

**PRINT OUT THIS HANDBOOK. This handbook contains new MOC awards structure. See p. 18.  
See the new False Start rule – now used for state meets and Meet of Champs**

Arkansas Activities Association

# 2009 Track & Field Handbook

Updated February 2009

**For Meet Administration Of:**

Conference Track & Field Meets

State Track & Field Meets

Meet of Champions

Multi-Event Competitions:  
Decathlon & Heptathlon

State Cross Country Meet

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Arkansas Activities Association  
3920 Richards Road/North Little Rock, AR 72117  
Office: (501) 955-2500 Fax: (501) 955-2600 or 955-2521  
[www.ahsaa.org](http://www.ahsaa.org)

Lance Taylor, Executive Director

Kathy Tadlock, Associate Executive Director  
Track & Field / Cross Country Liaison & Rules Interpreter  
[kathy@ahsaa.k12.ar.us](mailto:kathy@ahsaa.k12.ar.us)

**Arkansas Activities Association  
Track & Field Advisory Committee**

Don Carnahan, Russellville, Chairman  
Jerry Brown, Lead Hill, 1A 2010-11  
Leon White, Cabot, 7A 2010-11  
Scott Glasgow, Atkins, 3A 2009-10  
Charlie Carroll, Searcy, 6A 2009-10  
Steve Oury, Bryant, Cross Country 2009-10  
Jim West, Booneville, 4A 2009-10  
Tim Harper, Des Arc, 2A 2008-09  
Steve Fleming, Monticello, 5A 2011-12  
Cari Hickey, Beebe, Girls Track 2011-12  
Joe Nooner, West Memphis, Decathlon-Heptathlon

Kathy Tadlock, AAA Staff Liaison

# Arkansas Activities Association 2009 TRACK and FIELD HANDBOOK

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**RECENTLY ADOPTED REVISIONS OF TRACK & FIELD HANDBOOK ITEMS  
SUMMARY OF ADOPTIONS THAT BECAME EFFECTIVE SPRING 2007**

1. **Increment Height Adjustment for Vertical Jumps:**  
Pole Vault – The bar shall be raised 6” at a time until four competitors remain, then 4” at a time until completion.  
High Jump – The bar shall be raised 2” at a time until four competitors remain, then 1” at a time until completion.
2. **Triple Jump Takeoff Marks** –24’, 28’, 32’ 36’ and 40’
3. **Triple Jump Qualifying Standards** – Compute by using the second place finishers’ performances.
4. **Tie-Breakers for Meet of Champs Qualifying and List of Alternates** – Qualifying for Meet of Champs in each event shall be the winner of each state meet and the best second place performance. Establishes tie-breaking procedures.
5. **Revised the Sequence of Field Events in the Meet of Champs** to be the same as in a regular track meet
6. **Requirement for Use of Hy-Tek Computer Scoring Program to Produce Results for Certified Meets as well as Conference Meets** – FAT and Hy-Tek are required for results for all certified and conference meets. Times submitted for the state meet must be FAT times.
7. **Starting Protocol for Meet of Champs** – Amend the starting protocol for the Meet of Champs to allow one false start that is charged to the field with no runner being disqualified. Any subsequent false start will result in the athlete(s) being disqualified
8. **4 x 800 m Relay Started in Alleys** – The 4 x 800 m Relay was added to the races that start in alleys so as not to stack runners in lanes.
9. **Submitting Conference Results and Qualifiers to the State Meet Site** – Mandates electronic submission of advancers and results from conference to state meet scorers.
10. **Establish Acceptable Alternatives When It Is Not Possible to Meet Above Requirement** – A \$100 fee was set for conferences unable to send advancers and results electronically, to be paid to the state meet computer scoring operator. This would approximate in about two years the amount for a conference to purchase its own program. This fee would compensate the additional work and time involved in entering all the data to incorporate the athletes into the state meet database prior to seeding the events and encourages conferences to use computer scoring as their primary system. Data must be advanced to the state site at least 48 hours prior to 8:00 a.m. of state meet day.

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**ADOPTION THAT BECAME EFFECTIVE SPRING 2008**

In all meets having prelims and finals the following order of events will be followed in the prelims.

100/110 m hurdles	4 x 100 m relay
100 m dash	300 m hurdles
<b>4 x 800 m relay (final)</b>	200 m dash

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**ADOPTIONS EFFECTIVE SPRING 2009**

**FALSE START RULE** – The same change that was adopted last year for the Meet of Champs only will be effective this year for state meets as well as Meet of Champs. One false start shall be allowed that is charged to the field with no runner being disqualified. Any subsequent false start will result in the athlete(s) being disqualified.

**MEET OF CHAMPS AWARDS** – A new awards structure was approved for the Meet of Champs, following the Olympic model.

Awards will be given as follows:

- A gold, silver or bronze medal hung on a red, white and blue neck ribbon will be awarded to the first three place finishers respectively in each event.
- One participant medal without a ribbon will be given to each individual qualifying for and participating in the MOC (not each event), appropriately inscribed showing the individual was a Meet of Champs Participant.

**NFHS Points of Emphasis and Comments on the Rules Revisions  
See NFHS 2009 Track and Field Rules Book, pages 78-81.**

## STARTING COMMANDS

### **STARTING COMMANDS FOR RUNNING EVENTS MUST BE CONSISTENT WITH THE RULES BOOK.**

**The exact words and pattern the starter uses are important.** It is the responsibility of the starter to know and use the starting commands as required by the current rules. It benefits every athlete who competes in running events to know that the same required commands will be used each time they run a given race. These are the starting commands as designated in the high school rules book.

### **THREE COMMAND START** – For races or opening relay legs of **less than 800 meters**.

**“On your marks”** - Competitors immediately take their position behind their starting lines. Must be in position and steady.

**“Set”** - Without delay, assume their final and set position with no part of their bodies touching on or over the starting line. All competitors must be motionless. If

any competitor is in motion, the starter shall not fire the starting device. If necessary the starter may direct all competitors to “Stand up”. After adjustments, a new start will be made.

**Fire the starting device** and proceed with the normal duties during the race.

**TWO COMMAND START** – For individual races of **800 meters and longer**. Prior to the first command the runners are asked to take a position one step or more behind the starting line to alleviate the problem of leaning or movement at the starting line. On the command

**“On your marks”** - The competitors will, without delay, step up to the starting line and, when all are set and motionless the starter will

**Fire the starting device.**

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## FORWARD

The following information is compiled and edited by the Arkansas Activities Association staff with the help of the AAA's Track and Field Advisory Committee and is provided online to schools and meet directors by the association to serve as a guide in the management of invitational, conference and state track and field meets, Meet of Champs and Decathlon-Heptathlon as well as cross country events. This handbook does not attempt to restate all NFHS rules book rules.

The AAA's Track and Field Advisory Committee serves as the Games Committee for determining procedures for all AAA events as delegated by the NFHS rules book.

The State Track and Field Advisory Committee strongly recommends that Games Committees of

conferences, as well as invitational meets, conduct these meets according to this outline so that coaches and participants will become better informed on state adoptions and procedures, thereby ensuring greater consistency, better educated coaches and meet officials and reduced controversy and questions at state meets.

In the information and procedures that follow, the singular includes the plural and the plural includes the singular as the context requires or permits. Where appropriate, personal pronouns refer to either gender.

Handbook updates will be available on the AAA web site at [www.ahsaa.org](http://www.ahsaa.org), click Sports, then Track and Field/Xcountry.

## I. GENERAL INFORMATION ON TRACK AND FIELD

### A. RULES BOOK MODIFICATIONS - ARKANSAS'S RULES AND ADOPTIONS

1. **Limited Events Participation Rule** – An athlete may participate in a maximum of six events including no more than FOUR running events in one track meet. A track meet is defined as being a one-session meet or as having preliminaries and finals. This may be in one day or on two different days but it is still one meet.

The Limited Participation Rule applies to all junior high and senior high school meets for Arkansas Activities Association member schools, including meets held in another state.

**NOTE:** Arkansas' adoption of its own limited participation rule replaces the more restrictive rule in the NFHS rules book.

2. **Boys Uniform Rule Modification** – Boys are required to wear loose fitting track bottoms over form-fitting bottoms or body suits.
3. **Class 7A Participation Limitation** - 7A schools may include 9th graders on the high school track team *only* if there is no interscholastic track program in their junior high(s). **This restriction does not apply to Cross Country.**
4. **Games Committee Authority** – The NFHS Track and Field and Cross Country rules book gives the state Games Committee the authority to determine specific procedures that are not spelled out in the rules book. These adoptions and procedures are found in the various sections of this AAA Track and Field Handbook.
5. **Required Online Rules Meeting** – Each member school declared for track shall require at least one certified employee with an ADE coaching endorsement who is a coach of that sport, or an athletic director, to participate in an online rules meeting annually and verify online.

The track and cross country rules meeting will be available online around mid-February. For failure to comply the school shall be fined \$25. Failure to remit within 60 days shall cause the fine to be doubled. Failure to comply the following year shall cause the school to be placed on penalty. An online track rules exam for track officials is optional for coaches but recommended as a review of the new rules book each year.

**If completing the rules exam, you may FAX OR MAIL TO AAA – DO NOT DO BOTH.**

### B. DECLARATION FOR SPORTS

1. Member sr. high schools shall declare each year the sports in which they plan to participate interscholastically for a championship.

2. Any school failing to declare for track by week #22 shall not be permitted to participate in conference or state events.

3. After week #22 a school failing to participate in a sport (including conference no-shows) after declaring to compete for a championship for the sport shall forfeit the right for its students to participate in other conference, district, region or state events until a \$25.00 penalty fee has been paid to the AAA office. Declarations and reversal of declaration must be *in writing* with the signature of an administrator.

4. The AAA Executive Director has the authority to suspend the no-show fee if the school's failure to appear for the event was unavoidable. An administrator of the school must submit a written request stating the extenuating circumstance.

### C. HOLDING PRELIMS IN A MEET

1. In all conference meets or preliminary meets leading up to and including the state meet, if preliminary heats or tries in the running events are not needed, they shall not be held. **Example:** When a conference has only eight teams and the meet is run on an eight-lane track, there will be no prelims in the relays. If there were only six teams, and six or more lanes are available for the relays, no prelims would be held.

2. If no prelims were held in a field event where each participant would receive six tries in all with prelims, the participant would be allowed six tries in **the finals**. **If prelims are run when not needed**, violations shall disqualify the participant(s).

**D. SENIOR HIGH ORDER OF EVENTS** - See time schedules for state meets.

### E. JUNIOR HIGH ORDER OF EVENTS

For junior highs the recommended order of events for conference meets is the same as senior high for the events in which they compete

#### FIELD EVENTS (GIRLS)

Long Jump  
Triple Jump  
Discus (1 kg)  
Shot (6.0 lb)  
High Jump  
Pole Vault

#### FIELD EVENTS (BOYS)

Long Jump  
Triple Jump  
Discus (1 kg)  
Shot (4.0 kg)  
High Jump  
Pole Vault

#### RUNNING EVENTS (GIRLS)

100 m Hurdles (30")  
100 m Dash  
1600 m Run  
4 x 100 m Relay  
400 m Dash  
300 m Hurdles (30")  
800 m Run  
200 m Dash  
4 x 400 m Relay

#### RUNNING EVENTS (BOYS)

110 m Hurdles (36")  
100 m Dash  
1600 m Run  
4 x 100 m Relay  
400 m Dash  
300 m Hurdles (33")  
800 m Run  
200 m Dash  
4 x 400 m Relay

**F. HURDLE RACES FOR CONFERENCE AND STATE MEETS**

Distance	Height
Sr. Boys 110 m.....	39"
Sr. Boys 300 m.....	36"
Sr. Girls 100 m.....	33"
Sr. Girls 300 m.....	30"
Jr. Boys 110 m.....	36"
Jr. Boys 300 m.....	33"
Jr. Girls 100 m.....	30"
Jr. Girls 300 m.....	30"

**G. END OF TRACK SEASON**

1. A school's interscholastic track season shall end when its participants fail to qualify for the state meet or the Meet of Champs or when the Meet of Champs is completed.

2. A student who competes in a school's cross country or track program may enter non-school competition as an individual not representing his school (not using the school name or uniform) during or outside of the school's competitive season.

**H. DATE OF STATE MEETS**

The State Track Meets are scheduled in Week #46 of the AAA Numbered Week Calendar. The Meet of Champions is scheduled in Week #47.

**I. QUALIFIERS FOR THE STATE MEET**

**NOTE:** *An advancers file and a complete set of results must be forwarded electronically to the state meet computer scoring operator electronically from each conference/district in that classification no later than 48 hours prior to 8 a.m. of the day of the state meet.*

1. **7A** - The top six finishers in each event in the two conference meets that are completed by the calendar week prior to the state meet.
2. **6A** - The top six finishers in each event in the two conference meets that are completed by the calendar week prior to the state meet.
3. **5A** - The top four finishers in each event in the two conference meets that are completed by the calendar week prior to the state meet.
4. **4A, 3A, 2A, 1A** - The winner and runner-up in each event from each of the conference meets that are completed prior to the state meet to submit to the state meet's designated computer scoring operator as required above. The number of conference meets shall be determined as authorized by the AAA Board of Directors.

**NOTE:** If a conference has fewer than four teams competing to qualify to the state track meet, the schools that do participate will be assigned by the AAA office to compete in another conference meet.

5. **Conference meets must use fully automatic timing (FAT) and the state adopted Hy-Tek computer scoring program (Meet Manager and Seeding Option)** and must electronically forward state qualifiers by place and complete meet results directly to the state meet director or designated person no less than 48 hours prior to 8:00 a.m. of the state meet day.

5. **Qualifying by Standards at a Conference**

**Meet** - Conference meet directors shall also certify to the state meet director, on the AAA form provided, any performances meeting the qualifying criteria that did not qualify by place. All criteria for a certified meet must be met in order for a conference meet to be certified. *A meet certifying form must be submitted 30 days in advance just as for regular season certified meets.*

**NOTE:** When a tie that cannot be broken exists in a conference meet for a qualifying place, the tie must be indicated and both may be submitted as qualifiers to the state meet director. This would usually occur only in the High Jump and Pole Vault.

**J. ADDITIONAL QUALIFYING PROCEDURES**

**NOTE:** When an individual qualifies in an event for the state meet by both finish place in the conference meet and a properly reported performance in a certified meet, the better performance should be used in seeding the state meet.

1. In addition to qualifying by place as stated above, an athlete may qualify for the state meet by meeting an established qualifying standard in a legal performance at a certified regular season meet or a certified conference meet. Conditions required for running events include verification of a performance timed through the use of FAT and a legal wind gauge reading for the required events.

2. Qualifying standards shall be set up by the AAA and shall be based on the average of the third place finishes in each state meet over the last five years for each event. Marks for these standards shall be rounded to the **best performance**.

**Example:** An average of 11.375 seconds becomes 11.37 and an average of 135' 2¼" rounds to 135' 3". To qualify, an athlete must meet or better this standard in a certified senior high school meet during the current season or in the senior high conference meet under qualifying conditions. For running events, only times captured by the use of fully automatic timing and legal wind readings as defined in the NFHS rules book shall be accepted.

3. For additional qualifying performances to be acceptable in field events, implements used must be documented as legal through the proper weighing, measuring and inspection. Inspection and verification of implements used in warm-ups or competition must occur prior to warm-ups. Only legal and approved implements for that participant may be used in warm-ups and/or competition. Appropriate wind information must accompany verification of long jump, triple jump and required running event performances.

4. Additional qualifiers for each running event to the state meet shall not exceed the number that can be accommodated in one additional heat. The limit shall be eight additional for each field event. These performers shall be determined by the best qualifying marks. Should ties cause this maximum number to be exceeded, all ties shall be eliminated.

5. A certified meet must meet the following criteria:
  - a. Request shall be submitted to the AAA office on the proper form at least 30 days before the meet.
  - b. Meet must be held on a metric track or a track marked in metric distances.
  - c. Host school must have a representative who has attended the current year's rules meeting (available online).
  - d. The Hy-Tek computer scoring program must be used for entering athletes, seeding the meet and producing official meet results.
  - e. FAT readings are recorded for the running events and legal wind gauges must be used, read and recorded in the Hy-Tek scoring program.
  - f. All heights and distances must be measured. Qualifying times must be the official meet time (prelims or finals).
  - g. Meets must involve participants from four or more schools.
  - h. Coaches must sign a compliance form prior to participation of any of their school's athletes.
  - i. Coaches must verify legality of each vaulter and his/her vaulting pole by initialing the event sheet of the head pole vault judge.
  - j. Referee must be a CURRENTLY registered track official with AAA or CURRENTLY certified USATF track official. **NOTE:** AAA registered officials are provided current rules books, case books and officials manuals needed to officiate a jr. or sr. high school meet.
  - k. Referee must verify or approve time, measurement and legality of implement, if applicable, for each qualifying performance.
  - l. Meet director of each certified meet must send electronically the official Hy-Tek meet results to the AAA office within one week (7 days) of the meet in a 2-column Word document – prefer Arial or Arial Narrow, 8 pt. Failure to submit on time will incur a \$25 late fee and results must still be sent as a courtesy to the other schools.

Within 48 hours after the conference meet, any coach whose athlete(s) has qualified to the state meet by meeting a qualifying standard at a regular season certified meet must notify the AAA track liaison on the appropriate form, if wishing to enter the athlete(s) by that performance. The AAA track liaison will notify the state site that this entry is approved. If this is not done, the athlete will not be listed or heated and will not be permitted to compete.

When an athlete meets a qualifying standard at a certified conference meet (certified in advance and fully meeting the above criteria), but does not qualify by place, the coach of the athlete(s) must notify the state meet director or scoring coordinator, as designated, who shall verify this performance as listed on the conference meet results. If this is not done, the athlete will not be listed or heated and will not be permitted to compete.

It is also required that the conference meet director send electronically the complete set of results, as well as the advancers by placement, in case of the next finisher (alternate) taking the place of a qualifier or when the standards have been met in a certified conference meet.

#### K. SUBSTITUTIONS IN THE STATE MEET

1. No substitutions shall be permitted in the state meet for the qualifiers certified by the conference meet director, except the next place whose performance can be verified with the official Hy-Tek meet results. The conference meet director shall provide notification that a qualifier is to be replaced by an alternate. This must occur within **48 hours after the conference meet**. No lower place finisher than specified may be an alternate.
2. If an athlete qualifies for any event in the conference meet and withdraws from that event allowing the next place finisher to be certified to the State Meet, the same athlete may not compete in that event even if (s)he has qualified through the standards.
3. Relay team members may be changed from the conference meet to the state meet prelims but a change cannot be made in the members when qualifying from the state prelims to the finals except as provided in the rules book.

#### L. CONVERTING TIMES

Metric tracks, fully automatic timing, Hy-Tek computer scoring and electronic reporting are required for conference, state and certified meets. **NOTE:** In case of failure of the FAT system for one or more running events, the following conversion may be made; however, this cannot be used to qualify *by standards*. Fully Automatic Timing = Hand-held time + .24 seconds.

#### M. RECORDS

1. In order to be listed as the holder of a record an athlete must break the existing record. An athlete shall not be listed as a co-holder of a record when tying a record.
  - a. **STATE RECORDS** for each classification shall be made in the AAA state meet for that classification.
  - b. **MEET OF CHAMPIONS RECORDS** shall be made in the AAA's Meet of Champions Track Meet.
  - c. **OVERALL RECORDS** are the better of the two listed above.
  - d. **PROCEDURE FOR NEW RECORDS FOR METRIC DISTANCES:** All records shall remain as they are until broken with the exception of the 100 m Dash.

2. All field events shall continue to be measured in the English system; therefore, there is no change in the breaking of a record.

## II. INSTRUCTIONS FOR MEET ADMINISTRATION

### A. REGISTRATION MECHANICS

1. It shall be the responsibility of each state meet director to arrange for fully automatic timing and computer scoring with the officially adopted Hy-Tek software. Conference qualifiers to the state meet and additional qualified athletes must be provided to the state meet director or computer scoring operator, as designated, by each conference. The AAA office will certify additional qualifiers if properly notified by the coach. Eligible entries shall be entered according to the best times made in the conference finals (not prelims) or certified meet, if the coach properly and promptly notifies the AAA of the desire to enter an athlete who achieved a qualifying performance achieved at a certified meet and that meet's results were sent to the AAA office as required. Athletes shall not arbitrarily be placed in any heat or lane.

**2. If a conference does not send advancers and results electronically as required, a \$100 fee must be paid to the state meet's computer scoring operator for manually entering the athletes and data into the state meet database. An official hard copy of the results must be submitted in this instance by the stated deadline.**

3. The coach's responsibility shall be to sign a compliance verification form attesting that all athletes are legally attired, using only legal equipment and that the standards of Good Sportsmanship will be upheld: This shall be accomplished before any athlete of that school shall be eligible to warm up or compete.

a. Shot: Must be weighed, inspected and approved at the site of the meet by the Head Field Judge, Inspector of Implements or designated official prior to the contestant's first throw in warm-ups.

b. Discus: Must be weighed, measured, inspected and approved at the site of the meet by the Head Field Judge or designated official prior to contestant's first throw in warm-ups.

c. Pole Vault: Coaches shall initial the event sheet to verify each vaulter's weight and that a legal pole has been provided. Note: It will still be necessary to have scales available to verify a vaulter's weight, if challenged. The judge shall verify the legality of the pole at the event, both in warm-ups and competition.

d. The coach must have his participating athletes at the proper site at the start of the event and in proper uniform as specified in the National Federation Track and Field and Cross Country Rules Book.

e. In order for an athlete who has qualified only by the standards at a certified meet to be eligible to participate, the coach must confirm to the state meet director or designee within 48 hours after the conference meet that the qualified athlete is desirous of entering the state meet in the qualified event(s).

4. The coach must assume all above responsibilities for his/her athletes to be allowed to participate in the events for which they are qualified.

5. If the conference track meet director fails to submit the information advancing eligible entries to the meet, the athlete(s) shall be allowed to participate, but shall be placed in available heats and lanes.

### B. GAMES COMMITTEE AND JURY OF APPEALS: CONFERENCE & STATE

1. The conference president or track chairman of each track conference or the AAA office and state meet director shall appoint to each qualifying meet or state meet respectively, a games committee whose duties are defined in the current Track and Field Rules Book. Most of the Games Committee duties for these meets have been previously defined in the AAA Track and Field Handbook and published and/or posted on the AAA web site's track page. Coaches of teams in the meet should be excluded from serving on the Games Committee in state meets when a matter under consideration could have any effect on their school. The games committee for conference meets shall be composed of:

- a. the Meet Director,
- b. the Referee,
- c. an administrator of the host school,
- d. two knowledgeable track coaches (or former track coaches) whose school would not be affected by the results of the appeal or matter under consideration.

The games committee for state meets shall be:

- a. a member of the AAA staff or Board of Directors,
- b. the Referee,
- c. a member of the Track and Field Advisory Committee or a person who is an experienced track coach whose school would not be affected by the results of the appeal or matter under consideration,
- d. a representative of the host school, preferably an administrator.

2. This committee shall also have the responsibility for delaying or suspending such meets due to hazardous weather conditions. The Referee shall serve as the committee chairman and shall suspend or delay a meet or any portion of a meet if two members of the committee vote for such delay or suspension.

3. The Games Committee shall also serve as the Jury of Appeals with the exception of the Referee.

4. **APPEALS** - A Jury of Appeals shall be used in all state track and cross country events as prescribed by the NFHS Track and Field and Cross Country Rules Book. The AAA and host

management shall be responsible for selection of the Jury of Appeals.

a. A coach first protests verbally to the Referee. This shall not concern a matter of judgment. If the coach feels that the rules have been misapplied or misinterpreted and then wishes to make a formal protest, this is done by filing a written appeal form with the Referee within 30 minutes after announcement of the results.

b. The Referee shall then convene the Jury of Appeals, disqualifying any potential member connected with a school that would be significantly affected by the Jury's decision. The Referee does not serve on the Jury of Appeals. The Jury of

Appeals shall confer to consider the written appeal and return to the Referee the written decision. The decision of the jury shall be final.

**C. SCORING**

All events shall be scored in agreement with the NFHS Rules Book scoring eight places. Points shall be 10-8-6-5-4-3-2-1.

**D. TIME SCHEDULE AND MECHANICS FOR STATE MEET PRELIMS AND FINALS**

Starting times for beginning field events and running events may be scheduled differently with the approval of the games committee. Each race shall be run just as soon as possible after the finish of the previous race.

### III. CLASS 1A 2009 STATE TRACK MEET SCHEDULE AND MECHANICS

DATE: Saturday, May 16, 2009

SITE: Acorn High School

Time	Event	Mechanics
9:30	Weigh in and first coaches meeting	Coach of each participating school must attend a coaches meeting before athletes compete
11:00	Girls Pole Vault  Girls Discus Girls Long Jump	PV conducted through completion.  Three trials in the prelims and three more in the finals. Qualify eight to the finals and re-rank.
11:00	Boys Shot Boys Triple Jump  Boys High Jump	Three trials in the prelims and three more in the finals. Qualify eight to the finals and re-rank.  HJ conducted through completion.
1:00	<b>Running Prelims</b> Girls 100 m Hurdles Boys 110 m Hurdles 100 m Dash <b>4 x 800 m Relay (finals)</b> 4 x 100 m Relay 300 m Hurdles 200 m Dash	As needed, girls, then boys in each event. Each race will be run as soon as possible after the finish of the previous race.  <b>Note new placement of the 4 x 800 m Relay – changed in 2008.</b>
1:30	Weigh in as needed. Final coaches meeting.	Coach of each participating school must attend a coaches meeting before athletes compete
2:30	Boys Pole Vault	PV conducted through completion.
3:00	Girls Shot Girls Triple Jump Boys Discus Boys Long Jump  Girls High Jump	Three trials in the prelims and three more in the finals. Qualify eight to the finals and re-rank.  HJ conducted through completion.
5:00	<b>Running Finals</b> 100/110 Hurdles 100 m Dash 1600 m Run 4 x 100 m Relay 400 m Dash 300 m Hurdles 800 m Run 200 m Dash 3200 m Run 4 x 400 m Relay	Girls, then boys in each event.

It is important for a site hosting a state track meet to have two jumping pits for the horizontal jumps. However, when only one pit is available, the following amended time schedule shall be used:

11:00	Boys Triple Jump
1:00	Girls Long Jump
3:00	Girls Triple Jump
5:00	Boys Long Jump

**IV. CLASSES 2A, 3A, 4A, 5A, 6A and 7A  
2009 STATE TRACK MEET SCHEDULE AND MECHANICS**

**2A** Genoa Central HS, Wednesday, May 13  
**3A** Harding Academy, Saturday, May 16  
**4A** Lake Hamilton HS, Thursday, May 14  
 (hosted by Nashville HS)

**5A** Paragould HS, Saturday, May 16  
**6A** Lake Hamilton HS, Saturday, May 16  
**7A** Conway HS, Saturday, May 16

Time	Event	Mechanics
9:30	Weigh in and first coaches meeting	Coach of each participating school must attend a coaches meeting before athletes compete
11:00	Girls Pole Vault  Girls Discus Girls Long Jump	PV conducted through completion.  Three trials in the prelims and three more in the finals. Qualify eight to the finals and re-rank.
11:00	Boys Shot Boys Triple Jump  Boys High Jump	Three trials in the prelims and three more in the finals. Qualify eight to the finals and re-rank.  HJ conducted through completion.
1:00	<b>Running Prelims</b> Girls 100 m Hurdles Boys 110 m Hurdles 100 m Dash <b>4 x 800 m Relay (finals)</b> 4 x 100 m Relay 300 m Hurdles 200 m Dash	Girls, then boys in each event. Each race will be run as soon as possible after the finish of the previous race.  <b>Note new placement of the 4 x 800 m Relay – changed in 2008.</b>
3:00	Weigh in as needed. Final coaches meeting.	Coach of each participating school must attend a coaches meeting before athletes compete
3:30	Boys Pole Vault	PV conducted through completion.
4:30	Girls Shot Girls Triple Jump Boys Discus Boys Long Jump  Girls High Jump	Three trials in the prelims and three more in the finals. Qualify eight to the finals and re-rank.  HJ conducted through completion.
6:30	<b>Running Finals</b> 100/110 Hurdles 100 m Dash 1600 m Run 4 x 100 m Relay 400 m Dash 300 m Hurdles 800 m Run 200 m Dash 3200 m Run 4 x 400 m Relay	Girls, then boys in each event.

All field events and individual races under 400 m will narrow the field to eight. To break an eighth place tie in these individual races, the games committee shall schedule a re-run at a time to

best accommodate those involved in the tie. In all relays, eighth place ties shall advance to the finals and two heats shall be run.

**E. MECHANICS FOR ASSIGNING HEATS IN PRELIMS**

1. **FOR ALL RACES:** List the times of the conference qualifiers and additional qualifiers for the state meet and put them in numerical order listing the fastest time first.
  2. Prelims shall be conducted for all running events except the 400 m Dash, 800 m Run, 1600 m Run, 3200 m Run, 4 x 400 m Relay and 4 x 800 m Relay.
2. **FOR ALL RACES HAVING PRELIMS, BALANCED HEATS SHALL BE FORMED IN THE FOLLOWING MANNER:**

**2 Heats**

- Place fastest time in heat 1
- Place 2nd time in heat 2
- Place 3rd time in heat 2
- Place 4th time in heat 1
- Place 5th time in heat 1
- Place 6th time in heat 2
- Place 7th time in heat 2
- Place 8th time in heat 1
- and so on by this method

**3 Heats**

- Place fastest time in heat 1
- Place 2nd time in heat 2
- Place 3rd time in heat 3
- Place 4th time in heat 3
- Place 5th time in heat 2
- Place 6th time in heat 1
- Place 7th time in heat 1
- Place 8th time in heat 2
- and so on by this method

(This is working left to right and right to left for all runners).

**F. QUALIFYING FROM PRELIMS TO THE FINALS**

<u>Number of Heats</u>	<u>Qualify to Finals</u>
2 Heats	First 2 in each heat and next 4 best times, regardless of place
3 Heats	First 2 in each heat and next 2 best times, regardless of place
4 Heats	4 winners and next 4 best times, regardless of place
5 Heats	5 winners and next 3 best times, regardless of place

**G. MECHANICS FOR RACES NOT HAVING PRELIMS - 400 m Dash, 800 m Run, 1600 m Run, 3200 m Run, 4 x 400 m Relay and 4 X 800 m Relay.**

1. **400 m Dash** shall be run in lanes all the way. All heats are timed finals.
2. **800 m Run, 1600 m Run and 3200 m Run** shall be from two alleys with a one-turn stagger. The runners are allowed to break to the inside lane after crossing the break line after the first turn.
  - a. There shall be one heat only; however,

in the event that more than 16 have qualified in the 800 m or more than 24 in the 1600 m, two heats shall be run with the 12 fastest times placed in the second heat.

b. If more than 16 qualify in the 3200 m, it shall remain one heat with additional runners positioned in alley A.

c. **4 x 400 m Relay** shall be run with a three-turn stagger. The first lap shall be run in lanes with the contestants making their first exchange in the lanes where they started. The second runner can break to the inside lane after the break line after the third turn. The third and fourth runners of the team shall be given starting position according to the order their teammates enter the last straightaway.

**NOTE:** Determining placement from multiple heats shall be by time. In the event that two or more finishers have the same times, the one(s) having the higher finish place shall be ranked ahead of the other(s). If two or more finishers have the same times and the same finish placement in separate heats, they shall be considered to have tied.

**Example:** In heat #1 of the 400 meter Dash, runner A's first place time is 50.155 and runner B's second place time is also 50.155. In heat #2, runner C is the winner with 50.155. The correct final placement for the three runners whose time was 50.155 is a 1st place tie for runners A and C (who both placed first in their respective heats with identical times) and runner B (who also had the same time but a lower placement) placing third.

d. **The 4 x 800 m Relay** shall be run from two alleys with a one-turn stagger. If more than 16 qualify two heats shall be run with a maximum of 16 and a minimum of six in each heat. The fast heat shall be kept full, if possible.

**NOTE:** Time at least nine runners in each heat. Time all, if possible. Heat 1 - slow heat; Heat 2 - fast heat. Run heat 1 first.

The eight fastest times from all heats shall be the place winners.

When using FAT an added runner shall be placed in the lane vacated if added after the computer scoring operator has finalized the competitors' lane assignments.

**H. MECHANICS FOR LANE ASSIGNMENTS IN THE FINALS**

1. **FOR THE 100 m DASH, 200 m DASH, 100 m HH, 110 m HH, 300 m LH, 300 m IH, 400 m DASH and 4 x 100 m RELAY**
  - Place the fastest time in lane 4.
  - Place 2nd fastest time in lane 5.
  - Place 3rd fastest time in lane 3.
  - Place 4th fastest time in lane 6.
  - Place 5th fastest time in lane 2.
  - Place 6th fastest time in lane 7.
  - Place 7th fastest time in lane 1.
  - Place 8th fastest time in lane 8.

### **FOR THE 800 m RUN, 1600 m Run, 3200 m RUN and 4 x 800 m RELAY**

- Place fastest time in alley B, position 1.
- Place 2nd fastest time in alley B, position 1.
- Place 3rd fastest time in alley B, position 2.
- Place 4th fastest time in alley A, position 2
- Place 5th fastest time in alley B, position 3.
- Place 6th fastest time in alley A, position 3.
- Place 7th fastest time in alley B, position 4.
- Place 8th fastest time in alley A, position 4
- Place 9th fastest time in alley B, position 5.
- Place 10<sup>th</sup> fastest time in alley A, position 5.
- Place 11<sup>th</sup> fastest time in alley B, position 6.
- Place 12<sup>th</sup> fastest time in alley A, position 6.
- Place 13<sup>th</sup> fastest time in alley A, position 7.
- Place 14<sup>th</sup> fastest time in alley A, position 8.
- Place 15<sup>th</sup> fastest time in alley A, position 9.
- Place 16<sup>th</sup> fastest time in alley A, position 10.

**NOTE:** Alleys A and B are sometimes referred to as alleys 1 and 2, respectively.

If more than 16 qualify in the 4 x 800 m Relay, two heats shall be run with a maximum of 16 and a minimum of 6 in each heat. The fast heat shall be kept full, if possible.

### **3. FOR THE 4 x 400 m RELAY**

a. This relay will be finals only with two or more heats or sections. The eight fastest times will be placed in heat two with lane assignments as indicated. The slower eight times will be placed in heat one with lanes assigned as indicated.

b. If three heats are necessary, the first one will be slowest, second heat medium and third heat fastest.

c. Place the:

- |  |  |
|--|--|
| Fastest time in lane 2.                | 5 <sup>th</sup> fastest time in lane 6 |
| 2 <sup>nd</sup> fastest time in lane 3 | 6 <sup>th</sup> fastest time in lane 7 |
| 3 <sup>rd</sup> fastest time in lane 4 | 7 <sup>th</sup> fastest time in lane 1 |
| 4 <sup>th</sup> fastest time in lane 5 | 8 <sup>th</sup> fastest time in lane 8 |

### **I. RUNNING OF A RACE:**

1. The Clerk or Course shall allow entries in a race until he turns the runners over to the starter. The Clerk of the Course shall not turn any of the runners over to the starter until the previous running event has been finished. Sometimes it is necessary for all of the competitors of all heats of a race to report at one time in order to determine the number of heats to be run, or if it is necessary to run heats in the preliminaries.

2. Prior to a race the Clerk of the Course shall have the contestants report to him in an area away from the starting line. If there are any scratches or authorized substitutions at that time, he shall make the necessary adjustments prior to placing the competitors in their assigned heat and lane position and notify the computer scoring operator. Before turning the competitors over to the Starter, he shall explain the number of finishers who are to qualify in preliminary heats for the finals. When the race is called, the clerk or assistant clerk shall escort the runners to the starting line and check to see that all are in their proper lane or starting position.

3. In relay races he shall explain the procedure to be followed at each exchange zone and place all team

members in their proper lane. In relays not run entirely in lanes, he shall explain the method of positioning the outgoing runners who are placed in lanes according to the relative position in the race of their incoming teammate as he comes out of the final curve. This is sometimes called the sliding method and will be performed by the designated meet official at the finish line.

4. Either the Clerk of the Course or assistant clerk shall collect the relay cards listing the names of the members of the relay team. These cards shall be given to the Referee. The Referee will separate the cards of the qualifiers for the finals, in relays having prelims and shall return such cards to the Clerk prior to the finals. The Clerk of the Course shall check to see that all runners are dressed in the proper track uniform and not wearing items in violation of the rules. The Clerk or Assistant shall see that all batons are legal. Dents or finger holds make a baton illegal.

5. The competitors at the starting line are under the sole jurisdiction of the Starter, who is responsible for giving all necessary instructions concerning the rules governing the race which is about to begin. As soon as the Starter signals and receives a return signal that the Finish Judges and Timers are ready, contestants shall be directed to remove their warm-ups and stand behind their marks. Attendants and all others shall be directed to move away from the starting line.

**6. FALSE START RULE -** One false start shall be allowed that is charged to the field with no runner being disqualified. Any subsequent false start will result in the athlete(s) being disqualified.

7. The Head Umpire shall see that Assistant Umpires are in the proper location before each race and instruct the assistants in reporting any irregularities in any race such as illegal crowding or stepping on or over the left line of a runner's lane or violating the hurdle or relay rules. Assistant Umpires shall report directly to the Head Umpires in writing who shall report to the Referee. The Referee shall make the final decision regarding violations. The Head Umpire shall notify the Head Finish Judge not to announce the results of any race in which a violation has been reported until the Referee has made a final decision.

**NOTE:** See diagrams for recommended placement of race umpires on pages 21-22.

8. Fully automatic time shall be the official meet time. Hand-held time may serve as a back-up for the FAT. The meet official(s) reading the FAT shall provide results to the scorer, announcer, awards coordinator and the media. Anemometers gauges) shall be used as required in the NFHS Track and Field Rules Book.

9. When hand-held time is used as a back-up to FAT the minimum number of personnel shall be four watches on first place (three and an alternate) and seven pickers or pairs of pickers, as well as a head finish judge.

10. When using hand-held timing the Head Finish Judge does not pick a position, but observes the race

as a whole so that he might be able to place a runner who has been completely overlooked.

11. If the FAT fails the Head Finish Judge can change the place of finish as picked by the Assistant Finish Judges, only when the Assistants are not sure about the order of finish. The Referee also has this authority if he was in position to see the finish and the Finish Judges are unsure. If Finish Judges pick and have no doubt as to the finish, their judgment shall be final. The Games Committee may authorize the use of an official video camera to be used for placement.

12. The Finish Judges shall give their information to the Finish Line Recorder.

13. The only time that is really important is the time of first place. When hand timing occurs, there should be four watches on first place. Three of these are designated as the watches on first place with the fourth watch named the alternate. The alternate's time shall be used only if there is a malfunction of one of the three official watches. If the three official watches get the official time then the holder of the alternate watch shall not reveal the time that he recorded. (This avoids confusion about the finish.) The Timers shall time and not pick; therefore, they shall make no statement concerning whom they timed, but simply announce the time of the place they are assigned.

14. When additional watches are available and Timers available to operate them, it is advisable to time as many places as possible.

15. In races where the time is used to place participants in the race it is necessary to time at least nine places.

16. The correct number of watches (4) shall be on first place and two watches on the other places, if possible.

17. The Head Timer shall record the times of the place finishers and relay this information to the Finish Line Recorder.

18. The Finish Judges shall pick the participants as they come across the finish line, regardless of what has happened in relation to a possible disqualification. The Finish Line Recorder shall record the order as they are picked regardless of what may have happened in the race. The Finish Line Officials have no authority concerning disqualifications.

19. The Referee is the only one who may disqualify a runner, except for the Starter or Assistant Starter when a starting violation occurs.

20. The Umpires shall report **in writing** to the Head Umpire any infractions that may occur. The Head Umpire shall report these or any infractions that he may have observed to the Referee.

21. A written report shall be made detailing the infraction so that the Referee may make the best judgment possible concerning the need for a disqualification. The Referee shall take the finish card, if there is a disqualification, and change the order of finish by moving the other participants up in the order

of finish to fill the place(s) left by the disqualification. The Computer scoring operator must be notified any time there is a disqualification. In the absence of an Umpire the Referee may act in the capacity if he observes an infraction.

22. After the scoring of each event is finalized it is recommended that the needed number of copies be made immediately. Copies should be provided for the awards coordinator, the announcer and an appropriate number for the media. A complete set of state meet results shall be filed for the AAA.

23. When using fully automatic timing these procedures may be modified to accommodate FAT by using fewer timers and pickers. The finish line and scoring procedures shall be modified as needed or appropriate.

**NOTE – Hand-held Timing:** When digital read-out watches are used and times are displayed to the hundredths place, any numeral in the hundredths place other than zero shall cause the tenths place to be rounded up for recording the official meet time. Example: 42.71 rounds to 42.8.

**NOTE – Fully Automatic Timing:** When FAT is used and times are displayed to the thousandths place, any numeral in the thousandths place other than zero shall cause the hundredths place to be rounded up for recording the official meet time. Example: 42.713 rounds to 42.72. FAT times to the third decimal place may be used to break ties.

#### J. CLERK'S INSTRUCTIONS FOR PARTICIPANTS

1. **100 m Dash:** Run in lanes all the way.
2. **200 m Dash:** Run in lanes all the way.
3. **400 m Dash:** Run in lanes all the way. (If there is a tie on the time in different heats, there shall be a tie declared for place; but if the time is the same and they are in the same heat, the higher finisher shall receive the higher place in the competition. FAT times may be considered to the third decimal place to break ties.)
4. **800 m Run, 1600 m Run, 3200 m Run and 4 x 800 m Relay:** Run with a one-turn staggered start in alleys for the first turn. Break to the inside lane after crossing the line at the beginning of the straightaway after the first turn. Run the remainder of the race as in a race where lanes are not specified.
5. **100 m High Hurdles:** Run in lanes all the way.
6. **110 m High Hurdles:** Run in lanes all the way.
7. **4 x 100 m Relay:** Run in lanes all the way.
8. **4 x 400 m Relay:** Run with a three-turn stagger. The first runner of the relay team runs in the lane that is assigned and the second runner of the team continues in this lane until after the third turn, then may break to the inside lane at the break line at the beginning of the straightaway after the second runner has completed the first turn. The third and fourth runners of the team shall be given starting position according to the order their teammates enters the straightaway coming into the finish line. This method is sometimes called sliding.
9. **300 m Hurdles:** Run in lanes all the way.

## K. INSTRUCTIONS FOR FIELD EVENTS

### 1. FOR ALL FIELD EVENTS

a. Contestants shall report promptly to the event judge at the designated location when the event is announced. A participant shall be charged with an unsuccessful attempt if the contestant does not initiate a trial that is carried to completion within one minute (or 1 ½ minutes in the pole vault) after being called for a trial unless excused by the head event judge to participate in some other event. In the vertical jumps the decision to pass a trial shall be communicated to the event judge before the clock is started. When only a few competitors are left, NFHS rules book time allowances shall be used.

b. Competitors excused to compete in another event shall be allowed 10 minutes from the time they report to the event judge to be excused until they return and check in with the event judge to make themselves available for their next trial, unless otherwise specified by the games committee.

c. For events that are competed in groups, an adjustment shall be made in the number of one or more group(s) if necessary to accommodate an uneven number of contestants.

d. The Games Committee may make modifications in starting heights of jumping events to accommodate the needs and skills of participants.

e. If there is a tie for first place in the high jump or pole vault, the winning height for the event is the height last made by the tying contestants including the jump-off. The jump-off is conducted only to break a first place tie. If, in the jump-off, a greater height is made it can be used to qualify for the state meet and, in any meet, can be used as a new record for that meet.

f. To place in a throwing event, a participant must have had at least one legal throw in competition. To place in a jumping event, a competitor must have had at least one legal jump in competition.

g. For the shot, discus, long jump and triple jump the total set of contestants shall be allowed to warm up before the competition starts. Five minutes before the first group begins their competition the first group of four only shall be allowed to use the ring or pit. At the end of this five minute period or when all four are ready the competition shall start.

When the first group of four has completed their preliminary throws or jumps the second group shall be allowed five minutes to warm up before their competition starts. This procedure is followed until all groups have competed. Any time in a warm-up period all members of a group are ready to compete the competition may start.

h. For the shot, discus, long jump and triple jump eight participants shall advance to the finals.

**Rationale:** Consistency with advancing eight to the finals in running events.

### i. Recording Field Event Trials:

**Measuring:** Measurement for the throwing events shall be from the nearest edge of the first mark made by the thrown implement to the inside edge of the stopboard nearest such a mark **and is measured along the extended radius of the circle. The tape is read at the inside of the stopboard with the tape being extended through the center of the ring. The center of the ring should be marked.**

**Discus:** Measurement for a throw is to the **lesser FULL inch. Drop any fraction before recording.**

**Shot, Long Jump, Triple Jump, High Jump, Pole Vault:** Measurement is to the **lesser quarter inch.**

## 2. SHOT – DISCUS

There shall be three throws in the prelims and three throws in the finals.

a. **Prelims:** Contestants shall be listed according to conference or qualifying performance; whichever is best, from the poorest with the best effort listed last. Separate the contestants into groups of four. The first group of contestants shall be #1, #2, #3, and #4. #1 takes two throws, then #2 takes two throws, #3 takes two throws, and then #4 takes two throws. #1 takes one throw, #2 takes one throw, #3 takes one throw, and #4 takes one throw. This procedure is followed with the remaining groups until all contestants have completed their three preliminary throws. *Any or all throws may be taken consecutively, ONLY if the competitor needs to be excused to compete in another event.*

b. **Finals:** Qualify the best eight to the finals. All competitors are re-ranked according to the best performance in the prelims and will compete in reverse order. The finals shall immediately follow the preliminaries. The size of the group shall be two groups of four. There will be three trials taken in the same manner as prelims. Final placement will be based on all trials taken in the prelims and the finals.

## 3. LONG JUMP AND TRIPLE JUMP

There shall be three jumps in the prelims and three jumps in the finals.

a. **Prelims:** The contestants shall be listed according to conference qualifying performance, with the poorest performer first and the best performer listed last. Separate the contestants into groups of four.

The first group of contestants shall be #1, #2, #3 and #4. #1 jumps once, then #2, #3 and #4. Repeat the procedure until all four members of the first group have completed their three preliminary jumps.

b. **Finals:** Qualify the best eight to the finals. Contestants are re-ranked and compete in reverse order with the competitor having the best jump in the prelims jumping last. Each finalist jumps once in succession. Final placement will be based on the best performance for all trials taken in the prelims and the finals.

**NOTE:** The Arkansas adoption for recommended available takeoff boards or lines in the triple jump is placement at distances of 24', 28', 32', 36' and 40'.

#### 4. HIGH JUMP

a. The beginning height shall be four inches lower than the tenth best performer (10<sup>th</sup> athlete on the list) turned in for the meet. However, uniform starting heights will be used at all state meets. Once the base number is computed for the starting height, the actual starting height will be the next highest even increment, ending in 0', 2', 4', etc. if the calculation does not equal such a height. The bar will be raised 2" at a time until four competitors remain then 1" at a time until completion. If there are fewer than ten participants, the starting height shall be computed from the poorest height turned in.

b. High jump warm-up shall start 30 minutes before the event begins. The bar will be placed 2" below the starting height for the event. Fifteen minutes before the event begins the crossbar will be placed at a height that will be one-half the distance between the eighth best performance and the best performance turned in for the meet. If there are no jumpers who want to jump at this height then the bar will be returned to the first warm-up height.

c. The 1-minute rule should be strictly enforced. This time begins as soon as the judge has called the jumper up. The jumper shall be called up as soon as the bar is in place.

d. The "three-jumper-alive" method shall be used. When there are only four jumpers remaining in the competition at any height, a "four-jumper-alive" method shall be used.

e. Each jumper may place ONE check mark in an area permitted by meet management and must use a marking material approved by the host venue.

#### 5. POLE VAULT

a. Coaches shall initial the event sheet to verify each vaulter's weight and that a legal pole will be used for warm-ups and competition. **Note:** It will still be necessary to have scales available to verify a vaulter's weight, if challenged.

b. The event judge shall verify the legality of the pole at the event prior to warm-ups and during the competition.

c. **Starting Height** - The beginning height shall be six inches lower than the tenth best performer (10<sup>th</sup> athlete on the list) turned in for the meet. However, uniform starting heights will be used at all state meets. Once the base number is computed for the starting height, the actual starting height will be the next highest even increment, ending in 0', 2', 4', etc. if the calculation does not equal such a height. The bar

will be raised 6" at a time until four competitors remain then 4" at a time until completion. If there are fewer than ten participants, the starting height shall be computed from the poorest height turned in.

d. The Pole Vault warm-up shall start 45 minutes before the event begins (30 minutes for the Meet of Champs). The first height that the vaulters will attempt will be 6" below the starting height. For the last 15 minutes of the warm-up period the crossbar will be one foot below the best height turned in by the vaulters. The middle 15-minute period the bar will be placed at a height that is halfway between the first warm-up height and the last warm-up height. In case there are no vaulters who want to jump at a particular warm-up height the event judge may place the bar at a height that will accommodate most of the vaulters. Any competing vaulter may participate in the warm-up, either with or without the crossbar in place.

e. The "three-vaulter-alive" method shall be used.

f. The 1½ -minute rule shall be strictly enforced. This time begins as soon as the judge has called the vaulter up. He shall call the vaulter up when the pit is ready and the crossbar is in place.

g. Judge of the event shall check for illegal taping of the pole as well as markers on the runway. All stride marks shall be to the side of the runway. The judge shall also check for illegal shoes.

h. When 2 or 3 competitors remain in the competition, 4 minutes shall be allowed. When only one competitor remains, 6 minutes shall be allowed.

#### L. STATE MEET AWARDS AND ALL STATE DESIGNATION

a. The teams finishing first and second in each classification, girls and boys, shall receive team plaques. Individual awards shall be given to the first eight place winners.

b. Individuals finishing first or second in a state track meet or the Meet of Champs shall be designated as All State in track. This is one of the reasons that it is important for all names on each relay team to be entered in the Hy-Tek results.

c. Any additional participants finishing in the top 10% rounded up in the State Decathlon or Heptathlon who did not receive All State designation in the state meet or Meet of Champs shall be designated as All State in track.

## V. MEET OF CHAMPS

DATE: Wednesday, May 20, 2009

SITE: Lake Hamilton High School

**CHANGES WERE ADOPTED 1/09 BY THE AAA BOARD OF DIRECTORS.  
SEE CHANGES EFFECTIVE 2009 IN AWARDS.**

### 1. ELIGIBLE ENTRIES:

- a. There shall be **TWELVE INVITEES** in each event for the Meet of Champs. **INVITATIONS WILL BE BASED ON STATE MEET PERFORMANCES ONLY.** The first seven **INVITEES** shall be the winners of each event in each state meet. This shall include first place ties. The remaining slots to make up the field of **TWELVE**, shall be determined from the next best performances as ranked in an integrated list of all classifications.
  - b. If there is a tie in the next best performances the highest finish placement in the event shall be listed.
  - c. If a tie still exists, the classification having the fewer entries shall be the next consideration. If a tie remains a coin toss shall decide the entry.
  - d. Coaches shall notify the AAA office as soon as possible if an event winner cannot participate in an event. When notification is received by noon Monday an additional athlete will be invited to participate who is listed next on the integrated performance list. After noon Monday no more replacements will be invited to participate.
  - e. A listing of the invited athletes will be posted on the AAA website by 10:00 a.m. Monday.
  - f. All participating athletes or their coach must arrive and *check in at the designated place one hour before the anticipated time of their event* so their participation or non-participation can be confirmed to the computer scoring operator.
2. **SEEDING MECHANICS FOR RUNNING EVENTS:** Events having the possibility of two heats will follow the same format as the 400 m un in the state meets. heat 1 – slow heat; heat 2 – fast heat. If dropouts or no-shows cause the field to be reduced to eight or fewer only one heat will be run. The slow heat must have at least three competitors.
3. **MECHANICS FOR FIELD EVENTS:** For the throws and horizontal jumps there shall be two flights with a maximum of six in each flight. All competitors will receive six trials. The pole vault and high jump shall be the same as state meets through completion. *All field events will have a 30-minutes warm-up time.*
4. **FALSE START EXCEPTION:** For the Meet of Champs one false start is allowed that is charged to the field with no runner being disqualified. Any subsequent false start will result in the athlete(s) who violate being disqualified from the event.

5. **SCORING:** There shall be no scoring in the Meet of Champs. Event results will be produced through the Hy-Tek computer scoring program.

6. **TIMING:** Fully automatic timing shall be the official meet time. Anemometers shall be used as required in the NFHS Track and Field Rules Book.

7. **AWARDS:** Individual awards for 1st through 3rd places shall be given in each event. There shall be no team awards. All State recognition will be given to all first and second place finishers who were not recognized for the state meet.

### 8. SCHEDULE FOR THE MEET OF CHAMPIONS:

<b>(NEW) 1:00</b>	Pole Vault – Girls
<b>1:00</b>	Shot – Boys
<b>1:00</b>	Long Jump – Girls
<b>1:00</b>	Triple Jump - Boys
<b>1:00</b>	Discus – Girls
<b>1:00</b>	High Jump – Boys
<b>3:00</b>	Pole Vault – Boys
<b>3:00</b>	Long Jump – Boys
<b>3:00</b>	Triple Jump - Girls
<b>3:00</b>	Discus - Boys
<b>3:00</b>	Shot – Girls
<b>3:00</b>	High Jump – Girls
<b>4:30</b>	4 x 800 m Relay – Girls
<b>4:45</b>	4 x 800 m Relay – Boys
<b>5:30</b>	100 m High Hurdles – Girls
<b>Rolling time</b>	110 m High Hurdles – Boys
<b>schedule</b>	100 m Dash – Girls
<b>for the</b>	100 m Dash - Boys
<b>remainder</b>	1600 m Run – Girls
<b>of the meet</b>	1600 m Run – Boys
<b>due to the</b>	4 x 100 m Relay – Girls
<b>uncertainty</b>	4 x 100 m Relay – Boys
<b>of how</b>	400 m Dash – Girls
<b>many races</b>	400 m Dash – Boys
<b>will require</b>	300 m Low Hurdles – Girls
<b>a second</b>	300 m Int. Hurdles – Boys
<b>heat.</b>	800 m Run – Girls
	800 m Run – Boys
	200 m Dash – Girls
	200 m Dash – Boys
	3200 m Run – Girls
	3200 m Run – Boys
	4 x 400 m Relay – Girls
	4 x 400 m Relay - Boys

## VII. MULTI-EVENT COMPETITIONS

### BOYS DECATHLON

WEDNESDAY-THURSDAY, MAY 27-28, 2009  
CABOT HIGH SCHOOL

#### I. GENERAL MECHANICS

A.	DAY 1	DAY 2
	100 m Dash	110 m HH
	Long Jump	Discus Throw
	Shot Put	Pole Vault
	High Jump	Triple Jump
	400 m Dash	1600 m Run

B. The Decathlon shall consist of ten events that shall be held on two consecutive days. The sixteen best pole vaulters may be in two consecutive flights of eight. The prescribed order shall be used, except that these two flights shall be assigned to High Jump as their first event for the first day. These flights will do the remainder of the events in the order that they are listed. The second day's activities for these flights will start with the Pole Vault event and they will do the other events in the order as listed.

5. After the first flight of runners completes the 100 m Dash, they shall report to the Long Jump area, and after a 15-minute rest period they shall compete in this event. The second flight of runners shall report to the Long Jump area to compete just as soon as the first flight has finished unless two pits are being used; if so, they shall be given the 15-minute rest period before beginning to jump. This procedure shall be followed through the competition with a 15-minute rest period being given before a contestant is required to compete in a subsequent event. If a flight has been waiting fifteen minutes on a group to finish an event, they shall begin as soon as the officials are ready.

#### II. DATE

The Decathlon shall be held during AAA Calendar Week #47 or as designated by the AAA Board of Directors.

#### III. ENTRANTS

A. The entry form and point charts shall be available on the AAA web site, [www.ahsaa.org](http://www.ahsaa.org), by April 1. Click Sports...Track and Field. Participants shall have been in grades 10-12 the school year of the event. The maximum number of entries shall be two per school for all classifications; however, individuals who finished in the top fifteen the previous year (but were not seniors) may compete in addition to the two-competitor limit per school.

B. The deadline for entering shall be Monday of week #47. Entries will be accepted the following Tuesday and Wednesday with a \$25 late fee. Failure to meet the deadline causes the school to forfeit the opportunity to compete in this event.

C. Participants must report by 11:00 a.m. the first day and shall begin at 12:00 p.m. The competition will resume at 10:00 a.m. on the second day.

D. It is recommended that there shall be eight contestants in each flight. The High Jump and the Pole

Vault may start at the lowest height whereby points can be scored and shall be conducted using the same increments as described in the handbook section on instructions for Field Events.

#### IV. CONDUCTING EVENTS

A. **RUNNING EVENTS:** The entire flight shall run at the same time. Fully automatic timing will be used with hand-held watches as the backup timing method. There shall be two watches on each runner. If a runner has a false start, the penalty shall not be disqualification, but a 100-point penalty shall be assessed. A runner who false starts a second time shall be disqualified and receive a zero (0) for that event. An athlete fouling in any running event shall receive zero (0) point in that event. No score less than zero shall be recorded for the event.

An athlete may be disqualified from further competition for unsportsmanlike conduct.

B. **FIELD EVENTS:** For the Shot Put, Discus, Long Jump, and Triple Jump a contestant shall be allowed three (3) throws or jumps and will be scored on his best effort. If a contestant scratches in all three tries, he is given additional trials until he executes a legal performance and a 100-point penalty shall be assessed for each additional trial. No score less than zero shall be recorded for the event.

The format for the throwing events shall be two throws in the first round and one throw in the second round. The entire flight shall compete as one group. Failure to compete with the assigned flight shall result in no points for that event.

The High Jump and the Pole Vault proceed as they normally are conducted except there shall be two consecutive misses and out instead of three. If an athlete has no height in competition, he shall receive a third trial at the last height attempted with a penalty of 100 points but shall not receive a final score of less than zero (0) for that event. If successful, he may then proceed in the normal manner.

In the High Jump, the bar will be raised 2" at a time until 5'0" or higher (girls) and 6'2" or higher (boys) then in 1" increments thereafter.

In the Pole Vault the bar will be raised 6" at a time until 13'0" or higher and in 1" increments thereafter.

#### V. MINIMUM NUMBER OF EVENTS

If an athlete, for any reason, does not participate in an event he shall receive a score of zero (0) in that event. An athlete who participates in fewer than seven (7) of the ten events shall not be eligible for an award.

#### VI. SCORING

A. **SCORING TABLES:** Scoring tables for the Decathlon and Heptathlon shall be published by the AAA

office as recommended by the AAA Track and Field Advisory Committee. Use Jones Decathlon Scoring Tables, found on AAA web site, [www.ahsaa.org](http://www.ahsaa.org).

**B. PRINCIPLES OF SCORING:** An athlete is given points according to his performance in each event. After all events are held, the points are totaled. The athlete having the most points is the winner. All athletes are ranked according to their total points. Scoring between 0 and 1000 shall be on the basis of the intervals stated in the table. Intervals above par (basis of scoring) will be used the same as below par.

For example, a boy running a 100 m Dash in a time of 10.9 seconds would score 1060 points. There will be no interpolation on scores. For example, if a contestant throws the Discus 100 feet and 11 inches, he will score 500 points, the same that he would have received for throw of 100 feet even. The same example holds true for the 1600 m Run. If he runs a time of 5:29.1, it will be scored as if he had run a 5:30, which would be 500 points.

## GIRLS HEPTATHLON

### WEDNESDAY-THURSDAY, MAY 27-28, 2009

### CABOT HIGH SCHOOL

#### I. GENERAL MECHANICS

The mechanics for conducting the Decathlon shall apply to the Heptathlon. This includes all rules concerning date, entrants, awards, etc. Participants must report by 10:30 a.m. and the starting time shall be 11:30 a.m.

**NOTE:** If the Decathlon/Heptathlon site has only one jumping pit, starting time for the Heptathlon shall be 12:30 p.m. The competition will resume at 10:00 a.m. on the second day.

Day 1	Day 2
100m Hurdles	High Jump
Long Jump	Shot
Discus	800 m Run
200 m Dash	

HJ and LJ will be reversed if there is only one High Jump pit.

Unless the host school has two discus cages, girls will throw the discus on Day 1.

#### II. DATE

The Heptathlon shall be held during AAA Calendar Week #48 or as designated by the AAA Board of Directors.

#### III. ENTRANTS

- A. The entry form and point charts shall be posted on the AAA web site with instructions.
- B. Participants shall have been in grades 10-12 the school year of the event.
- C. The maximum number of entries shall be two per school for all; however, individuals who finished in the top fifteen the previous year (but were not seniors) may

#### C. BASIS OF SCORING WITH FAT:

Events	1000 Pts	Scoring Intervals
100 m Dash	11.0 sec.	3 points per .01 sec.
Long Jump	21'6"	10 points per inch
Shot Put	52"	3 points per inch
High Jump	6'4"	35 points per inch
400 m Dash	50.5 sec.	1 point per .02 sec.
Triple Jump	44'	4 points per inch
Discus	150'	10 points per foot
110 m HH	14.5 sec.	1 point per .01 sec.
Pole Vault	13'6"	15 points per inch
1600 m Run	4:40	1 points per .1 sec.

#### VII.AWARDS

Awards shall be presented to the top ten finishers.

The top 10 percent of the finishers, rounded up, will be recognized as All State in Track and Field if not previously designated in that school year in the state track meet or Meet of Champs.

compete in addition to the two-competitor limit per school.

#### IV. CONDUCTING EVENTS –See Decathlon procedures.

#### V. MINIMUM NUMBER OF EVENTS

If an athlete, for any reason, does not participate in an event she shall receive a score of zero (0) in that event. An athlete who participates in fewer than five (5) of the seven events shall not be eligible for an award.

#### VI. SCORING

**A. SCORING TABLES:** See Decathlon scoring procedure. Use Jones Heptathlon Scoring Tables, found on AAA web site, [www.ahsaa.org](http://www.ahsaa.org).

#### B. BASIS OF SCORING WITH FAT

Event	1000 Pts	Scoring Intervals
100 m HH	14.5 sec.	1 point per .01 sec.
High Jump	5'8"	35 points per inch
Shot Put	40'	4 points per inch
200 m Dash	26.0	2 points per .01 sec.
Long Jump	18'6"	10 points per inch
Discus	120'	15 points per foot
800 m Run	2:20	5 points per .4 sec.

#### VII.AWARDS

Awards shall be presented to the top ten finishers. The top 10 percent of the finishers, rounded up, will be recognized as All State in Track and Field if not previously designated in that school year in the state meet or Meet of Champs.

## General Decathlon - Heptathlon Information for Schools

Entry forms and point charts will be posted on the AAA web site ([www.ahsaa.org](http://www.ahsaa.org)....Sports....Track and Field) in March/April.

Deadline for entries to be in the AAA office is Monday of week #47. Late entries will be accepted through the date of the Meet of Champs with a \$25 late fee. Failure to meet the deadline causes the school to forfeit the opportunity to compete in this event.

**IMPORTANT!** All entries must include the best performance or best guess for each athlete in all events. Enter projected points below each performance and total below grade. The Jones scoring tables, found on the AAA web site, [www.ahsaa.org](http://www.ahsaa.org), will be used.

The maximum number of entries per school in either championship shall be two for all high schools plus any individuals who finished in the top fifteen the previous year (but were not seniors) may compete in addition to the two-competitor limit per school. A separate entry form is used for top 15 entries.

**Note:** Participants must have been in grades 10-12 the school year of the event.

Running scores will be announced throughout the competition. Coaches are encouraged to report any errors, omissions or name pronunciation corrections **IMMEDIATELY**. Throughout the competition instructions for athletes to report to various events will be given on the public address system. The official scorer should be notified immediately if any score announced is in question.

Failure of an athlete to compete with the assigned flight shall result in no points for that event unless previously authorized by meet management.

Awards will be presented following the completion of competition and verification of scores. **Please do not come to the press box at this time unless it is to correct an error in scoring that has been announced.**

**IMPORTANT NOTICE TO COACHES:**  
*Each school entering one or more competitors in the Decathlon/Heptathlon is to bring one worker for each event (one for Decathlon and one for Heptathlon, if entering athletes in both) who will be present and available to help run off the events. The name of this worker is to be listed on the entry form. The cooperation of the schools in this way could make the difference in whether this state event can continue. Thanks!*

.....

### TRACK AND FIELD COACHES RECAP MEETING SATURDAY, MAY 16, 2009 \* All state track meet sites Immediately following the first coaches meeting.

Each year at the end of track season track coaches are invited to take part in a recap meeting where the track season is discussed, specific procedures and events are reviewed and suggestions for improvement are sometimes made for possible consideration or further study. Any changes implemented during the recent season are reviewed to determine if the changes produced the desired effect or if, in fact, they should still be open for further study and recommendations or even revert to their former state.

All track coaches are invited and encouraged to attend and participate or just listen. Some excellent thoughts and suggestions have come out of these meetings in the past.

There has never been a perfect time to schedule the recap meeting. Attendance has never been overwhelming but those attending came with the idea that, if the track season was going to be viewed critically, the time to do it was near the end of the season or as soon as possible after.

This year a recap meeting will be held at the state track meet site immediately following the first coaches meeting. It is hoped the time will be one when coaches who are already present will make the effort to come, be a part and bring any feasible ideas or suggestions for the betterment of Arkansas high school track and field. Those who have been driving in for the meeting or who have not yet been involved but would like to are encouraged to come even if they do not have participants in the state meet. Each moderator will report to the AAA office and information will be shared through the AAA's track and field web page.

# CROSS COUNTRY

DATE AND SITE: SATURDAY, NOVEMBER 7, 2009

OAKLAWN PARK, HOT SPRINGS

I. The AAA Board of Directors may sponsor a State Cross Country Meet upon the recommendation of the Track & Field Advisory Committee and shall determine the site of this annual event. The State Cross Country Meet presently is assigned Week #18 of the AAA numbered-week activities calendar, unless the ACT test date causes the state volleyball tournament to be delayed.

## II. CLASSIFICATION

1. Divisions shall be as follows: (See note below.)

2A Boys *	2A Girls*
3A Boys	3A Girls
4A Boys	4A Girls
5A Boys	5A Girls
6A Boys	6A Girls
7A Boys	7A Girls

\* Class 2A includes basketball classes 2A and 1A.

a. In all classifications ninth graders may compete on the senior high team. The athlete would then be ineligible for jr. high competition in cross country. This does not affect jr. high participation in any other sport.

b. A ninth grader who competes at the sr. high level in cross country can compete at the jr. high level in track. Cross Country, Indoor Track and Outdoor Track are all separate sports.

c. The AAA Handbook regulations require that no state team champion shall be declared if fewer than four teams participate in that classification's race. Five finishers in a race from a school are required to receive a team score. This does not affect individual awards.

d. The order of races by class shall rotate each year with the previous year's last class to run becoming the first the following year and all other moving down one time slot.

## III. RULES AND PROCEDURES

1. See Declaration for Sports, AAA Handbook, page 15.

2. The NFHS Track and Field and Cross Country rules book will be the official rules. Entry deadlines and meet procedures will be published in the AAA Cross Country Manual, available as a printable document on the AAA web site, [www.ahsaa.org](http://www.ahsaa.org), and on the official entry form, also available on the AAA web site.

## IV. ENTRIES

Each school may enter the maximum of nine runners. A school may enter any number fewer than nine, but a minimum of five runners must legally complete the race to receive a team score. Declaration and entry deadlines are stated on the official entry form and in the Cross Country Manual. Separate AAA sports declarations are required for boys and girls cross country. Declaring indicates that a team will compete for a state championship by competing in the state meet.

## V. REGISTRATION

Online entry is required prior to the stated deadline in order to compete. Instructions will be posted on the Track/Xcountry page of the AAA web site.

## VI. COURSE

The length of the course shall be 5000 meters for both girls and boys. Starting boxes at least 6 feet wide for each team shall be numbered from the runners' left to right. Box assignments shall be by lot. Schools having fewer than five runners may be combined in a box with no more than eight runners per box.

## VII. UNIFORMS, JEWELRY AND EQUIPMENT

Cross Country competitors shall wear the school track uniform. SHOES ARE REQUIRED. Members of the same team shall all wear the same school uniform as specified in the National Federation Track and Field and Cross Country Rules Book, plus the Arkansas adoption requiring males to wear loose fitting track bottoms. No jewelry shall be worn except that a religious or medical medal may be taped to the body under the uniform. A taped medical medal may be visible but should be secure. One watch is permitted.

No headgear or other ornamentation shall be worn except as approved by the Referee for special circumstances. The prohibited items include, but are not limited to: do-rags, caps, bandannas, visors, other head coverings, sunglasses and soft or hard jewelry.

## VIII. SCORING

A. Scoring shall be as shown in the following table:

Place	1	2	3	4	5	6	etc.
Points	1	2	3	4	5	6	etc.

B. Total points of the first five finishers shall make up the team score. The first seven competitors from each school who finish the race shall be ranked and tallied in accordance with the above table. The team whose first five finishers score the lowest number of points is the winner. If fewer than five competitors of a team finish, the places of all competitors of that school shall be disregarded and the team scores re-ranked. Individual entries from all schools participating shall win the place they finish.

C. Ties in scoring shall be broken by comparing the 6th place finishers from the tying teams. The team with the best 6th place finishers shall prevail. If one team does not have a 6th place finisher, the team with the 6th place finisher shall prevail. If only five competitors from the tying teams finish, the tie shall be broken by totaling the scores of the first four finishers.

D. Computer scoring will be used with an appropriate backup system.

## IX. AWARDS

The teams finishing first and second in each classification shall receive team trophies. Individual awards shall be given to the first ten place winners in each race.

## X. PARTICIPANTS AND SPECTATORS – APPEARANCE AND NOISEMAKERS

Spectators must be aware of the racecourse and the importance of not interfering with the runners. Noisemakers such as air horns and whistles may not be used. Face and/or body painting of large areas is prohibited. Shirts must be worn. Bare chests are not permitted. Violators are subject to ejection from the event.

## XI. OFFICIALS

A. The following personnel shall have duties as follows.

1. Games Committee or Meet Director shall:
  - a. Ensure that course is accurately measured and marked.
  - b. Assign the teams by lot to their starting positions.
  - c. Assign officials necessary to run the meet.
  - d. Provide the necessary equipment and facilities.
2. Referee - Shall give interpretations of the rules, including legal uniforms, make final decisions concerning questions not specifically placed under the jurisdiction of other officials and shall disqualify any runner for violation of the rules.
2. Starter - Shall start the race following the prescribed procedure in the NFHS rules book.
4. Clerk of Course/Assistant Starter - Shall place teams in proper starting position and assist in recalling start, if necessary.
5. Chute Director – Supervise the finish chute and assign stand-ins to replace any runner who cannot continue through the chute.
6. Finish Judges - Stand outside the chute and on the finish line and determine the order in which runners enter the chute. The decision of the Finish Judge shall be final.

7. Video Camera Operator at finish line – Video to be used by meet officials for placement, if necessary.

8. Chute Umpires - Sufficient number to supervise the runners after they enter the chute and to see that they are properly checked to prevent any irregularity in the order of finish and to keep traffic moving through the chute.

9. Caller(s) – Calls out the number of each competitor in the proper order of finish.

10. Checkers - Record the number of each runner in the order of finish.

11. Course Umpires - Sufficient number to observe the activities of the runners. Failure to run the proper course and other infractions should be reported to the Referee. It is recommended that all course umpires have violation forms or paper and a pencil or pen.

12. Timers - Record the times of the runners as they finish the race. Others may be assigned to designated locations along the course to call elapsed time during the race.

13. Marshal/Assistant Marshals - Shall keep the course free of all persons except officials, contestants, and others allowed by the games committee.

14. **Scoring Coordinator** – Computer scoring with the Hy-Tek Cross Country option will be used. Separate computers for scoring boys and girls events are recommended. A minimum of one computer operator and an assistant are needed for each computer. Hand scoring may be used as a back-up, if necessary.

**NOTE:** When hand scoring, a separate team of scorers should be provided when two or more large races are run one after the other.

B. All questions concerning rules or infractions shall be referred to the Referee, including legal uniforms.

# VIII. MEET OFFICIALS VIOLATION REPORT FORM

Meet: \_\_\_\_\_ Circle one: Boys Girls  
Location: \_\_\_\_\_ Event: \_\_\_\_\_  
School: \_\_\_\_\_ Lane: \_\_\_\_\_ Color of Shirt: \_\_\_\_\_  
Name of Participant: \_\_\_\_\_ Number: (XC) \_\_\_\_\_

Violation: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature of reporting official: \_\_\_\_\_

Referee's Decision: \_\_\_\_\_  
\_\_\_\_\_ Referee's Signature: \_\_\_\_\_

## APPEAL FORM

Directions to Coaches: This form must be completed in writing to appeal the misapplication or misinterpretation of a rule. JUDGMENT DECISIONS MAY NOT BE APPEALED AND SUCH AN APPEAL SHALL BE CONSIDERED VOID. After completing the form, it must be presented to the Referee within thirty (30) minutes of the announcement of results of the event being appealed.

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Meet (Circle): Invitational Conference State  
Class: 7A 6A 5A 4A 3A 2A 1A Boys Girls Name of School: \_\_\_\_\_  
Name(s) and School(s) of Contestant(s) involved: \_\_\_\_\_  
\_\_\_\_\_

Rule In Question: \_\_\_\_\_ Rules Book Page Number: \_\_\_\_\_

Briefly state the appeal. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Certification: I certify that I have read the directions above and understand them. I further certify that the information submitted is true and correct to the best of my knowledge.

Signature: \_\_\_\_\_ Position: \_\_\_\_\_ Date: \_\_\_\_\_

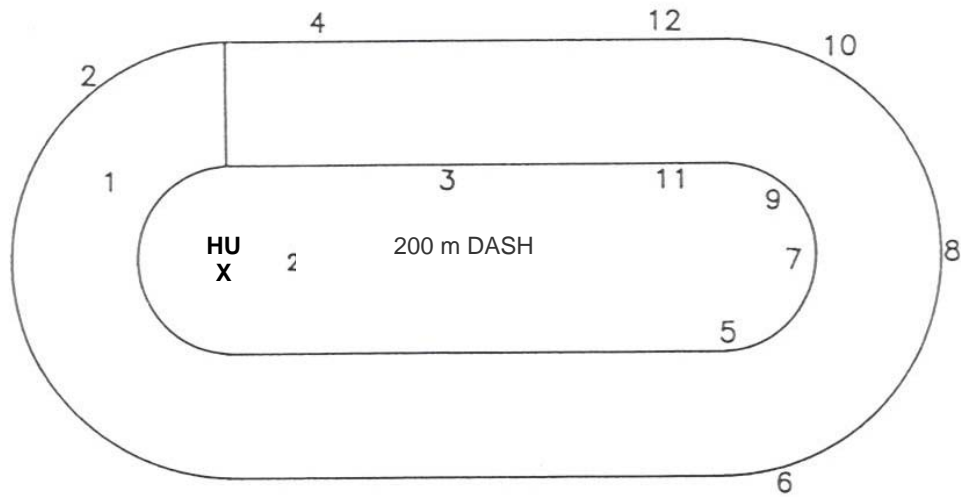
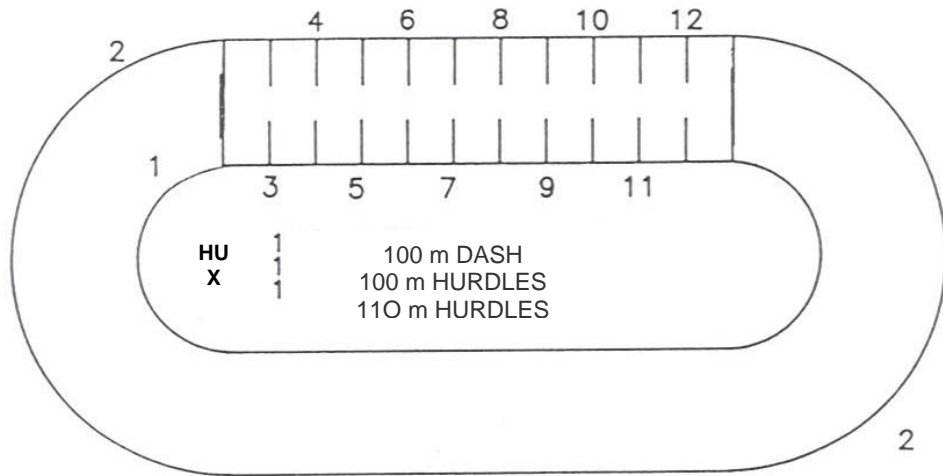
▼ **TO BE COMPLETED BY THE JURY OF APPEALS** ▼

Disposition of Appeal: Briefly explain action taken. If none, indicate and explain why. \_\_\_\_\_  
\_\_\_\_\_

1) \_\_\_\_\_ 2) \_\_\_\_\_  
3) \_\_\_\_\_ 4) \_\_\_\_\_  
**Signatures of Appeals Committee:** \_\_\_\_\_ Returned to Referee for Signature

**SEND THIS COMPLETED FORM TO THE AAA OFFICE IMMEDIATELY FOLLOWING THE STATE MEET OR MOC.**

## IX. Placement of Umpires



Recommendations for placement of race umpires:

The recommended number of umpires is twelve (12) plus a Head Umpire.

The minimum number of umpires is six (6) with Number 1 being the Head Umpire. Other positions to be assigned are 2, 5, 6, 9 and 10.





## XI. Notice to AAA and/or STATE MEET SITE

### COMPLETE HY-TEK RESULTS OF A CERTIFIED TRACK MEET ARE BEING SENT ELECTRONICALLY

***Fax this form and Compliance Form - Send Results (and Advancers for State Meet only) Electronically***  
Send as a 2-column Word Document, Arial or Arial Narrow, 8 point

Check one:

\_\_\_\_\_ ***Invitational certified meet results*** are being sent *electronically* to kathy@ahsaa.k12.ar.us. Must be received by the AAA office within 7 days following the meet. Late results are subject to a \$25 late fee to be accepted

\_\_\_\_\_ ***Conference meet results and advancers*** are being sent *electronically* to state meet site. Must be received by the state meet director or designee no less than 48 hours prior to 8 a.m. of the state meet day. Failure to submit could cause a qualified athlete(s) to be omitted from the meet.

#### Complete This Line for an Invitational Certified Meet:

\_\_\_\_\_ Host School                      \_\_\_\_\_ Meet Site, if different                      \_\_\_\_\_ Date of Meet

#### Complete This Line for a Conference Certified Meet:

\_\_\_\_\_ Conference/Classification                      \_\_\_\_\_ Meet Site                      \_\_\_\_\_ Date of Meet

#### Complete the Following for All Certified Meets:

1. Was the Hy-Tek computer scoring program used for entries and scoring the meet? Yes \_\_\_\_ No \_\_\_\_
2. \_\_\_\_\_  
List event(s) for which the FAT did not function or state ALL FAT.
3. \_\_\_\_\_  
List required events for which the wind gauge reading was not properly taken and recorded or was not legal.
4. Were all throwing implements used in the meet weighed, measured, inspected and found to be legal prior to their use in warm-ups and competition? \_\_\_\_\_
5. Were all pole vaulters and their respective vaulting poles verified for legality prior to warm-ups and competition, and only those vaulters with their approved poles, respectively, allowed to compete in the meet? \_\_\_\_\_  
Did coaches initial the PV event sheet? \_\_\_\_\_ Were the vaulters weighed at the site? \_\_\_\_\_
6. Was a coaches meeting held? \_\_\_\_\_
7. Did a coach from each school attend the coaches meeting and sign the compliance verification form? \_\_\_\_\_  
(Fax a copy of the compliance verification form with this cover sheet).
8. Were all requirements for a certified meet met? \_\_\_\_\_

#### 9. Please Complete the Following:

Meet Director \_\_\_\_\_ Referee \_\_\_\_\_  
(Print) (Print)

I hereby certify that all information given is correct. \_\_\_\_\_  
Signature of Meet Director