

## NOTES

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## **MAJOR STATEWIDE TRACK AND FIELD MEETS 2011**

**Thursday, Friday and Saturday, April 28-30**

Drake Relays  
(Drake University)

**Saturday, May 7**

**State Girls 7th & 8th Grade Meet** (Ankeny)

**State Boys 7th & 8th Grade Meet** (Gilbert)

**Co-Ed District/Regional Meets**

All Classes -- Thursday, May 12 4:00 p.m.

**Thursday, Friday and Saturday, May 19-21**

Co-Ed State Meet  
(Drake University)

### **Joint Boys and Girls Track and Field Advisory Committee**

CHAIR - JIM DUEA, WAUKEE

MATT POHLMAN, CAL

TOBIAS YOUNG, FARRAGUT

JUNE WILDEN, CLINTON

GREG THOMPSON, PANORAMA

DARRELL BURMEISTER, NODAWAY VALLEY

BARRY CUVELIER, DIKE-NEW HARTFORD

NICK NORDHEIM, WILLIAMSBURG

RANDY GALVIN, SCHALLER-CRESTLAND

MIKE STANLEY, AVOCA (OFFICIAL)

When the match starter/referee arrives on-site (30-60 minutes prior to starting time), the starter shall locate the administrator (event manager) in charge for the evening. If no administrator is available, the HOST COACH shall be deemed in charge. If a problem arises during the meet, the official shall notify the event manager of the problem, and shall inform the event manager of the remedy needed (could include asking for direct supervision of the area, warning issued by the event manager, or ejection from the area). Host management is responsible for all spectators, regardless which school the spectator is supporting. Any necessary communication or action taken shall come from the event manager in charge.

### **ALCOHOL AND TOBACCO POLICY**

No alcohol or tobacco is to be sold or consumed on the grounds of any state tournament venue leased or provided to the Athletic Union for the purpose of conducting a state championship. Section 123.46 of the Iowa Code states: A person shall not possess or consume alcoholic liquors, wine or beer on public school property or while attending a public or private school-related function. A person shall not be intoxicated or simulate intoxication in a public place. A person violating this subsection is guilty of a simple misdemeanor.

### **PETS/ANIMALS PROHIBITED**

No pets are permitted at events sanctioned by the IGHSAU or IHSAA. Any person with a pet will be asked to leave. This policy shall comply with the provisions of Iowa Code 216c in that such a person with a disability or person training an assisted animal has the right to be accompanied by a service dog or an assisted animal under control. The person is liable for damage done to any premises or facility by a service dog or assisted animal.

## **DISQUALIFICATION OF RELAY TEAMS AND INDIVIDUALS FOR COMPETING IN TOO MANY EVENTS**

An athlete may compete in a total of four events. If an athlete competes in excess, all individual points, team points, and places earned by that competitor in the meet shall be forfeited and the competitor disqualified from further competition in that meet. If the competitor participated in a relay event, the relay(s) points and places earned by the team shall be forfeited.

### **COACHES CONDUCT**

There will be no coaching boxes at the District/Regional Meet. Once the meet has begun coaches shall not be in the infield area.

### **SPECTATOR CONDUCT**

All spectators at state-sponsored meets shall wear shoes.

With the understanding that a track and field meet is held as a part of the educational institution, the Board of Directors of the Iowa Girls' High School Athletic Union has adopted the following policies. It is the expectation that the host site enforces these rules regarding unacceptable behaviors:

**Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks of a sexual nature, or other actions that demean individuals or the event. Penalty---EJECTION**

**Throwing articles onto the contest area. Penalty---EJECTION**

**Entering the contest area in protest or celebration. Penalty---EJECTION**

**Physical confrontation involving contest officials, coaches/directors, contestants, or spectators. Penalty---EJECTION**

**Spectator interference with the event. Penalty---EJECTION**

**Jumping up and down on the bleachers. Penalty--WARNING/EJECTION**

**Use of artificial noisemakers, signs, or banners. Penalty---WARNING/EJECTION**

**Chants or cheers directed at the opponent. Penalty---WARNING/EJECTION**

## **CO-ED DISTRICT/REGIONAL MEET MANAGER'S MANUAL**

All District/Regional Track and Field meets are qualifying meets for State competition, and as a District/Regional Manager it is your responsibility to see that every competitor is given a fair and equal chance to compete and qualify for State competition.

### **PERSONNEL**

Competent personnel is necessary for administration of the meet. They should be people from your community and are not to be high school students or participating schools' track and field coaches. It is too easy to create hard feelings and bring criticism upon your school by using students and participating team coaches.

All running events will require three (3) Timers for first place and two (2) Timers for each place thereafter. On an eight-lane track, you will need seventeen (17) Timers. These people can also serve as place pickers. Two (2) adults are to be used in administering each field event. A recorder is also needed for each field event. These numbers may be reduced if FAT timing is used.

Two (2) Clerks of Course will make your meet run much smoother and faster.

Two (2) Exchange Zone Umpires are needed for each of the relay exchange zones and four (4) Curve Umpires are needed for events where a competitor runs a distance of 200 meters or more. The same people can serve in both capacities. It is recommended to have at least two judges at each end of the Shuttle Hurdle Relay.

### **ADMISSION**

Admission is \$5.00 for K-12 students and adults. There will be no charge for a child who is not yet in school.

### **PARTICIPATION**

Each participant may compete in any four events. An athlete is charged with an event when he/she reports to the clerk or field event judge. All members of a relay team are charged when the team reports to the clerk.

### **PROPOSED CO-ED DISTRICT/REGIONAL TIME SCHEDULE**

The starting time is mandated. A forty-five minute break must be taken following the boys 3200 meter run. Events will run consecutively during the meet. There is NOT any requirement for specified time between events. All classes have a scheduled ten minute break later in the meet. The starter/referee shall use good judgment and slow the meet down if proceeding too fast.

There is no required time limit between events. High Jump and Discus – boys first. Long Jump and Shot Put – girls first. Note: If facility allows, both boys and girls may compete simultaneously. All running events are finals (no running pre-lims). Wheelchair Shot Put shall be scheduled as determined by meet management.

**Class 3A/4A (4:00 start)**

- 3000 Meter Run (G)
- 4x800 Meter Relay (B)
- 4x800 Meter Relay (G)
- 3200 Meter Run (B)
- 45 Minute Break**
- Shuttle Hurdle Relay (B)
- Shuttle Hurdle Relay (G)
- 100 Meter Dash (G)
- 100 Meter Dash (B)
- 100 Meter Wheelchair (G/B)
- Distance Medley Relay (G)
- 400 Meter Dash (G)
- 400 Meter Dash (B)
- 400 Meter Wheelchair (G/B)
- 4x200 Meter Relay (G)
- 4x200 Meter Relay (B)
- 100 Meter Hurdles (G)
- 110 Meter Hurdles (B)
- 1600 Meter Run (B)
- 800 Meter Run (G)
- Mandatory 10 minute break**
- 200 Meter Dash (G)
- 200 Meter Dash (B)
- 200 Meter Wheelchair (G/B)
- 400 Meter Hurdles (G)
- 400 Meter Hurdles (B)
- 1600 Meter Medley Relay (B)
- Sprint Medley Relay (G)
- 1500 Meter Run (G)
- 800 Meter Run (B)
- 4x100 Meter Relay (G)
- 4x100 Meter Relay (B)
- 4x400 Meter Relay (G)
- 4x400 Meter Relay (B)

**Class 1A/2A (4:00 start)**

- 3000 Meter Run (G)
- 4x800 Meter Relay (B)
- 4x800 Meter Relay (G)
- 3200 Meter Run (B)
- 45 Minute Break**
- Shuttle Hurdle Relay (B)
- Shuttle Hurdle Relay (G)
- 100 Meter Dash (G)
- 100 Meter Dash (B)
- 100 Meter Wheelchair (G/B)
- Distance Medley Relay (G)
- 400 Meter Dash (G)
- 400 Meter Dash (B)
- 400 Meter Wheelchair (G/B)
- 4x200 Meter Relay (G)
- 4x200 Meter Relay (B)
- 100 Meter Hurdles (G)
- 110 Meter Hurdles (B)
- 1600 Meter Run (B)
- 800 Meter Run (G)
- Mandatory 10 minute break**
- 200 Meter Dash (G)
- 200 Meter Dash (B)
- 200 Meter Wheelchair (G/B)
- 400 Meter Hurdles (G)
- 400 Meter Hurdles (B)
- 1600 Meter Medley Relay (B)
- Sprint Medley Relay (G)
- 1500 Meter Run (G)
- 800 Meter Run (B)
- 4x100 Meter Relay (G)
- 4x100 Meter Relay (B)
- 4x400 Meter Relay (G)
- 4x400 Meter Relay (B)

**SCORING**

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

**TRACK MARKINGS AND LANE STAGGERS**

**WATERFALL OR DOUBLE-WATERFALL MAY BE USED AT THE DISTRICT/REGIONAL MEET IN THE 1600 METER/3000 METER/3200 METER RUNS -- DETERMINED BY MEET MANAGER.**

All events run around the track are to be run with the appropriate staggers.

The 800 Meter Run and 4x800 Meter Relay may use a one-curve stagger or waterfall start.

The running event which requires a one-turn stagger:

200 Meter Dash -- Must be run around a curve.

The running events requiring a two-turn stagger:

400 Meter Dash -- Must be run in lanes all the way.

4x100 Meter Relay -- all four runners in assigned lanes.

400 Meter Hurdles -- Must be run in lanes all the way.

**REQUIREMENT: USE 3 CURVE STAGGER IN SPRINT MEDLEY, DISTANCE MEDLEY, AND 4X400 METER RELAYS IF THE TRACK IS PROPERLY MARKED. IF NOT MARKED, A TWO-CURVE STAGGER SHALL BE USED.**

The four-turn stagger is used in the following:

4x200 Meter Relay -- All four runners in assigned lanes.

**INTERNATIONAL EXCHANGE ZONE**

An International Zone may be used in relay races where the incoming runner is running legs of 200 meters or less when this is permitted, competitors electing to use this option must be positioned entirely within the limits of the international exchange zones. The outgoing runners for each team may take their positions on the track and commence running not more than 10 meters outside the exchange zone, but the baton must be passed while it is in the 20 meters exchange zone. A distinctive mark shall be made on the track to denote this extended running limit.

2-6 (throws) and 7-2-6 (jumps)).

**All field events, except the high jump, require every good throw or jump to be measured. If a tie should result in any final placing, you must refer to the competitor's second best attempt and sometimes you will need to refer to the competitor's third best attempt to break a tie.**

Every competitor in the shot put, long jump and discus are to be given three trials which will serve as preliminary competition and the best performances in each event will be placed in final competition through the use of three additional trials. Each competitor's best throw or jump whether it be in the preliminaries or finals, shall be the one used to determine the competitor's final placing.

**GIRLS:** The starting height in the high jump is four feet, six inches. The bar is raised two inches each time to five feet, and then one inch at a time. All measurements shall be to the lesser inch.

**BOYS:** The starting height in the high jump for Class 4A/3A is 5'8" and 5'6" for Classes 1A & 2A. The bar is raised two inches each time to six feet and one inch after six feet.

Starting heights may be adjusted by meet manager in cases of inclement weather/poor jumping conditions.

## **NUMBER OF QUALIFIERS FOR THE FINALS**

**THE NUMBER OF QUALIFIERS TO THE FINALS IN ALL FIELD EVENTS SHALL BE EIGHT (8).**

\*\*All timing should be to the hundredths of a second.

## **FINAL SECTIONS**

All races shall be run in sections. The number of sections you will need to run will depend on the number of lanes you have available and the number of entries.

The competitors having the slowest times are placed in the first section and the competitors having the fastest times are placed in the last section.

## **AWARDS**

**TEAM AWARDS:** A banner will be awarded to the winning team based on the cumulative points scored in all individual and relay events. Duplicate awards will be awarded in case of a tie.

**INDIVIDUAL AWARDS:** Medals will be awarded to first place through eighth places.

## **FINISH LINE**

**The host school is required to videotape the finish line.** Viewing shall be accessible to the starters/referees and meet officials only. No finish string shall be used.

## **UNIFORM**

Each competitors uniform shall consist of:

- A. Shoes
- B. Track top and track bottom or one piece uniform issued by the school.
  1. Bottoms may vary in length and style but must be the same color for all team members.
  2. Loose-fitting, boxer-type shorts are permitted and closed leg briefs/short shorts are acceptable for girls.
  3. The top and bottom or one piece uniform may have the school identification and the top may have the competitor's name.
  4. The top shall not be knotted or have a knot-like protrusion.
  5. A single manufacturers logo/trademark, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top and bottom or on one piece uniforms.
  6. The American flag, not exceeding 2 x 3 inches, is permitted.
  7. Any visible undergarments worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color. Visible items worn under both the top and the bottom do not have to be the same color.

The waistband of a competitor's bottoms shall be worn above the hips. Bare midriff tops are not acceptable. The uniform top must at least touch the bottom or be tucked in when the competitor is standing upright with hands at their sides.

A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The (shoe) upper must be designed so that it can be fastened securely to the foot. The use of slippers or socks does not meet the requirements of the rule.

The competitor shall wear the complete track uniform and display his/her assigned unaltered contestant number, when numbers are used.

In relay races each team member shall wear the same color and design of school uniform (top and bottom). Any visible undergarments worn under the top and other visible apparel worn under the bottom must be unadorned and of a single color. If worn by more than one team member (two or more) that apparel must be the same color, but not necessarily the same length. A combination of body suits and traditional uniforms is allowed. All tops must be the same color and all bottoms must be the same color.

Single solid colored headbands and wristbands are allowed. Such items must be unadorned, meaning they may only display one manufacturer's logo or school name or logo. Such logo must be no more than 2 1/4 square inches, with no dimension greater than 2 1/4 inches.

Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible. Wearing a wristwatch is legal for boys and girls. **Bobby pins and plastic barrettes/clips are legal for girls.**

(All articles) For an illegal uniform the competitor is disqualified from the event.

## ENTRIES/UPDATES/SUBSTITUTIONS

All entries are due by 10:00 a.m., Tuesday, May 10th. ALL ENTRIES MUST BE SUBMITTED ONLINE. No performance updates are allowed after that time. Teams may make substitutions or scratches, but no additional entries or changes in heat assignments, up to the conclusion of the scratch meeting. **The scratch meeting shall be a blind process.** No coach may see the changes made by any other school until the heat sheets are distributed. The Clerk, with approval of the Referee, may adjust the number of heats and the assignments if appropriate. **The online entry system will warn you if you have not entered all events. Make sure you print and review the verification page before submitting.**

## RELAY CARDS

In relay events, no more than six individuals may be listed on the relay entry form, but only those who actually participate will be charged with an event. Any substitutions must come from those names on the relay entry form (Rule 5-9-2 Page 38). Any team who qualifies for the state meet shall be limited to the same six runners whose names are listed on the District/Regional relay form. The actual runners in any order must come from those six names.

## STATE MEET QUALIFIERS

A preliminary qualifier list will be created for each event using district/regional place winners. In Class 4A this will include the top four place winners; in Class 3A and Class 2A the top three place winners; Class 1A the top two place winners. After the preliminary list is created, the 12th place performance on the list will become the qualifying standard for the event. All place winning performances, which are equal to or better than the established standard, will move onto the final qualifier list. District/Regional champions are automatic qualifiers and cannot be bumped from the list. If there are ties, the highest district/regional place winner will be the qualifier. Ties will not be broken in the high jump as the girls have done in the past. Tied competitors will be considered to have finished at the tied place. If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. If the school is in a cooperative program, and using an alternate name, the name of the host school of the cooperative agreement will be used. The first school name alphabetically will become a qualifier. There will be no more than 24 qualifiers in any event.

## WHEELCHAIR EVENTS

In both boys and girls competition the events shall be: 100 Meters, 200 Meters, 400 Meters and the Shot Put.

## FIELD EVENTS PRELIMINARIES AND FINAL

Competitors shall provide own implement. All field event implements shall be weighed and marked. They shall remain with meet management until the event is completed. All implements become community property. **Shot and discus shall use the 34.92 degree throwing sector.**

The Meet Manager shall decide the order of the field events for preliminaries. In the finals, competition shall be in reverse order of qualifying performance from preliminaries. If flights are used, proper warm-up shall be allowed prior to the start of next flight. Successive attempts shall be allowed (see rule 6-