pre-meet meeting of the coaches. Failure to supply such notice makes the school responsible for its share of the expenses of the meet. If a school finds itself unable to give notice of withdrawal before the deadline because of weather conditions, the illness of contestants, or some other act of God, release from this responsibility may be obtained by filing a report of the circumstances with the Executive Director of the Association. Listing of a school's name in the HANDBOOK as being in a certain region does not constitute "intent to participate".

XIV. Substitutions at Region Meets

- a. Substitutions in individual events are permissible at all regional track meets due to injury or illness, as documented by a licensed medical professional, that occurs prior to the meet. EXCEPTION: Should a region track entrant become ill within the 24 hour period prior to the start of the first event of the region meet, the region committee and/or region chairman may accept a statement from local administration in lieu of a medical doctor's statement. This exception would not apply to injuries.
- b. Substitutions in individual events are permissible at all regional track meets due to injury or illness that occurs during the meet. In such cases, the regional committee must exercise its own best judgment as to whether there is justification for a substitution. The individual being substituted for may not compete in the remainder of the meet.
- c. Substitutions in individual events are permissible at all regional track meets due to disciplinary action, taken against an individual(s), as documented by an administrator from the school involved.
- d. Substitutions in individual events are not permissible at any regional track meets if a competitor is disqualified from further competition because of unsportsmanlike conduct.
- e. Those competitors entered in an individual event may not be scratched from one event to be the substitute in another individual event.
- f. In Relays:

- i. If the team has not qualified during the season, then only the names of the four individuals that are to run are listed on the relay card.
- ii. If a relay member becomes ill or injured during the meet, an individual can not be scratched from an individual event to make them eligible to complete the relay.
- iii. If a relay team qualified, then a relay must be entered at the region meet. Any four names may be listed. This will count as one of the individuals four events even though the relay may not actually run.
- iv. Should a season qualifying relay team choose not to run at the region meet but wish to enter the state meet, a relay card with any 4 names must be submitted to the clerk prior to the running of the relay.

XV. Qualifying from Region to State

- a. First and second place finishers in all individual and relay events shall qualify for the State Meet. Individuals qualifying in this manner must compete in the State Meet; failure to do so will still result in the event being counted towards the athlete's limit of four events for the meet.
- b. In-Season qualifiers automatically qualify to the State Meet provided they are listed and entered in the qualified event at the Region Meet. Athletes entered in such a manner are required to compete in that event at the State Meet.
- c. Athletes who meet or exceed the qualifying standard in a region meet at any time (prelims, semi's, finals) also qualify for the state track meet, and are obligated to compete in that event at the State Meet.
- d. If a member of a relay team is disqualified during the relay at the region meet due to unsportsmanlike conduct and the relay team has an in-season qualifying time, the team can advance to the state meet minus the ejected athlete. If the relay did not have an in-season qualifying time, the relay does not advance to the state meet. Relays disqualified due to a dropped baton, exchange out of the zone, false start, etc. would be eligible to compete in the state meet, provided they had qualified during the season.
- e. Any school not qualifying during the season or does not field a relay team at the region in any relay event, cannot participate in that relay at the state meet.

XVI. Meet Referee & Jury of Appeals

- a. A referee, head umpire and Jury of Appeals shall be appointed by the Region Committee for each region meet. The committee itself could designate themselves as the Jury of Appeals.
- b. The meet referee must be a designated individual by the region. The starter cannot also serve as the meet referee.
- c. All NFHS rules on appeals must be followed. The only allowable topics for appeal include:
 - i. Misapplication of a Rule,
 - ii. Clerical errors in placing competitors in events or team scoring errors, provided the appeal is field no later than 30 minutes after the conclusion of the meet, or,
 - iii. Misapplication or failure to follow a procedure of the terms of competition as announced by the committee in advance.
 - iv. Judgment decisions or placement decisions by pickers/timers are not subject to appeal unless a misapplication of a rule is presented.
- d. In the case of an appeal, the coach must submit an appeal to the meet referee in writing. This appeal will be ruled upon by the meet referee. If the referee's decision does not satisfy the coach, they may further appeal to the Jury of Appeals for a final decision. The meet referee shall not be part of the final decision other than to present his or her facts of the case.

XVII. Awards

- a. All awards for region meets will be provided by the SDHSAA, as per the terms of the General Information section of the SDHSAA Handbook. Each region will pay for these awards as billed by either the SDHSAA or the awards provider(s).

SPECIFIC EVENT OPERATION GUIDELINES – REGION & STATE MEETS

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 to the next tenth of a second. All race times are to be recorded to the hundredth of a second when Fully Automated Timing is used.
 - i. In determining qualifiers for a subsequent round of competition, timing to the furthest extent capable of FAT systems. 1/100th of a second may be used for breaking ties when handheld times are recorded.
- c. If the FAT system should malfunction, the operating committee should have in place a contingency plan for either recalling the race, or utilization of handheld times for that specific event.
 - i. If in a multi-heat event, if one heat is forced to use handheld timing, all heats for that event should utilize hand-held timing.
 - ii. If in a multi-heat event, 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 marking 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 (# Entered less the # Entered but not competing) is fewer than the lanes available. Instead, move the athletes 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 region committee or State Meet Directors. In regions, if field events are moved indoors, no qualifiers will be accepted based upon mark or performance, but only by place/finish.
- b. If competitions are moved indoors, 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 on-site.
- 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. Preliminaries will be run in all track events, except for the 800m Run, 1600m Run, 3200m Run & 3200m Relay.

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

- a. Preliminaries shall be run in this event at both Region and State if the number of contestants entered is greater than or equal to nine.
 - i. If the number of contestants is 24 or fewer, semi-finals will not be run.
 - ii. 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 runner
 - iii. The decision is being made 15 minutes prior to the event
 - iv. FAT Timing 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 not permissible to reverse the direction of this event based upon wind, regardless of whether or not the track is appropriately marked to do so.

VI. 400m Dash

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

VII. 800m Run

- a. The 800m Run 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 between 13 and 20, two sections, a slow section followed by a fast section with the eight best times in it, will be run.
 - iii. If the number of competitors is 21 or more, there will be three sections, with the last section being the eight fastest qualifiers, and the first two sections divided in half.
 - iv. 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.

VIII. 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

IX. 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

X. Relays

- a. Heats
 i. At the region level, the fastest times should be placed in the “fast” heat.
 ii. At the State Meet, eight teams shall qualify for the finals in all relays except for the 4x800m relay, which will be run finals-only in two sections.
 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

XI. 4x200m Relay

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

XII. 4x400m Relay

- 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.

XIII. 4x800m Relay

- a. The 4x800m Relay 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 between 13 and 20, two sections, a slow section followed by a fast section with the eight best times in it, will be run.
 iii. If the number of competitors is 21 or more, there will be three sections, with the last section being the eight fastest qualifiers, and the first two sections divided in half.
 iv. 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.

XIV. 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.

XV. 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 region competition, events moved indoors will negate the ability of competitors to qualify by standard.
- 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 and one-half minutes.
- 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. 3200 meter 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

XVI. Pole Vault

- a. Starting height for Region Meets will be determined annually at the meeting of all Region Track & Field Meet Chairmen
- b. Starting height for the State Meet will be 9” below the qualifying standard in Class A & B.
- c. Starting height for the State Meet will be the six-year average of the 8th place finisher for Class AA.
- d. The bar will be raised by six inches until three or fewer competitors are left. After that point, the bar will be raised by 1”.
- e. If fewer than 12 qualifiers have cleared the scheduled opening height for the State Meet, the meet director may choose to lower the opening height.
- f. No mark or markers may be placed by the competitors on the run-way, but it is permissible to place markers at the side of the runway.
- g. The “Five-Alive” system shall be used for the order of competition.
- h. Any competitor who has passed on three consecutive heights may be provided a warm-up jump

XVII. High Jump

- a. Starting height for Region Meets will be determined annually at the meeting of all Region Track & Field Meet Chairmen
- b. Starting height for the State Meet will be 4” below the qualifying standard in Class A & B.
- c. Starting height for the State Meet will be the six-year average of the 8th place finisher for Class AA.

- d. The bar will be raised by 2” at each height until three or fewer competitors are left. After that point, the bar will be raised by 1”.
- e. If fewer than 12 qualifiers have cleared the scheduled opening height for the State Meet, the meet director may choose to lower the opening height.
- f. 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 take off area.
- g. The “Five-Alive” system shall be used for the order of competition.
- h. Any competitor who has passed on three consecutive heights may be provided a warm-up jump.

XVIII. 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 take-off. Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records.
- b. The long jump and triple jump will be conducted in flights of six to ten with the nine best jumps qualifying for the finals. If there is a tie for the eighth qualifying place, all tied competitors will advance to the finals.
- c. Practice run-throughs will be permitted between flights of the long jump and the triple jump at the state meet. A 10-minute time frame will be allowed for this purpose.

XIX. 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 take-off. Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records.
- b. The long jump and triple jump will be conducted in flights of six to ten with the nine best jumps qualifying for the finals. If there is a tie for the eighth qualifying place, all tied competitors will advance to the finals.
- c. Practice run-throughs will be permitted between flights of the long jump and the triple jump at the state meet. A 10-minute time frame will be allowed for this purpose

XX. Shot Put & Discus

- 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 - best will be listed last. The nine best throws will qualify for the finals. If there is a tie for the eighth qualifying place, all tied competitors will advance to the finals. Finalists will throw in order as one flight with the best throw in the preliminaries throwing last and so on and so forth. Each competitor entitled to three attempts in the finals.
- b. A 10-minute warm-up will be permitted between flights of the shot put and discus.

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.

- b. Coaches packets' will be distributed on-site including coaches' tickets, tags and contestants numbers. State meet check-in will be at a designated time/site in coordination with Thursday's practice day.
- c. Practice will be allowed on-site at each of the facilities hosting the State Track meet at times designated by the SDHSAA.
- d. Tickets for the State Track Meet will be sold on a per-day basis, with the cost being \$10 for adults, \$6 for Students Grades 1-12.
- e. Each school will pay its own expenses to attend the State Track Meet, with partial reimbursement being paid as part of the SDHSAA annual process.
- f. All athletes who compete in the State Meet will be provided a bib number assigned by the SDHSAA. Failure to wear this number properly during competition will result in a one-team point deduction.
- g. Events are planned to start on the time as scheduled. In the case of inclement weather, event start times may be adjusted and announced over the public address system on-site. Failing to report on time will result in a contestant being eliminated.
- h. Only athletes are to be allowed on the infield. Student managers are allowed on the infield, provided they are wearing their proper credential. Coaches found on the infield will result in a one-team point deduction for their given squad.
- i. A designated area will be provided at each site for team camp areas. The infield is not to be used for this purpose.
- j. All award winners are expected to be on-site to receive their awards.
- k. Competitors may not warm up on any part of the track once the schedule for the day has begun.

II. State Meet Entries

- a. In Class AA, Coaches will be required to submit their entries by a pre-determined deadline for the State Meet. Each AA school can submit up to three entries per individual event, as well as one entry for each relay.
 - i. In the relays, all AA participating schools will automatically qualify for the State Meet and will be seeded based on in-season performance time.
 - ii. In individual events, the competitors with the Top 24 verified performances from an in-season qualifying meet will be selected to participate in the State Meet.
 - iii. Individuals are limited to being entered into four individual events on the AA level. Should those entered by their coach not be selected into the "Top 24," these athletes retain eligibility for participation in relay events up to the maximum of four events for the entirety of the State Meet.
- b. In Classes A & B, Coaches will submit a coaches' card to verify athletes who have qualified for the State Meet, and are entered in given events at the Region level to be eligible to participate in the same at the State Meet.
 - i. Athletes who qualify by placing first or second in an individual event at the region meet must then compete in that event at the State Meet.
 - ii. Coaches must verify all their entries with the region chairman before leaving the region meet.
 - iii. The list of qualifiers as submitted by the Region Chairman is the official entry list for the State Meet. Each school shall be held responsible that its contestants in the State Meet fulfill all eligibility requirements up to the close of school on the Friday preceding the State Meet.

III. Drawing Heats – State Meet

- a. All assignments for heat and lanes for the State Track Meet preliminaries will be based on times as reported from the regional meets. Time will be weighed first. In the event an individual qualifier posts a faster time in a regular season qualifying meet, the regional preliminaries or semi-finals then is posted in the finals, the very best time recorded will be used to establish heat and lane-assignment for the state meet.
- b. If regional times submitted result in a tie(s) between competitors or teams, then place will be weighed second.
- c. If additional competitors or teams qualify for an event that is run in slow and fast sections, the additional runners will be placed in the slow 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 six individuals may be listed on a relay card, any four of which may compete in the event at the state meet.
 - ii. The composition of the relay team at the State Meet does not have to be the same as those that ran in the Region Meet or Qualifying Meet that qualified the Relay.
 - iii. Even if less than six 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.
 - iv. Only those who actually participate in a relay will be considered as officially entered.
 - v. 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.
 - vi. 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 a relay event.
 - vii. A coach can not scratch the competitor from an individual event at the State Meet to make them eligible to compete in an additional relay race.

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

- a. Each contestant listed as entered in the SDHSAA State Meet shall receive a complimentary tag 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 will be provided to each team based upon the roster as published on the SDHSAA website:
 - i. Class B – Max of 2 for each boys’ and girls’ coaches
 - ii. Class A – Max of 3 for each boys’ and girls’ coaches
 - iii. Class AA – Max of 4 for each boys’ and girls’ coaches
 - iv. Athletic Trainer – Max of 1 if attending
 - v. Bus Driver – Max of 1 if requested
 - vi. Student Manager – Max of 2, if 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 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 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 two-day meet, events may be moved to the following Monday at a site TBD 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 representatives and meet officials on Day One of the State Track Meet, and hired SDHSAA officials on Day Two.
- 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, and appeal must be made in writing to the Jury of Appeals for a final decision.

2019 TRACK & FIELD STATE MEET SCHEDULE

Class AA – Brandon Valley HS, Class A – Tea Area HS, Class B – Howard Wood Field

All Classes, Saturday: Howard Wood Field

OPENING SESSION – ALL CLASSES – FRIDAY EVENTS			
RUNNING EVENTS		FIELD EVENTS	
10:00 AM	Girls' 100m Hurdles – Prelims	9:30 AM	All Classes – Girls Pole Vault
10:15 AM	Boys' 110m Hurdles - Prelims		A & AA Boys' Discus
10:30 AM	Boys' 4x800m Relay – Finals		AA Boys' High Jump
11:00 AM	Girls' 100m Dash – Prelims		B Girls' High Jump
11:15 AM	Boys' 100m Dash – Prelims		B & A Boys' Long Jump
11:30 AM	Girls' 4x800m Relay - Finals		
11:55 AM	Girls' 100m Dash – Semis	11:00 AM	All Classes – Boys Pole Vault
12:05 PM	Boys' 100m Dash – Semis	or	A & AA Boys' Discus
12:15 PM	Girls' 4x200m Relay – Prelims	to follow	AA Girls' High Jump
12:30 PM	Boys' 4x200m Relay – Prelims		B & A Girls' Long Jump
SECOND SESSION – ALL SITES – FRIDAY EVENTS			
RUNNING EVENTS		FIELD EVENTS	
1:30 PM	Girls' 4x100m Relay – Prelims	1:00 PM	All Classes – Boys' Shot Put
1:40 PM	Boys' 4x100m Relay – Prelims		AA Girls' Triple Jump
1:50 PM	Girls' 400m Dash – Prelims		B & A Boys' Triple Jump
2:00 PM	Boys' 400m Dash – Prelims		
2:15 PM	Girls' 300m Hurdles – Prelims		
2:30 PM	Boys' 300m Hurdles – Prelims		
2:45 PM	Girls' Medley Relay – Prelims		
3:00 PM	Boys' Medley Relay – Prelims	2:30 PM	All Classes – Girls' Shot Put
3:15 PM	Girls' 800m Run – Finals	or	AA Boys' Triple Jump
3:25 PM	Boys' 800m Run – Finals	to follow	B Boys' High Jump
3:35 PM	Girls' 200m Dash – Prelims		B & A Girls' Triple Jump
3:50 PM	Boys' 200m Dash – Prelims		
4:05 PM	Girls' 3200m Run – Finals		
4:25 PM	Boys' 3200m Run - Finals		
4:40 PM	Girls' 4x400m Relay – Prelims		
5:00 PM	Boys' 4x400m Relay – Prelims		
FINAL SESSION – SATURDAY EVENTS			
RUNNING EVENTS		FIELD EVENTS	
9:30 AM	B-A-AA Girls' 100m Hurdles	9:00 AM	B Boys' Discus
9:45 AM	B-A-AA Boys' 110m Hurdles		A Boys' High Jump
9:55 AM	B-A-AA Girls' 100m Dash		AA Girls' Long Jump
10:10 AM	B-A-AA Boys' 100m Dash		
10:25 AM	B-A-AA Girls' 4x200m Relay		
10:40 AM	B-A-AA Boys' 4x200m Relay		
10:55 AM	B-A-AA Girls' 1600m Run		
11:15 AM	B-A-AA Boys' 1600m Run	11:00 AM	B Girls' Discus
11:40 AM	B-A-AA Girls' 4x100m Relay	or	A Girls' High Jump
11:50 AM	B-A-AA Boys' 4x100m Relay	to follow	AA Boys' Long Jump
12:05 PM	B-A-AA Girls' 400m Dash		
12:20 PM	B-A-AA Boys' 400m Dash		
12:35 PM	B-A-AA Girls' 300m Hurdles		
12:50 PM	B-A-AA Boys' 300m Hurdles		
1:05 PM	B-A-AA Girls' Medley Relay		
1:20 PM	B-A-AA Boys' Medley Relay		
1:40 PM	B-A-AA Girls' 200m Dash		
1:55 PM	B-A-AA Boys' 200m Dash		
2:05 PM	Coaching, Officiating and Distinguished Service Award Presentations		
2:20 PM	B-A-AA Girls' 4x400m Relay		
2:35 PM	B-A-AA Boys' 4x400m Relay		