

# 2023-24 TRACK & FIELD MANUAL

---

## Kansas State High School Activities Association

601 SW Commerce Place | Topeka, KS 66615  
Phone: 785-273-5329 | Fax: 785-271-0236  
kshsaa@kshsaa.org | [www.kshsaa.org](http://www.kshsaa.org)



# AT A GLANCE

## Welcome

The official manual for high school track and field with information concerning regulations, qualifying times, meet supervision and state championship meets.

This Track and Field Manual has been prepared for and distributed to all KSHSAA member high schools and middle school/junior high schools. Contained within this manual is general information that will assist in the administration of track and field meets. During the course of a season, numerous questions will arise. The information contained in this manual will assist coaches and administrators in answering many of these questions.

Sections 2 and 5 contain information that is applicable for any interscholastic track and field meet. Sections 3 and 4 contain information that is specific to KSHSAA regional track and field meets and the KSHSAA state track and field meet. A table of contents has been added to assist in locating information applicable to specific questions that may arise.

The KSHSAA staff and member schools extend a "THANKS" to all personnel, including meet managers, school administrators, starters, coaches, competitors, the press, and the thousands of track and field fans for their efforts and support of the great sport of track and field!

Kyle Doperalski, Assistant Executive Director, [kdoperalski@kshsaa.org](mailto:kdoperalski@kshsaa.org)

Bill Faflick, Executive Director, [bfaflick@kshsaa.org](mailto:bfaflick@kshsaa.org)

## Online Forms/Task Checklist

- ADM-Spring—Spring Sports Participation Form—Submit online by January 19.
- TF-PV—Pole Vaulter Weight Verification Form—Complete prior to first meet.
- TF-1—Girls and Boys Track and Field Starters Recommended for State Meet—DUE to KSHSAA between May 1-8.
- Submit Regional Entries on MileSplit—Deadline Monday, May 13, NOON C.T.
- TF-2—Boys & Girls Regional Track and Field Meet total entries—DUE to KSHSAA by NOON C.T., May 13.
- Boys and Girls State Track and Field Meet Relay Entry Form - Changes MUST be submitted on Kansas MileSplit from 9 a.m.-noon C.T. on Saturday, May 18.

## Projected Calendar Dates

Year	SCW	2023-24	2024-25	2025-26	2026-27	2027-28
Beginning Practice Date	35	2/26	3/3	3/2	3/1	2/28
Earliest Possible Competition	37	3/14	3/20	3/19	3/18	3/16
Regional Meets	46	5/16 or 17	5/22 or 23	5/21 or 22	5/20 or 21	5/18 or 19
State Meets	47	5/24-25	5/30-31	5/29-30	5/28-29	5/26-27

# CONTENTS

<b>01</b>	<b>Sports Medicine Guidelines</b>	<b>6-9</b>
	Pre-Participation Physical Evaluation (PPE) .....	6
	KSHSAA Concussion and Head Injury Information Release Form .....	6
	Concussion Management / Kansas Law .....	6
	Concussion Reporting .....	6
	Concussion and Head Injury Education Requirement .....	7
	Emergency Action Plans.....	7
	Statement on Performance Enhancing Drugs and Nutritional Supplements.....	7
	KSHSAA Recommended Procedures to Consider When Inclement Weather Occurs During a Contest.....	8
<b>02</b>	<b>General KSHSAA Policy Information</b>	<b>10-13</b>
	Coach/Sponsor CPR/AED Training Requirement .....	10
	Unmanned Aircraft Systems or UAS (Drone Policy) .....	10
	KSHSAA Ejection Policy Requirements for Ejected Coaches and Players .....	11
	Ejection Policy for Player, Coach, Spectator Involving an Official .....	11
	KSHSAA Pre-Activity Timeout .....	11
	The KSHSAA Code of Ethics .....	12
	Summer Moratorium .....	12
	Rule 52.....	13
	Hosting Requirements Relative to Alcoholic Beverages .....	13
<b>03</b>	<b>General Information</b>	<b>14-17</b>
	Required Rules Meeting.....	14
	Required Examinations .....	14
	Rule 42-Middle School/Junior High Participation Regulations .....	14-15
	Rule 42-Senior High Participation Regulations .....	16
	Uniforms .....	16
	Sportsmanship and Legal Uniform Verification.....	16
	NFHS/KSHSAA Rules .....	17
<b>04</b>	<b>Regional Track and Field Meet Information</b>	<b>18-28</b>
	Regional Entries .....	18
	Contestant Event Limitation .....	18
	School Event Entry Limitation .....	18
	Relay Entries .....	18
	Qualifying Standards (M) .....	18-19
	Electronic Entry Process.....	20
	Regional Entries to Regional Host Sites .....	20
	Entry Deadline.....	20
	Scratch Policy - KSHSAA Proofing .....	20-21
	Entry Fees .....	21

Scratch Meetings.....	21
Jury of Appeals .....	21
Official Order of Events .....	22
Event Specific Information.....	23
Wheelchair Information .....	23
Heating-Seeding Guidelines for the Clerk of the Course .....	23-24
Awards/Scoring – Qualification for State Meet .....	24
Disqualification – Advancement.....	24
Third-, Fourth-Place Tiebreaking Procedures.....	25
Pass Gate Provisions .....	25
Regional Managers – Reminders .....	26
Digital Ticketing.....	27
Postseason Ticket Sales and Financial Reporting .....	27-28

## **05 State Track and Field Meet Information 29-35**

State Track & Field Meet Time Schedule.....	29
State Entry Forms .....	30
State Entry Fee .....	30
State Track Facility .....	30
Warm-up Area .....	30
Team Packets .....	30
Scoring/Medals/Trophies/Pictures and Awards.....	30
Infield Access.....	31
Team Camps.....	31
Timing .....	31
Posting Results.....	31
Spikes .....	31
Contestant Numbers.....	31
Markings on Track, Jumping and Vaulting Areas .....	31
Relay Teams.....	32
Scratch Procedure .....	32
Time Limit Excused Competitors .....	32
Running Event Information .....	32
Qualifying from Preliminaries to Finals.....	33
Field Event Information.....	33
Field Event Implements.....	33
Dressing Facilities .....	33
Training Facilities .....	33-34
Media – Broadcast Fees/Credentials .....	34
Webcasting Postseason Contests – New Policy .....	34
Pass Gate Process .....	34
School Bus/Van and Car Parking.....	35
Ticket Prices and Sales .....	35
Electronic Device Restrictions .....	35

<b>06</b>	<b>Field Event Information and Forms</b>	<b>36-41</b>
	Discus .....	36
	Safety Considerations Regarding the Pole Vault.....	37-38
	NFHS Pole Vault Landing Pad Requirements .....	38
	Pole Vault Coaching Box .....	38
	Pole Vaulter’s Weight Verification Form.....	39
	Contact Information for Pole Manufacturers.....	40
<b>07</b>	<b>Additional Information</b>	<b>42</b>
	NFHS National Track & Field Honor Roll (Submission Form) .....	42
<b>08</b>	<b>Metric Conversions</b>	<b>43</b>
	Metric Conversion Chart for Times.....	43
	Metric Conversion Chart for Distances .....	43

# 01 SPORTS MEDICINE GUIDELINES

## Pre-Participation Physical Evaluation (PPE)

No student is eligible to represent any school team (in practice and games) until there is on file with the superintendent or principal a statement (physical form) certifying that the student has passed an adequate physical examination and is physically fit to participate. The form must be signed by any of the following licensed health care providers: a physician, a chiropractor, a physician assistant (PA) or an advanced practice registered nurse (APRN). The statement (form) must also be signed by a parent or legal guardian, stating the student has permission to participate. The physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable.

## KSHSAA Concussion and Head Injury Information Release Form

This form must be signed by all student-athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

## Concussion Management / Kansas Law

Below is a summary of our recommendations to our member schools to comply with the state law and the NFHS playing rule. A complete and detailed version can be found on the KSHSAA website in the sports medicine and safety section.

1. If concussion consistent signs or symptoms are observed in an athlete, the athlete should be immediately removed from the practice or contest.
2. The athlete should not be allowed to return to any practice or contest until written clearance is obtained from a health care provider (MD or DO).
3. The KSHSAA and the NFHS strongly recommend the athlete not be allowed to return to the practice or contest the same day the concussion consistent signs or symptoms were observed.
4. A gradual return-to-play protocol should be followed before the athlete is allowed to return to unrestricted participation in their sport.
5. The signed concussion and head injury information release form must be on file with the school.
6. Be sure all of your coaches view the free online course from the NFHS: Concussions in Sports, What You Need to Know. This course can be accessed through the sports medicine and safety section of our website or directly through [www.nfhslearn.com](http://www.nfhslearn.com). Schools may choose to use this course in group settings with parents, students or with school staff at in-service meetings.

## Concussion Reporting

If a student suffers, or is suspected of having suffered, a concussion or head injury during a sport competition or practice session, the student: (1) must be immediately removed from the contest or practice and (2) an urgent referral to a health care provider should be arranged (if not already onsite). The student may not again participate in practice or competition until a health care provider has evaluated the student and provided a written clearance for the student to return to practice and competition. The National Federation and the KSHSAA recommend that the student should not be cleared for practice or competition the same day the concussion consistent sign, symptom or behavior was observed.

### REPORT THE HEAD INJURY ON THE KSHSAA CONCUSSION REPORTING PORTAL IF:

1. This is a head injury that required the student participant to be removed from participation due to the student exhibiting signs/symptoms of a concussion. *(If the student was removed from participation, but after a medical examination it was determined no concussion occurred, DO NOT REPORT the injury.) \*AND\**
2. The head injury was sustained during a school sponsored, preseason or in-season practice or competition in the following KSHSAA sanctioned activities: Baseball, Basketball, Bowling, Cross Country, Football, Golf, Gymnastics, Soccer, Softball, Swimming/Diving, Tennis, Track & Field, Volleyball, Wrestling, Cheerleading, Dance and Marching Band.

## Concussion and Head Injury Education Requirement

The KSHSAA Executive Board adopted the following student safety requirements for ALL coaches, student participants and school administrators responsible for event coverage:

### Concussion and Head Injury Education

On an annual basis and PRIOR to the first practice of the season, ALL coaches, student participants and school administrators responsible for event coverage are required to complete a concussion education program. This requirement includes cheer and dance sponsors and participating students.

**Any of the following online courses are recommended by the KSHSAA and the KSHSAA Sports Medicine Advisory Committee for coaches, student-athletes and school administrators to meet the concussion and head injury education requirement:**

- Concussion in Sports ([www.NFHSLearn.com](http://www.NFHSLearn.com))
- \*Concussion for Students ([www.NFHSLearn.com](http://www.NFHSLearn.com))
- \*ConcussionWise, athlete version (<https://sportsafety.com/athlete/concussionwise/>)
- ConcussionWise, coach version (<https://sportsafety.com/coach/concussionwise/>)
- CDC Heads Up Concussion in Youth Sports (<https://www.cdc.gov/headsup/youthsports/training/index.html>)
- \*Course content designed for student-athletes.

## Emergency Action Plans

**ALL schools should have written emergency action plans in place for all activities and all venues where these activities take place.** Coaches, administrators, school medical personnel and student participants all need to be aware of the EAP and all may have responsibilities in carrying out the EAP.

At minimum, an emergency action plan should address the following:

- Identify the personnel involved in the emergency response and their responsibilities
- Provide all necessary contact information
- Identify ambulance emergency access to the venue
- Identify severe weather shelter location(s)
- Identify necessary emergency equipment and where the equipment is located

The KSHSAA website sports medicine section has resources which can assist in developing or improving your emergency action plans. If you need to build an emergency action plan, you can use the KSHSAA EAP Template to assist you in the development.

***Emergency action plans should be REVIEWED AND REHEARSED ANNUALLY (at minimum)!***

## Statement on Performance Enhancing Drugs and Nutritional Supplements

In order to promote the health and safety among all student-athletes, reduce health risk, maintain ethical standards as well as reduce liability risk, students should not use any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement. All school personnel, including coaches and school nurses, should never recommend the use of any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement.

School personnel should not dispense or administer any drug, medication (over-the-counter or prescription) or nutritional supplement, unless the student-athlete is under the direct care of a licensed health professional, licensed to practice in the state of Kansas and practicing within their scope of practice as defined by the Kansas Board of Healing Arts, and only as prescribed.

We recommend that coaches, athletic directors, nurses and other school personnel develop strategies that address the prevalence and growing concerns of using any drug, medication or nutritional supplement for the purpose of performance-enhancement. Athletes should be encouraged to pursue their athletic goals through hard work, appropriate rest, proper

hydration and good nutrition, not unsubstantiated shortcuts. School personnel, coaches and parents should allow for open discussion about dietary supplement use, and should strongly encourage obtaining optimal nutrition through a well-balanced diet.

*(adopted by the KSHSAA Sports Medicine Advisory Committee and Executive Board, April 2017)*

## **KSHSAA Recommended Procedures to Consider When Inclement Weather Occurs During a Contest**

The safety of athletes (participants), spectators, coaches/directors, school personnel and all others present at an athletic contest must be the first and foremost concern of contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
  - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
  - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
  - c. If a TORNADO WATCH has been issued, the host team building administrator and the head contest official will notify coaches, school administrators and, if applicable, the individual responsible for public address announcements that the possibility of abrupt suspension of play exists.
  - d. If a TORNADO WARNING has been issued, the contest should be suspended immediately. Participants, spectators and all personnel involved with the contest will be advised to “take cover.” The procedure will be announced, when available, over the public address system.
  - e. When lightning is observed in the vicinity of a contest conducted outdoors, play should be suspended.
  - f. If any other life-threatening condition occurs, play should be suspended immediately and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:
  - a. If the suspension is 45 minutes or greater, resuming at a later date should be considered.
  - b. When it appears that weather conditions are no longer a threat to the safety of participants, spectators or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue. If any administrator or the head contest official casts a negative vote for play to resume, the suspension should continue.
  - c. If play is to be resumed, contestants will be given at least a 15 minute warm-up period prior to competition.

***For more information check out [www.kshsaa.org](http://www.kshsaa.org)>Sports Medicine & Safety***

### **State Track and Field Meet**

In the event the competition is interrupted because of events beyond the control of the KSHSAA, including adverse weather conditions, the KSHSAA designated games committee will make a determination as to the length of the delay before a decision will be made regarding postponement, rescheduling or cancellation of the remainder of the meet. No determination to cancel the remainder of the meet will be made until a minimum of three (3) hours has passed since the meet was suspended.

If a decision to postpone or cancel the remainder of the meet is made, it will be announced (via an operable PA system).

**Communication will be made via the KSHSAA home webpage and Twitter/X.**

If the decision is to postpone the remainder of the meet, the games committee will determine the date and/or time the meet will be resumed, and may change the announced order of events, the number of heats and the number to qualify.

If the decision is to cancel the remainder of the meet, for any events not completed, the preliminary times, trials and marks as set in the preliminaries (during the state meet) will stand and be used to determine final places for all events cancelled and final team standings.



## **KSHSAA Guidelines for Lightning Safety**

1. When thunder is heard or cloud-to-ground lightning is seen, the leading edge of the storm is close enough to pose a lightning risk. Suspend play and take shelter immediately.
2. Once play has been suspended, wait at least 30 minutes from the last sound of thunder or lightning strike witnessed before resuming the activity.
3. Any subsequent thunder or lightning strike during the 30 minute waiting period resets the clock, and a new 30 minute waiting period begins.

# KSHSAA POLICY INFORMATION

## KSHSAA Coach/Sponsor CPR/AED Training Requirement

Per *KSHSAA Board Handbook Rule 10-1-9*: Any person serving in the role of a head or assistant sport coach/aide or a head or assistant activity sponsor/aide in a KSHSAA member school shall be certified or trained in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) administration.

### Components of the rule are as follows:

1. Following an initial 30-day grace period from the start of the season, personnel are not eligible to work as a coach or sponsor for their school until proof of completion of CPR/AED training is on file with their school.
2. Every coach/sponsor must complete CPR/AED training every two (2) years.
3. The training shall be coordinated by a certified CPR instructor.
4. Online only training courses are not accepted.
5. There must be a hands-on educational component to the training process.
6. On an annual basis by activity, a school administrator must acknowledge through the KSHSAA website that each coach/sponsor is currently trained in CPR/AED administration. To acknowledge rule compliance, a school administrator should login to the KSHSAA website and go to the Coach/Sponsor Requirements page. Select the activity and enter the date of CPR/AED training next to each coach/sponsor name. If you do not see the coach/sponsor listed, add that person through the Update Directory process online. All head and assistant coaches/sponsors should be listed for every activity!

### Training could be obtained from the following organizations:

- American Heart Association
- American Red Cross
- American Safety & Health Institute / Medic First Aid
- National Safety Council

### Potential sources for locating a certified CPR instructor:

- School nurse
- School/community athletic trainer
- Local emergency personnel: EMTs, firefighters, police officers
- Community hospital
- Contacting the organizations listed above

## Unmanned Aircraft Systems or UAS (Drone Policy)

Unless granted special permission by the KSHSAA Executive Director, the use of drones (UAS) for any purpose is not permitted at any KSHSAA state tournament or postseason game or event. This prohibition applies to all fields of play, courts, arenas, mats, gym floors or pools, and includes a ban on the entire facility being used as part of the KSHSAA event, including the spectator areas and parking areas. During the regular season, member schools should have a drone policy. At no time should a drone be on or over the field of play during the game, even if the school policy permits the use of drones during the regular season.

## KSHSAA Ejection Policy

### Requirements for Ejected Coaches

Coaches who are ejected from a contest (at all levels grades 7-12) are required to complete the NFHS *Teaching and Modeling Behavior* course prior to coaching in their next game. (The course fee is \$20 and can be completed in one hour.) The next game is defined as the next regularly scheduled day of competition. In addition, the school administrator is responsible to provide the KSHSAA administrator a copy of the coach's certificate of completion of the online course. (The coach may print this as the final step on the online course.) Recurring ejections result in a requirement to repeat the course.

### Requirements for Ejected Players

Any player ejected from a contest at any level of play (grades 7-12) for unsporting conduct or behavior will be required to successfully complete the free *NFHS Sportsmanship Course* online, prior to the KSHSAA and school reinstating his/her eligibility privileges. The school principal or athletic director is responsible to oversee compliance of this requirement. There is no cost for the course which takes approximately 20 minutes to complete. Schools are not required to submit the student's certificate of completion to the KSHSAA but should retain it on file.

### Ejection Policy for Player, Coach, Spectator Involving an Official

Any participant (player, coach, spectator) who is ejected for making contact with an official, who is ejected for unsporting behavior directed toward an official, or who negatively confronts an official following a contest, shall be subject to a non-appealable suspension from the next contest at that level and for all contests at any level (in that activity) until the suspension has been served. Local school leadership may levy additional sanctions as they deem appropriate.

The KSHSAA staff reviews all ejection reports.

Note: the requirement for all ejected students to complete the NFHS Sportsmanship course and the requirement for all ejected coaches to complete the NFHS Teaching and Modeling Behavior course prior to being reinstated remain in effect

## KSHSAA Pre-Activity Timeout

Purpose: As a proactive communication measure, schools are expected to designate a time prior to the start of any interscholastic contest to share event critical information with stakeholders. The following information should be shared/reviewed prior to the first contest at each location:

1. Introduction of home and visiting administration on duty (identify primary point of contact).
2. Identify the location of athletic trainer(s) or other qualified medical professionals.
3. Identify the location of the AED(s).
4. Identify emergency entrance/exits for the facility.
5. Identify the storm shelter location and communication plan for evacuation.
6. Identify the rapid body cooling plan (location of cold water immersion tub).
7. Identify the communication plan for leadership.
8. Identify the communication plan for respective groups (students, coaches, fans).
9. Identify any special events or concerns relative to the event.

These nine items are to be reviewed prior to the event by the ranking school leader of every school involved in the contest. Each participating school is to be represented in this pregame meeting. If an administrative representative is not in attendance, this responsibility belongs to the head coach.

**HAVE A PLAN. COMMUNICATE YOUR PLAN.**

## The KSHSAA Code of Ethics for Coaches, Directors, Aides, Adjudicators, Judges and Officials

Believing that mine is an important part in the nationwide school activity program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules, observe the work of other coaches, directors, adjudicators, judges, or officials and will, at all times, attempt to improve myself and the activity.
3. I will conduct myself in such a way that attention is drawn not to me but to the young people participating in the contest.
4. I will maintain my appearance in a manner befitting the dignity and importance of the activity.
5. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship, but I will not make statements concerning decisions made during the contest.
6. I will uphold and abide by all rules of the KSHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who participate under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the KSHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches, directors, adjudicators, judges or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the contest is more important than the wishes of any individual.
11. I will make responsible decisions about consumption of alcohol, including abstinence from alcohol at least 12 hours prior to a contest in which I will be involved. **Alcoholic Beverages are prohibited.**
12. I will not use tobacco or e-cigarette products while directly involved in interscholastic activities.

## Hosting Competitions

Alcoholic beverages are prohibited at all events.

## Summer Moratorium

July 1-7, 2024 is the summer moratorium. There shall be NO school related athletic activities. During this time coaches (licensed teacher coaches and coach aides employed by member schools) shall be prohibited from engaging in any type of activity involving student athletes whether it be practice, training, weight lifting, conditioning, competition or travel. All member school athletic facilities will be closed during this period to school personnel and students grades 7-12. If member school athletic facilities also serve as non-school community recreation facilities, these facilities may remain open during the moratorium so long as no school teams are playing and no school coaches are coaching the teams/individuals. During this one week dead period, students may attend camps or competitions but may not do so with their school coaches. This moratorium does not impact fine arts or spirit activities.

Rationale: The last few years there has been a growing concern within the KSHSAA membership that students and coaches were not being able to have time to themselves during the summer. It was surveyed and discussed at the October Regional Board of Directors Meeting in 2017 and then voted on at the April, 2018 KSHSAA Board of Directors meeting to establish a rule to allow students and coaches a week off during the summer.

For Q/A on this policy, go to [www.khsaa.org](http://www.khsaa.org).

## Sportsmanship/Citizenship - Rule 52

**INTRODUCTION**—The effective American secondary school must support both an academic program and an activities program. We believe that these programs must do more than merely coexist—they must be integrated and support each other in “different” arenas. The concept of “sportsmanship” must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Therefore, all Kansas State High School Activities Association members stand together in support of the following sportsmanship policy.

**PHILOSOPHY**—Activities are an important aspect of the total education process in the American schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement; this ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. Sportsmanship is good citizenship in action!

### Section 1 - General Regulations (apply to grades 7-12)

**Art. 1:** SPORTSMANSHIP is a general way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

- a. Be courteous to all (participants, coaches, officials, staff and fans).
- b. Know the rules, abide by and respect the official’s decisions.
- c. Win with character and lose with dignity.
- d. Display appreciation for good performance regardless of the team.
- e. Exercise self-control and reflect positively upon yourself, team and school.
- f. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

**Art. 2:** Enforcement Procedure:

- a. It is encouraged and recommended by the Kansas State High School Activities Association that local boards of education adopt these regulations and reinforce them as indicated herein.
- b. The Executive Board of the Kansas State High School Activities Association shall be responsible for the interpretation of these regulations, including “desirable and unacceptable behavior” and shall publish them in the Association’s Citizenship/Sportsmanship Manual.

# GENERAL INFORMATION

## Required Rules Meeting

Both KSHSAA member school head coaches and KSHSAA registered starters will fulfill the track and field rules meeting requirement online. Dates during which the rules meeting is available online for credit can be found on the KSHSAA website. Following the last date that the meeting is available online for credit, the meeting will be posted for review by logging in to the KSHSAA website. Viewing the online meeting after the last date for credit will not be recorded, and credit for the meeting cannot be provided.

**Online rules meeting: February 1 - March 13**

## Required Examinations

All head high school, head middle/junior high school coaches and KSHSAA registered starters must annually take the NFHS Track and Field Exam Part I. Head coaches failing to score 90% or higher on the NFHS Exam Part I will be required to take the KSHSAA Test II. KSHSAA registered starters must score 90% or higher on the NFHS Exam Part I in order to be eligible for selection to serve as a starter for the KSHSAA State Track and Field Championship.

The NFHS Exam Part I must be submitted to the KSHSAA by using the online submission process. Instructions on how to submit the exam online were sent to each KSHSAA member school and starter. For the 2024 interscholastic season, online submission of examinations may begin on February 1, 2024 and will be concluded on March 13, 2024.

## KSHSAA Rule 42

### Senior High Regulations

**Art. 1:** Practice shall not be held prior to Monday of Standardized Calendar Week #35.

**Art. 2:** Competition shall not begin prior to Thursday of Standardized Calendar Week #37.

**Art. 3:** A student may not run a race of more than 3200 m.

**Art. 4:** No student representing a member school shall participate in more than eight (8) track meets during a season, exclusive of regional and state meets.

- a. Schools are encouraged to schedule as many quadrangular or smaller events as possible. It is recommended these meets start after school hours.
- b. On those days when schooltime is used, only two competitions may start prior to 3 p.m. C.T.

**Art. 5:** The Executive Board shall arrange to hold regional meets in convenient locations throughout the state during Standardized Calendar Week #46.

NOTE: See the KSHSAA Track & Field Manual for detailed information about regional and state meets.

**Art. 6:** The state championship meets shall be held during Standardized Calendar Week #47.

### Middle School/Junior High Participation Regulations

**Art. 1:** No student shall participate in more than seven days of competition during a season.

**EXCEPTION:** Ninth grade students in junior high schools shall be permitted to compete in the same number of athletic competitions as ninth graders in senior high schools.

**Art. 2:** Seventh and eighth grade students shall be limited to four events per day (track and/or field). Any number of these may be relays.

- a. Seventh and eighth grade students are limited to no more than two races of 800m or more in one day.
- b. Junior high ninth graders follow senior high regulations.

c. The longest race any grade level shall run is as follows:

7th grade—3200m

8th grade—3200m

9th grade—Same as senior high school

**Art. 3:** The recommended order of events in invitational meets will be provided by staff and based upon NFHS T&F Rules.

**NOTE:** The host school shall notify invited schools one week in advance of the meet if the order of events is to be different from that recommended.

Seventh and eighth grade students are limited to participation in a maximum of seven (7) days of competition during the season. Seventh and eighth grade students shall be limited to a maximum of four (4) events per day (either track and/or field events). Any number of these may be relays. Seventh and eighth grade students are limited to no more than two (2) races of 800m or longer in one day. Ninth graders in junior high school have a maximum participation limit of four (4) events. The longest race at any grade level is as follows:

7th grade - 3200m

8th grade - 3200m

9th grade - have the same restrictions as ninth graders in a high school

Additional NFHS recommendations regarding middle/junior high school track and field events:

Junior High Shot Put - Boys - 4 kilograms (8 lbs. 13 ounces); Girls - 6 lbs. (2.744 kilograms)

Junior High Discus - Both genders at JH level use the HS girls discus (1 kilogram) - NFHS recommendation

If applicable:

Junior High Javelin - Both genders at the JH level use the HS girls javelin (600 grams) - NFHS recommendation

Hurdle spacing - junior high (recommended):

EVENT	HEIGHT	No. of Hurdles	Start to 1st	Between	Last to Finish
Girls 55m	30 in.	5	13.0 m	8.5 m	8.0 m
Boys 75m	36 in.	6	45 feet	30 feet	51 feet 1 inch
Girls 75m	30 in.	7	13.0 m	8.5 m	11.0 m
Boys 110m	30 in.	5	45 feet	60 feet	75 feet 10 5/8 inches
Boys 300m	30 in.	8	45 m	35 m	10 m

## Recommended Events

If the order of events for middle/junior high school girls and boys track invitational meets differs from those listed below, the host school shall notify schools one week in advance of the order of events for their track meet. The recommended events and the order for seventh and eighth grades are as follows:

\*Girls 75m Low Hurdles (30")

Girls 800m Run

\*Boys 75m Low Hurdles (30")

Boys 800m Run

Girls 100m Dash

Girls 200m Dash

Boys 100m Dash

Boys 200m Dash

Girls 1600m Run

Girls 3200m (8th grade only)

Boys 1600m Run

Boys 3200m (8th grade only)

Girls 4 x 100m Relay

Girls 4 x 400m Relay

Boys 4 x 100m Relay

Boys 4 x 400m Relay

Girls 400m Dash	<b>Long Jump, High Jump, Pole Vault</b>
Boys 400m Dash	<b>(girls and boys)</b>
Girls 4 x 200m Relay	<b>Shot Put (2.744K), 6 lbs. (girls)</b>
Boys 4 x 200m Relay	<b>Shot Put (4K), 8.818 lbs. (boys)</b>

\*Girls & Boys 75m Hurdle Spacing:

- 7 hurdles; 13 meters from start to first hurdle

- 8.5 meters between hurdles

- 11 meters from last hurdle to finish line

**\*\*The discus is the same as that used by high school girls.**

**NOTE:** Field events between girls and boys should be alternated.

**Sixth grade students participating in interscholastic meets as part of a middle school team are subject to event limitations as promulgated by the Kansas State Department of Education. Contact the KSDE for specific information if sixth graders are participating on the middle school track and field team.**

## Senior High Participation Regulations

In each interscholastic meet, each participant has a maximum participation limit of four (4) events.

No student representing a KSHSAA member high school shall participate in more than eight (8) track and field meets during a season (exclusive of the regional and state meets). On those days when a meet is conducted during school time, only two (2) of those meets may start prior to 3 p.m. C.T. Schools are encouraged to schedule as many quadrangular or smaller meets as possible. It is recommended that quadrangular or smaller meets should not start until after school hours for all schools participating in the meet. If one athlete competes in a meet that starts before 3 p.m. when school time is used, that counts as one meet for the entire team.

## Uniforms

Per KSHSAA policy, *NFHS Rule 4-3 APPLIES AT ALL INTERSCHOLASTIC MEETS.*

Reminder – no gloves may be worn by any competitor in field events or in a relay. No hats or bandanas may be worn by any competitor in any event. **Watches are permitted to be worn. The watch may not be set/used to transmit tactical information to a competitor during a race/event.**

Uniforms must be left on while a competitor is in the competition area!

More detailed information can be found on the KSHSAA website for Track & Field and in the KSHSAA Legal Uniforms document.

## Sportsmanship and Legal Uniform Verification

The head coach of each participating school is responsible to ensure that all of their team's student-athletes exhibit good sportsmanship and wear legal uniforms at all member school and postseason track and field meets. Per NFHS Rule Requirement, verbal verification or forms will be required to be turned in at every regular season meet. An example of the form can be found on the following page and on the track and field page of the KSHSAA website. Verification for postseason meets will be done via Kansas MileSplit.



## NFHS/KSHSAA Rules

All interscholastic track and field meets will be conducted under National Federation of State High School Association's track and field rules and KSHSAA rules and policies. NFHS Rules Books and Case Books are available for purchase via the KSHSAA website homepage and via Entry Forms for member schools. The KSHSAA Handbook is available online or may be purchased at the KSHSAA office. Rules updates/recent interpretations and the KSHSAA Track and Field Announcements can be found at [www.kshsaa.org](http://www.kshsaa.org)>Athletic>Track and Field.

### KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

#### TRACK AND FIELD SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION

The NFHS Track and Field Rules Book states "Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains: **(Rule 3-4-8)**

- a. All team members are expected to exhibit good sporting conduct.
- b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform and equipment) in compliance with these rules.
- c. Any special circumstances, procedures and information pertaining to the meet.

Therefore, the Executive Board has approved and recommended that all coaches will verify, in writing, that their contestants are legally equipped and uniformed according to NFHS rules and will compete in a sportsmanlike manner.

Printed Coach Name: \_\_\_\_\_

School: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Event: \_\_\_\_\_ Date: \_\_\_\_\_

# 04 REGIONAL MEET INFORMATION

## REGIONAL ENTRIES

### Contestant Event Limitation

In Kansas, a contestant shall not compete in more than four (4) events (track and/or field). Any number of these may be relays. After Monday, May 13, 2024, only scratches will be permitted. No contestant shall be entered in more than four (4) individual events.

If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

#### Contestant may officially enter:

Four individual events - no relays allowed

Three individual events - may be listed on any number of relays but compete in only one relay

Two individual events - may be listed on any number of relays but compete in only two relays

One individual event - may be listed on any number of relays but compete in only three relays

No individual events - may be listed on any number of relays and may compete in four relays

### School Event Entry Limitation

Schools may submit individual event entries for the girls and boys regional track and field meets as follows:

- Class 6A, 5A and 4A – may enter three (3) entries per individual event;
- Class 3A, 2A and 1A – may enter two (2) entries per individual event without meeting the qualification standard;
- Class 3A, 2A and 1A may enter up to three (3) entries per individual event provided all entries in that event from that school have equaled or bettered, in a bona fide interscholastic varsity level competition this season, the qualification standard which is listed in this section.

### Relay Entries

All classes – may enter one (1) entry (relay team) per relay event as per *NFHS Rule 5-10-2* (which permits listing up to eight (8) individuals on the relay card). No split or open times will be allowed to compute relay entry time. The time submitted for each relay team must be the time run by the identical four relay members in that same relay race sometime during the season. Schools which are unable to submit a pure time will be allowed to enter a relay team but they will not be assigned into the faster heat. In relays, eight (8) individuals may be listed as entries, any four (4) of which may compete. Only the four who actually compete in the relay are charged with an event. **Substitutes must come from those eight (8) individuals submitted and listed on the relay entry. This also applies at the state meet.**

Relay personnel may be changed for the State Track and Field Championship for any relay team qualifying.

### Qualifying Standards (M)

Adjusted to the average of the average sixth-place regional finisher for the last five years. Convert the qualifying times (English to metric – if applicable) before you submit entries to the regional manager. Times are rounded to the next .10. All 2024 regionals will be conducted on metric tracks.

NOTE: The standards are quite different in some events, with little change in others. Qualifying standards will be adjusted on a yearly basis based on the average sixth-place finishers at regionals for the preceding five years.

## Girls Qualifying Standards (M)

Event	3A	2A	1A
100M Dash	13.32	13.6	13.63
200M Dash	27.64	28.81	28.71
400M Dash	1:05.00	1:07.14	1:06.59
800M Run	2:38.00	2:42.85	2:43.44
1600M Run	6:04.4	6:19.55	6:28.6
3200M Run	13:17.40	14:12.25	14:12.58
100M H. Hurdles	17.48	18.78	17.82
300M L. Hurdles	51.02	53.81	53.22
High Jump	4'08"	4'06"	4'08"
Long Jump	15'05"	15'03"	15'03"
Triple Jump	32'07"	32'02"	32'06"
Pole Vault	8'03"	7'05"	7'05"
Shot Put	33'07"	32'03"	33'05"
Discus	102'04"	96'06"	95'09"
Javelin	106'08"	103'05"	103'8"

## Boys Qualifying Standards (M)

Event	3A	2A	1A
100M Dash	11.61	11.87	11.88
200M Dash	23.86	24.59	24.55
400M Dash	54.72	54.60	55.21
800M Run	2:09.6	2:11.37	2:14.42
1600M Run	5:00.8	5:03.05	5:06.85
3200M Run	10:58.9	11:09.75	11:36.40
110M H. Hurdles	17.14	18.31	18.51
300M I. Hurdles	43.78	46.01	45.45
High Jump	5'08"	5'08"	5'08"
Long Jump	19'08"	19'03"	19'04"
Triple Jump	40'04"	39'02"	39'6"
Pole Vault	11'03"	10'03"	10'01"
Shot Put	44'07"	41'07"	40'07"
Discus	130'01"	124'02"	125'6"
Javelin	142'09"	140'04"	142'05"

During regular season track and field meets, managers are encouraged to time, measure and record as many places as possible so coaches can use these marks for regional entry qualifiers, should they wish to enter more than the allotted number per event. Coaches are reminded that relay split times **CANNOT** be used as regional qualifying times for the open 100m, 400m or 800m events.

## Electronic Entry Process via Kansas MileSplit

Regional entries will be submitted online via Kansas MileSplit ([www.ksmilesplit.com](http://www.ksmilesplit.com)). **Schools are required to have all regional entries completed online by NOON C.T., Monday, May 13, 2024.** Athlete seed times/marks recorded in previous meets with results available on MileSplit will automatically pull in and update. Verified times/marks can also be manually entered/updated by coaches.

Member schools will need to make sure they have created an account on KS MileSplit, claimed their team, built or imported their roster(s), and registered all athletes for their regional meet by the deadline. All entered athletes will be checked against a school's online eligibility list.

Once regional entries are complete and accurate, submit form TF-2 to the KSHSAA office. The TF-2 form can be accessed on the Activities webpage in the Track & Field menu, or in the Entry Forms section of the website under the month of May (administrator login required). **TF-2 is required** and is the final verification that entries are complete and accurate. This form can be submitted anytime, but must be received by the KSHSAA by **NOON C.T., Monday, May 13.**

After entries are complete, coaches should print a list of their entries as confirmation/back up.

In Kansas, individuals cannot be entered in more than four (4) individual events. They can be entered on all relay teams, but cannot compete at the regional meet in more than four (4) total events (individual and/or relay).

**COACHES:** Student-athletes participating in regional meets depend on you to ensure they are entered correctly. The online entry process eliminates most errors, but your careful attention to ensure no careless mistakes are made is still necessary. **PLEASE TAKE TIME TO CAREFULLY CHECK ALL ENTRANTS!**

## Regional Entries to Regional Host Sites

Regional entries will be available on Kansas MileSplit for each regional site manager to download.

## Entry Deadline

**NO NEW ENTRIES WILL BE PERMITTED AFTER NOON C.T. MONDAY, MAY 13, 2024.**

REGIONAL MANAGERS WILL ACCEPT SCRATCHES ONLY! ALL ENTRIES WILL BE CONSIDERED FINAL. Any changes must be approved by the KSHSAA.

\*EXCEPTION: With the approval of the regional games committee, a competitor who was inadvertently not entered by the coach may be entered during the scratch meeting, prior to the meet, provided the school is willing to pay a \$15.00 penalty and a double entry fee for that entry. The regional games committee shall interview the athlete and coach to determine if the situation was an oversight in lieu of an afterthought. The penalty fee is retained by the host school.

\*MEDICAL EXCEPTION: With the approval of the regional games committee, a competitor who was under competitive restrictions set forth by a medical doctor on the date of entry deadlines and has been formally released (written medical authorization to compete) for competition by that medical doctor prior to the date of the regional meet may be entered during the scratch meeting, provided the school is willing to pay a \$15.00 penalty and a double entry fee for that entry. A copy of the written medical release must be submitted to the regional manager at the scratch meeting. **Any entries made at the time of the scratch meeting due to this medical authorization exception will be entered with no mark or distance.**

## Scratch Policy - Entries

In the event a school coach has entered more than the number of athletes in an individual event than is permitted by KSHSAA policy and the coach fails to scratch down to the allowable number of entries, at the time the KSHSAA is notified the following policy and procedure will be used by the KSHSAA. The athlete(s) from that school entered into an event above the allowable number of entries will be scratched from that event in the following sequence:

1. The athlete(s) with the poorest mark or time will be scratched first.
2. If two or more athletes have the same mark or time and one is to be scratched, the athlete entered into more events will be scratched.

3. If two or more athletes have the same mark or time and one is to be scratched and they are both entered into only one event, the junior athlete by grade will be scratched.

If a school has not entered four (4) athletes into a relay, the relay is not an official entry and will not compete.

## Entry Fees

The regional entry fees are **\$8 per athlete, per event**. Relay team entry fee is **\$25.00 per team**. Schools will receive an electronic invoice from the KSHSAA for their regional entries following the regional meet.

## Scratch Meetings

Prior to the start of any events, the regional manager will arrange for and conduct an **initial scratch meeting**. Coaches are asked to report any scratches of entries prior to or at the start of this initial scratch meeting. Should an athlete become injured during the course of the day and be unable to participate in a subsequent event they are entered in, **the head coach should contact the meet manager prior to the event in order to scratch the athlete**. All entrants not scratched at the scratch meeting **or** prior to an event they are entered in will be considered as participating. **If they fail to run/jump/throw/vault, they will be disqualified from competing in the remainder of the meet, unless reinstated by the games committee/jury of appeals.**

If not given to regional managers prior to the regional meet, during the initial scratch meeting coaches are to give to the meet manager the **"Pole Vault Verification Form"** for any athletes entered in the pole vault. No athlete will be permitted to participate in the pole vault until this form is presented to the meet manager.

A descending order of performance sheets will be available to head coaches at the **initial scratch meeting or before**. During the initial scratch meeting, any questions concerning the accuracy of times/distances submitted for athletes entered into the meet **MUST** be raised and addressed by the coach of the athlete. Coaches must be able to verify where and when the time or distance was established in case of question. If a coach cannot verify the accuracy of the submitted time, or if after the meet manager interviews the head coach and athlete involved, and the meet manager determines the time or distance submitted is incorrect, adjustments to the time or distance will be made. If no time or distance can be determined following the interviews, the meet manager will instruct the clerk of the course to assign that individual to the first flight or heat of that event. If the meet manager believes that the time or distance must be accepted on face value, and provided the athlete has a poor performance (i.e., well below the submitted performance), the meet manager shall forward the information to the KSHSAA with an explanation of the events. The KSHSAA staff will then follow up with the parties involved. Coaches are encouraged to submit all results to Kansas MileSpilt to ensure verified and accurate times/distances.

Following the scratch meeting, it will be assumed by all coaches that the times/distances submitted for all entries are correct, and no subsequent questions as to the accuracy of submitted times/distances will be addressed by the meet manager or the games committee/jury of appeals.

**Heats and lanes** for the running events will not be established until **after the specific event scratch meeting** conducted by the clerk of the course or meet manager which will be held **approximately one hour prior** to each event. **Scratches only will be permitted - there will be no substitutions in individual events or no new entries**. This procedure will reduce the number of heats in many events.

## Jury of Appeals

Prior to the scratch meeting, each regional manager should select a jury of appeals composed of three to five head coaches of teams assigned to the regional meet. The appeals committee will function per provisions of *NFHS Rule 3-5*. If an appeal is filed with the jury of appeals and involves an athlete from one of the school teams coached by a member of the jury of appeals, that coach should recuse themselves from ruling on the appeal.

## Official Order of Events

Following is the order of preliminary events (if needed based on the number of entries):

- Girls 100m Hurdles
- Boys 110m Hurdles
- Girls 100m Dash
- Boys 100m Dash
- Girls 200m Dash
- Boys 200m Dash
- Girls 4 x 800m Relay - Finals
- Boys 4 x 800m Relay

*Following is the official order of final events for all girls and boys regional high school track and field meets: (30 minute break)*

### Running Events

- Girls 100m High Hurdles *(the hurdle height for this event is 33 inches)*
- Boys 110m High Hurdles
- Girls 100m Dash
- Boys 100m Dash
- Girls 1600m Run
- Boys 1600m Run
- Girls 4 x 100m Relay *(run in lanes all the way)*
- Boys 4 x 100m Relay *(run in lanes all the way)*
- \*Girls 400m Dash *(run in lanes all the way)*
- Boys 400m Dash *(run in lanes all the way)*
- Girls 300m Low Hurdles *(run in lanes all the way)*
- Boys 300m Intermediate Hurdles *(run in lanes all the way)*
- Girls 800m Dash
- Boys 800m Dash
- Girls 200m Dash *(run in lanes all the way)*
- Boys 200m Dash *(run in lanes all the way)*
- Girls 3200m Run
- Boys 3200m Run
- Girls 4 x 400m Relay
- Boys 4 x 400m Relay

### Field Events

- Girls Shot Put
- Boys Shot Put
- Girls Discus
- Boys Discus
- Girls High Jump
- Boys Javelin
- Girls Long Jump
- Boys High Jump
- Girls Triple Jump
- Boys Long Jump
- Girls Javelin
- Boys Triple Jump
- Girls Pole Vault
- Boys Pole Vault

*It is recommended that the order of the field events be spaced by gender to minimize conflicts for athletes.*

## Event Specific Information

**400m Dash** - There will be no preliminaries run in the regionals. As a final event, the fastest athletes (one per lane) will be placed in the last section, etc. All sections and competitors will be timed. Places will be determined by time.

**Girls 300m Low Hurdles and Boys 300m Intermediate Hurdles** - There will be no preliminaries run in the regionals. As a final event, the fastest athletes (one per lane) will be placed in the last section, etc. All sections and competitors will be timed. Places will be determined by time.

**Girls and Boys Sprints and High Hurdles** will qualify from the preliminaries to the finals by **PLACE FIRST, THEN BY TIME**. In any of these events if more than two preliminary heats are required based on the number of entries and number of lanes, semifinal heats should be run. Depending on the number of lanes, 6, 7 or 8 will advance to the finals.

**Girls and Boys 800m Dash, 1600m Run and 3200m Run** will not have preliminaries. As a final event, the fastest athletes (two per lane or three/four per alley) will be placed in the last section, etc. All sections and competitors will be timed. Final places will be determined by time.

**3200m Run** - This event will follow the finals of the 200m Dash. **NOTE:** In regionals where KSHSAA approval has been given for a regional site to host two different classes, the smaller classification 3200m may be held at the start of the running preliminaries.

**Relays** - There will be no preliminaries conducted in relays. They shall be conducted in the same manner as the 400m, 800m, 1600m and 3200m. Each team participating in a relay will be timed which will determine final placement. The regional clerk of the course will place (at a minimum) the six best teams (as determined by entry time) in the last section, the next best teams (as determined by entry time) in the next to last section, etc. Within each section, the clerk of the course will place the teams in lanes as per *NFHS Rule 5-6-5 (3,4...2,5...1,6)*. No split or open times will be allowed to compute relay entry time. The time submitted for each relay team must be the time run by the identical four relay members in that same relay race sometime during the season. The head coach should be able to verify the date/meet the submitted time was established by the relay team entered. If the verification information cannot be submitted by the head coach, the relay team will be assigned to the first (slowest) section of the relay. Schools which are unable to submit a pure time for the team entered will be allowed to enter a relay team but they will not be assigned into the faster heat. There shall be a minimum of three (3) relay teams in each heat or section.

**Wheelchair 100m, 400m, 1600m** - For wheelchair event safety, guidelines, best practices and qualifying information please visit the Track and Field page of the KSHSAA website.

## Heating-Seeding Guidelines for the Clerk of the Course

The clerk of the course shall have a listing of the individual entries for each event on sheets from which to call the roll. Scratches may be made but NO new entries will be allowed. The number of heats necessary will then be announced and the drawings made as follows:

**SPRINTS AND 100/110M HURDLES PRELIMINARIES** - A straight serpentine system is used. Qualify from prelims to the semifinals (if necessary) and/or to the finals by **PLACE FIRST, THEN BY TIME**. When placing in heats, use *NFHS Rule 5-6-4 & 5* and "Situation Rulings" in the NFHS Track and Field Case Book as guidelines. The fastest competitor shall be in the last heat; within a heat, the competitors shall be placed in lanes with priority as follows: 4, 5, 3, 6, 2, 7, 1, 8. Announce if semifinals are necessary. Use semifinals if more than two preliminary heats are needed. **By agreement of THE MAJORITY of coaches, semifinals may be waived.**

If more than 48 entries are entered on a six-lane track, only two from each preliminary heat will qualify to the semifinals. If 48 or less are entered, use the following guidelines to determine the number of heats.

### Six-Lane Track

Preliminaries—37-48 entries (*8 heats, qualify 3 from each heat*)  
Quarterfinals—24 running (*4 heats, qualify 3 from each heat*)  
Semifinals—12 running (*2 heats, qualify 3 from each heat*)  
Finals—6 running

Preliminaries—25-36 entries (*6 heats, qualify 4 from each heat*)  
Quarterfinals—24 running (*4 heats, qualify 3 from each heat*)  
Semifinals—12 running (*2 heats, qualify 3 from each heat*)  
Finals—6 running

Preliminaries—19-24 entries *(4 heats, qualify 3 from each heat)*  
Semifinals—12 running *(2 heats, qualify 3 from each heat)*  
Finals—6 running

Preliminaries—13-18 entries *(3 heats, qualify 4 from each heat)*  
Semifinals—12 running *(2 heats, qualify 3 from each heat)*  
Finals—6 running

Preliminaries—7-12 entries *(2 heats, qualify 3 from each heat)*  
Finals—6 running

Finals—1-6 entries *(No prelims, conduct as a final event)*

*(Exception: On a six-lane track, the fastest runner will be assigned to lane 3, second fastest to lane 4, third fastest to lane 2, fourth fastest to lane 5, fifth fastest to lane 1 and sixth fastest to lane 6.)*

## **Eight-Lane Track**

Preliminaries—49-64 entries *(8 heats, qualify each heat winner)*  
Finals—8 running

Preliminaries—41-48 entries *(6 heats, qualify each heat winner and next 2 best times)*  
Finals—8 running

Preliminaries—33-40 entries *(5 heats, qualify each heat winner and next 3 best times)*  
Finals—8 running

Preliminaries—25-32 entries *(4 heats, qualify each heat winner and the next 4 best times)*  
Finals—8 running

Preliminaries—17-24 entries *(3 heats, qualify the first 2 in each heat and the next 2 best times)*  
Finals—8 running

Preliminaries—9-16 entries *(2 heats, qualify first 2 from each heat and next 4 best times)*  
Finals—8 running

Finals—1-8 entries *(No prelims, conduct as a final event)*

*When eight lanes are used, the priority will be lanes 4,5 . . . 3,6 . . . 2,7 . . . 1,8, in that order.*

**Note:** *If the track has seven lanes, the figures will need to be adjusted accordingly. Every effort should be made to avoid quarterfinals.*

***There will be NO PRELIMINARIES IN THE FOLLOWING EVENTS: 300 LH, 300 IH, 400, 800, 1600, 3200, 4 x 100, 4 x 400, and 4 x 800 Relays.***

If more than one section is necessary in these events, place the fastest competitors (teams) in the last section. **Count up from the bottom** on the list of entries the proportionate number to be placed in each section. To ensure **NO TIES, and to provide identification of 4th place finishers**, timing to one-thousandths should be recorded.

**There shall be a minimum of three (3) competitors or relay teams in each heat or section.**

## **Time Limit Excused Competitors**

In order to avoid problems encountered when athletes participate in more than one event going on at the same time, coaches must assume responsibility for ensuring athletes communicate with event judges regarding participation in another event. Competitors must be excused by the judge, and return in a timely manner. Judges must work to communicate effectively as well.



## Awards/Scoring – Qualification for State Meet

In all regional meets, the scoring method will be applied as per *NFHS Rule 2-1-2*. Points shall be awarded to winners of the first **six (6) places** in each event, including relays, as follows: **10-8-6-4-2-1**. In the regional meet, duplicate awards will be given in case of ties. Managers are to inform the KSHSAA of any ties and how medals were distributed at the meet.

In all regionals, **winners of the first 4 places including relays will qualify for the State Track and Field Meet**. In the event of ties for 3rd (or 4th) place, the tiebreaking procedure shall be used.

## Disqualification – Advancement

If an athlete is disqualified from a KSHSAA regional meet (*not from an event such as for a false start, but from the meet*) under application of NFHS rules and thereafter participates and places in an event(s) while disqualified from the meet, the following policy would apply. Any points earned by the athlete prior to the disqualification would stand. Any points earned/scored by the athlete in event(s) they participated in after their disqualification shall be voided. If it is possible to identify any additional placers in the event(s) the ineligible athlete participated in after their disqualification, those placers will be advanced and corresponding changes will be made to the event and to team standings/scores. **EXAMPLE:** In the regional track and field meet A1 participated in the finals of the 200m Dash and ran on the school's 4 x 400m Relay AFTER A1 had been disqualified from the meet. A1 finished 4th in the 200m and the 4 x 400m Relay team finished 2nd in the meet. A1, prior to his disqualification, finished 3rd in the 100m and 5th in the Long Jump. **RULING:** A1's placing and points in the 100m and the Long Jump stand. His placing in the 200m and the team's 4 x 400m placing is voided. In the 200m Dash, the initial 5th and 6th place finishers would be advanced to 4th and 5th. If it is possible to determine a new 6th place finisher that would be done and the event would be rescored. In the 4 x 400m Relay, teams initially finishing in 3rd, 4th, 5th and 6th would be advanced to 2nd, 3rd, 4th and 5th. If it is possible to determine a new 6th place finishing team, that team would also be advanced. The event is rescored. In both of these events, after rescoring, the first 4 place finishers in both events would be advanced to the state meet. A1 is still eligible for participation in the state meet in the 100m and Long Jump, provided no other sanction upon him is imposed by the school or the KSHSAA.

## Third-, Fourth-Place Tiebreaking Procedures

### High Jump & Pole Vault

1. Break ties per *NFHS Track and Field Rule 6-3-2b* (fewest trials)
  - a. If the tie for 3rd place is between two competitors, both advance, one would be the 4th-place finisher.
  - b. If the tie for 3rd is between three or more, a "jump-off" is to occur.
    - Each tying competitor shall take one more jump at the height at which they failed.
    - If no decision is reached, the bar shall be lowered (1 inch for HJ, 3 inches for PV).
    - If no competitor clears this height, the bar shall again be lowered (1 inch for HJ, 3 inches for PV).
    - If two or more of the tying competitors clear the height, the bar shall be raised by intervals (1 inch for HJ, 3 inches for PV).
    - Each competitor shall attempt one trial at each height until a 4th place finisher is determined.
    - No tying competitor shall be permitted to pass a height in the jump-off.
  - c. Tie for 4th place by two or more competitors
    - The same procedure as outlined in b) (above) shall occur.
2. The event judge, meet manager and/or referee **shall verify the tie prior to any of the above procedures being initiated.**
3. If any number of competitors tie for 3rd or 4th, the points for tied places shall be added together and divided by the number of competitors involved in the tie (*NFHS Rule 2-2-4*).
4. **(NEW) Withdrawing from a jump-off – NFHS Rule 6-3-2b NOTES** - A competitor withdrawing from a jump-off shall concede any opportunity for a higher placing in the event, but the withdrawal shall not negate a competitor's performance in the event up to the point of withdrawal. Withdrawing from a jump-off is not unsporting conduct.

## Long Jump, Triple Jump, Shot Put, Discus, Javelin

*NFHS Rule 6-3-2a* will be used to identify the final individual order of placement in all field events determined by distance.

## Running Events

1. The eight-lane track used at WSU for the State Track and Field Championship will not permit more than four competitors from each regional meet to qualify for the state meet (4 qualifiers x 4 regionals/class = 16 competitors = 2 heats of 8 in qualifying heats).
2. **400m Dash, 300m Hurdles, 4 x 100m and 4 x 400m Relays, (800m if this event is run in two sections)**
  - a. Races are run in sections based on descending order list. While not likely, should a tie between competitors (or teams) in different sections occur, the tie **must** be broken.
  - b. If a **timed tie (two competitors) for 3rd place** from competitors (or teams) in different sections, both athletes (teams) would advance to the State Track and Field Championship.
  - c. If a **timed tie for 4th place** from competitors (or teams) in different sections,
    - Per *NFHS Rule 3-9-8*...“electric or digital timers which measure one one-hundredth of a second must be used” thus, to break ties, the reading of one one-hundredth of a second shall be used.
    - Per *NFHS Rule 3-8-3*...If using FAT “ Determining qualifiers for a subsequent round, shall be broken by time recorded to one one-thousandth of a second.”
  - d. **IF** the tie for 4th place cannot be broken by c), a coin flip will decide the qualifier.
  - e. Other running events are determined solely by place...there can be no ties in the **100m, 200m, 800m, 1600m, 3200m or 100/110m Hurdles**. Timers must decide or the tie is broken on the basis of time.

## Pass Gate Provisions

In order to standardize the number of passes provided at the regional track and field meets, the following formula has been adopted by the KSHSAA Executive Board for use at the pass gate:

- 1 manager for 1-10 athletes entered
- 2 managers for 11 or more athletes entered

All coaches listed in the directory who have met the health/safety coaching education requirements for the year will be included on the pass gate list.

In addition to those listed, the superintendent, principal and/or athletic director of each school assigned to the regional will be admitted at the pass gate. The manager should have a sign-in sheet at the pass gate for these people to sign. Each regional manager is encouraged to use the KSHSAA Membership Directory at the pass gate to assist in verifying the names of school superintendent, principal and/or athletic director.

## Regional Managers – Reminders

1. Each regional manager should verify that the final meet results are submitted to Kansas MileSplit as soon as possible following the regional.
2. Immediately following the regional, managers are to **email ([kdoperalski@kshsaa.org](mailto:kdoperalski@kshsaa.org)) a pdf of the individual and team results to the KSHSAA.**
3. Individual event medals and team trophies will be sent to regional managers. **Check these as soon as they arrive for accuracy and completeness of the awards. Please notify the KSHSAA of any individual or team who needs a duplicate medal/trophy if ties occur. Return any undelivered, non-awarded medals to the KSHSAA.**
4. All throwing event implements are to be checked according to the official NFHS Track and Field rules. Use a balance or digital scale to check for correct weights.
5. Admission will be charged. The admission charge will be **\$6 for K-12th grade students and \$8 for adults**. Pre-K and under are free.
6. Participant numbers **WILL NOT** be supplied by the KSHSAA for regional meets.

7. Regional managers are to select starters from the list of registered starters posted via your login to the KSHSAA website ([www.kshsaa.org](http://www.kshsaa.org)>School>Misc.>Activities>Track and Field>Track Starter List). **Regional managers may elect to use either one of two options with respect to starters.** Under either option, in addition to the fee, each starter shall be compensated for travel expenses via a round-trip mileage zone system. All expenses and the fee shall be deducted from the KSHSAA portion of the gate receipts.

**Option 1** - You may select one starter and one assistant starter. **The starter's fee is \$195.00. The assistant starter's fee is \$70.00.** The starter will serve as the head starter in all races.

**Option 2** - You may select two starters (one to start the boys' races and one to start the girls' races). Each starter will serve as the assistant starter for the other starter. **Each starter's fee if you elect this option is \$145.00.**

8. Provide the clerk of the course with a master listing (in descending order) of all individual entrants in running events. The listing in descending order shall include name, school and time or distance of each entrant. This list should be posted on a bulletin board for coaches to view, or a copy provided to each head coach at the scratch meeting. The head field event judge shall have a similar listing for all individual entrants in field events.
9. Per **NFHS Rule 3-9-6** - The games committee may authorize a review of official pictures/video of the finish to assist in the final decision of place in a race.
10. At the scratch meeting introduce the starters, the referee and members of the games committee/jury of appeals.
11. All appeals must be in writing.
12. Following the meet, please provide regional meet results to local media.

## Postseason Ticket Protocol

KSHSAA regional/sub-state event hosts have the option to sell digital tickets through the GoFan digital ticketing platform. This is the only digital ticketing system permitted for use at KSHSAA postseason events. Using digital ticketing reduces or eliminates the need to have cash on hand, provides the opportunity to pre-sell tickets and gives the host access to digital reporting of sales. Host proceeds are not affected by digital vs. paper ticket sales. Digital ticket convenience fees are paid by the buyer. All proceeds from regional/sub-state events go directly to the host and are reconciled with the KSHSAA the same as paper ticket sales.

Prior to the start of the postseason, the KSHSAA will provide information to schools on how to set up GoFan digital ticketing for any postseason events they may be hosting. Schools may also contact the KSHSAA office for digital ticketing details.

## Postseason Ticket Protocol

*\*Update: KSHSAA will no longer be supplying paper ticket rolls to postseason hosts.*

**When hosting a KSHSAA postseason event, there are three options for ticketing:**

**OPTION #1 (PREFERRED):** Use the GoFan digital ticketing system. If you already use GoFan, use your own account to create the event and ticket options. If you are new to GoFan, set up an account at <https://hq.gofan.co/login>.

- When creating the event, be sure to use the correct ticket prices provided by the KSHSAA.
- Setup the event as event-based payment (not calendar-based).
- DO NOT include the service fee as part of the ticket price.
- Fans will show their tickets at the gate on their personal mobile device.
- A walk-up credit card purchase option (Box Office option) is available for GoFan schools.

Contact GoFan for more details.

- Details on how to use the GoFan platform can be found at <https://get.gofan.co/digital-ticketing-guide>.

**OPTION #2 (PREFERRED):** Use the GoFan digital ticketing system as described above and provide a cash purchase option. Cash purchases should be handled in the same manner as your regular season events. You will need to keep an exact count of all adult tickets and student tickets sold (keep separate counts) to report to the KSHSAA. If you choose to use paper tickets, plan to use your own. **\*The KSHSAA no longer supplies paper tickets to hosts.**

**OPTION #3:** Sell paper tickets in the same manner as your regular season events. You will need to keep an exact count of all adult tickets and student tickets sold (keep separate counts) to report to the KSHSAA. If you choose to use paper tickets, plan to use your own. ***\*The KSHSAA no longer supplies paper tickets to hosts.***

**GoFan is the only digital ticket system that may be used for KSHSAA postseason events.**

After the event, complete your post-event ticket and financial reports within 10 days.

- Login at [www.kshsaa.org](http://www.kshsaa.org) > *Schools* > *Postseason Host*
- Be prepared with the number of adult and student tickets sold (use GoFan reports and gate counts), the officials' information including round-trip mileage, and your local tax rate.

## 2024 GIRLS AND BOYS STATE TRACK & FIELD MEET TIME SCHEDULE

The time schedule is a guide. **Should the running event sessions run ahead of schedule, they will continue to run ahead and no adjustments will be made.** In the first session on Friday, Class 4A will compete first, followed by 5A and 6A. In the second session on Friday, Class 1A will compete first, followed by 2A and 3A. On Saturday, Class 1A will compete first followed by 2A, 3A, 4A, 5A and finally 6A.

### FIELD EVENT SCHEDULE – Preliminaries and Finals

SESSION	DAY	TIME	LJ	TJ	HJ-1	HJ-2	PV-North	PV-South	SHOT	DISC	JAV
1	Fri.	8:00 a.m.	4A B	5A G	6A B	4A G	6A G	5A B	6A G	5A B	4A G
2	Fri.	9:45 a.m.	6A G	5A B					6A B	4A G	4A B
3	Fri.	11:30 a.m.	6A B	4A B	5A G	6A G	5A G	4A B	4A B	5A G	6A G
4	Fri.	1:15 p.m.	3A B	4A G					3A G	2A B	5A B
5	Fri.	3:00 p.m.	3A G	2A G	3A B	1A G	2A G	1A B	1A G	3A B	2A B
6	Fri.	4:45 p.m.	1A B	2A B					2A G	1A B	3A B
7	Fri.	6:30 p.m.	2A G	1A G	2A B	3A G	1A G	3A B	2A B	3A G	1A B
8	Sat.	8:00 a.m.	5A B	1A B	4A B	2A G	4A G	2A B	5A G	6A B	1A G
9	Sat.	9:45 a.m.	5A G	3A G					5A B	6A G	3A G
10	Sat.	11:30 a.m.	4A G	3A B	5A B	1A B	3A G	6A B	4A G	2A G	5A G
11	Sat.	1:15 p.m.	2A B	6A G					1A B	4A B	6A B
12	Sat.	3:00 p.m.	1A G	6A B					3A B	1A G	2A G

#### RUNNING EVENT SCHEDULE – FRIDAY

##### *Finals (3200m Run)*

**4A, 5A, 6A**

4A Girls, 4A Boys	7:45 a.m. – 8:05 a.m.
5A Girls, 5A Boys	8:05 a.m. – 8:25 a.m.
6A Girls, 6A Boys	8:25 a.m. – 8:50 a.m.

##### *Preliminaries*

**4A, 5A, 6A      1A, 2A, 3A**

Girls 100m High Hurdles	9:00 a.m.	2:10 p.m.
Boys 110m High Hurdles	9:20 a.m.	2:30 p.m.
Girls 4 x 100m Relay	9:45 a.m.	2:55 p.m.
Boys 4 x 100m Relay	10:05 a.m.	3:15 p.m.
Girls 400m Dash	10:25 a.m.	3:35 p.m.
Boys 400m Dash	10:45 a.m.	3:55 p.m.
Girls 300m Low Hurdles	11:10 a.m.	4:20 p.m.
Boys 300m Intermediate Hurdles	11:35 a.m.	4:45 p.m.
Girls 200m Dash	12:05 p.m.	5:15 p.m.
Boys 200m Dash	12:25 p.m.	5:35 p.m.
Girls 4 x 400m Relay	12:45 p.m.	5:55 p.m.
Boys 4 x 400m Relay	1:15 p.m.	6:25 p.m.
Preliminaries Concluded	1:40 p.m.	6:50 p.m.

##### *Finals (3200m Run)*

**1A, 2A, 3A**

1A Girls, 1A Boys	7:00 p.m. – 7:20 p.m.
2A Girls, 2A Boys	7:20 p.m. – 7:40 p.m.
3A Girls, 3A Boys	7:40 p.m. – 8:00 p.m.

**NOTE:** With all six classes at the same site next year, classes 1A, 2A and 3A will have the early sessions.

Scoring for each event is as follows: 1<sup>st</sup> place = 10 pts.; 2<sup>nd</sup> place = 8 pts.; 3<sup>rd</sup> place = 6 pts.; 4<sup>th</sup> place = 5 pts.; 5<sup>th</sup> place = 4 pts.; 6<sup>th</sup> place = 3 pts.; 7<sup>th</sup> place = 2pts.; 8<sup>th</sup> = 1 pt.

#### RUNNING EVENT SCHEDULE – SATURDAY

##### *Preliminaries*

**1A, 2A, 3A, 4A, 5A, 6A**

Girls 100m Dash	8:30 a.m.
Boys 100m Dash	9:00 a.m.

##### *Finals*

Girls 100m High Hurdles	9:30 a.m.
Boys 110m High Hurdles	10:00 a.m.
Girls 4 x 800m Relay	10:30 a.m.
Boys 4 x 800m Relay	11:40 a.m.
Girls 100m Dash	12:45 p.m.
Boys 100m Dash	1:05 p.m.
Wheelchair 100m Dash	1:20 p.m.
Girls 1600m Run	1:25 p.m.
Boys 1600m Run	2:10 p.m.
Wheelchair 1600m	2:50 p.m.

#### HALL OF FAME INDUCTIONS

Girls 4 x 100m Relay	3:00 p.m.
Boys 4 x 100m Relay	3:20 p.m.
Girls 400m Dash	3:45 p.m.
Boys 400m Dash	4:05 p.m.
Wheelchair 400m Dash	4:17 p.m.
Girls 300m Low Hurdles	4:30 p.m.
Boys 300m Intermediate Hurdles	4:50 p.m.
Girls 800m Run	5:10 p.m.
Boys 800m Run	5:35 p.m.
Girls 200m Dash	5:55 p.m.
Boys 200m Dash	6:15 p.m.
Girls 4 x 400m Relay	6:35 p.m.
Boys 4 x 400m Relay	7:00 p.m.

#### TEAM AWARD PRESENTATIONS: FOLLOWING LAST RACE

(Only coaches and athletes are permitted on the infield for team awards.)

# 05 STATE MEET INFORMATION

## Wichita State University-Cessna Stadium—May 24-25, 2024

### State Entry Forms

Schools qualifying a relay team(s) for the State Track and Field Championship will be given a window of time to make changes/updates to their relay entries directly via Kansas MileSplit. This window is between 9 a.m. - NOON C.T. on Saturday May 18.

### State Entry Fee

State entry fees are \$10 per athlete per individual event. The relay team entry fee is \$25.00 per relay team. Relay team personnel may be changed from the regional meet and may be changed from the preliminaries to the finals. Schools will be invoiced for the state entry fee after state qualifiers are determined.

### State Track Facility

The 2024 State Track and Field Meet will be conducted at Cessna Stadium on the campus of Wichita State University. **Tentatively** the facility will be available to coaches, starting at 3 p.m., in the order of check-in at the stadium on Thursday, May 23. **TEAMS ARE NOT PERMITTED TO PRACTICE ON THIS DATE** at Cessna Stadium. Athletes will be permitted to walk the facility from 3:30 p.m. - 5:30 p.m., but no practice is permitted on the track or any of the field events. Coaches and athletes may need to be flexible with the information due to changes in the facility and construction.

### Warm-up Area

Contestants must warm up in designated areas, when permitted!

### Team Packets

Coaches are to pick up their team packet at the team pass gate (east side) on Thursday. Coaches will be allowed entrance at 3 p.m. to pick up packets and to save tent areas. The order of entrance will be based on the order of arrival. **Athletes will not be allowed to enter until 3:30 p.m.**

*Our office will communicate further details. The process will likely be different this year due to the physical changes to the facility.*

### Scoring/Medals/Trophies/Pictures and Awards

**Winners of the first eight (8) places will receive medals.** All place winners should report to the awards stand immediately following the finals of their event for recognition purposes. At the State Track and Field Meet, eight places will be scored in all events: 10-8-6-5-4-3-2-1.

Athletes must be in school-issued or school-approved uniforms to receive their medals.

Trophies will be presented to the top three (3) teams in each classification immediately after the last event on Saturday. Winning teams are asked to report promptly to the awards stand to receive their trophies.

All individuals and relay teams who tie or break state records should have a **high quality digital photograph** taken and sent to the KSHSAA to be used in future state track and field programs and for the KSHSAA Kopelk Memorial archive.

A professional photographer will be taking pictures of all class placers during the awards ceremonies.

## Infield Access

**Only officials and contestants will be allowed access to the infield at the stadium. All coaches and managers are asked to remain in the stands. It is not possible to run a championship meet without the cooperation of coaches and contestants in this matter.**

**Pole vault and high jump coaches** will be permitted in the designated coaches' box during the event when their athlete(s) are in competition or warming up. Coaches are asked to return to the stands following the conclusion of their athlete's competition.

## Team Camps

More information will come about the location of team camps.

## Timing

FAT (Fully Automatic Timing) will be recorded for all running events. In addition, contestants will have lane identification numbers provided to ensure the correct order of finish can be established.

## Posting Results

Qualifiers for the finals will be posted as soon as possible after the preliminaries in each event. On Saturday, the final results and team points will be posted. **Coaches should carefully check these results; any problems should be referred to the meet management.**

## Spikes

The use of 1/4-inch regular spikes will be permitted on the track, jumping and javelin runways. The shot and discus rings are concrete.

## Contestant Numbers

**All contestants must wear their assigned numbers while participating.** Please use all four pins to secure the number to the jersey. If an athlete's number is lost, the coach must contact a KSHSAA representative at the officials' area (south end of the West Stadium) to receive a new number.

## Markings on Track, Jumping and Vaulting Areas

Relay members may use tape or a small (9-inch diameter or less) round, flat rubber disc to mark takeoff points. Relay runners may have a second tape or small round, flat rubber disc mark. Incoming runners are requested to remove the tape mark from their lane.

High jumpers may have ONE mark (tape). It may not be at the takeoff point. **CHALK MARKS ARE NOT PERMITTED!** Competitors in the jumping and vaulting events may have a teammate(s) assist in measuring for their takeoff marks.

## Relay Teams

In relay events, eight (8) individuals may be listed as entries, any four (4) of which may compete (*NFHS Rule 5-10-2*). Schools are to furnish their own batons. The relay team personnel may be changed from the regional meet to the state meet. **Names listed on Kansas MileSplit are the ONLY students allowed to compete on the state meet relay teams.** Relay runners may change from preliminaries to the finals at the state meet provided they are all listed on Kansas MileSplit. With the \$25.00 entry fee per team, there is no cost savings in listing only four competitors instead of the eight (8) possible team members.

## Scratch Procedure

Scratches of athletes MUST be done by a member of the school coaching staff. Unless the scratch is due to an injury sustained during the state championship, scratches are to be made one (1) hour prior to the scheduled start time of the event.

If an athlete fails to report to the Clerk of the Course or to the Field Event Judge of the event they are entered in and the athlete has not been scratched by their coach from that event, the athlete will be disqualified from any/all of the remaining events they are entered in.

Scratching an athlete from an event does not prevent the athlete from competing in other events they may be entered in provided the athlete has been scratched per this policy.

## Time Limit Excused Competitors

In order to avoid problems encountered when athletes participate in more than one event going on at the same time, coaches must assume responsibility for ensuring athletes communicate with event judges regarding participation in another event. Competitors must be excused by the judge, and return in a timely manner. Judges must work to communicate effectively as well.

## Running Event Information

1. The finish line for all races will be the same. It will be located on or no more than 20 meters back of the juncture of the first curve and the straightaway. *(Where possible, regionals will also have their finish line on or no more than 20 meters back of the juncture of the first curve and the straightaway.)*
2. The 200m Dash will be run around one curve. The staggered starts will depend on the exact location of the finish line.
3. The 400m Dash will be run in lanes all the way (one athlete per lane).
4. The 800m, 1600m and 3200m Runs will be run in lanes for a one-turn stagger. *(Two runners per lane, or three/four per alley.)*
5. The 4 x 100m Relay will be run in lanes all the way. *(One team/runner per lane.)*
6. The 4 x 400m Relay teams will have a three-turn stagger. The first runners will run in lanes all the way; the second runners will continue in their assigned lane for one turn and will then cut to the pole. *(We recommend that this stagger also be used for regular season meets.)*
7. The 4 x 800m Relay teams' first runner will have a one-turn stagger and will run in their assigned lane for one turn and then will cut to the pole.
8. Runners in individual races will be assigned as per **NFHS Rule 5-6-4**. Priority will be lanes 4,5—3,6—2,7—1,8, in that order. The times posted in the regional will be used to seed runners in prelims.
9. Schools shall furnish their own relay batons. Be sure your baton conforms to **NFHS Rule 5-4-3**.
10. **Starting blocks** will be furnished by the KSHSAA/WSU. Schools desiring to use moyer blocks must furnish their own. Be sure your blocks conform to **NFHS Rule 5-4-1 & 2**.

## Qualifying from Preliminaries to Finals

In all races where preliminaries are run, there will be two heats with the **first two (2) place finishers from each heat qualifying for the finals and the four (4) next fastest times posted in the preliminaries**.

In all relay races where preliminaries are run, there will be two sections with the **first two (2) place finishers from each heat qualifying for the finals and the next four (4) fastest times for the finals**.



## Field Event Information

1. Field events will follow the printed schedule in the KSHSAA state program and as posted on the KSHSAA website.
2. **NFHS Rule 6-2-1** and **6-2-2** will be applied. These rules provide that field event “Contestants shall report promptly to the event judge at the designated location when the event is announced. “A competitor shall be charged with a foul if they do not initiate a trial that is carried to completion within one (1) minute (1.5 minutes in pole vault) after being called for a trial, **unless excused by the event judge** to participate in some other event.” A pass shall be communicated to the event judge before the start of the trial clock.
3. The **Pole Vault and High Jump** will be conducted by using the “five vaulters/jumpers alive” method. The order of competition in which contestants take their first trials shall be set by using **NFHS Rule 6-2** and **6-8**.  
**(NEW) NFHS Rule 6-2-2d** – In the high jump and pole vault, one minute shall be allowed for the first trial of a competitor first entering the competition.
4. In the **Shot Put, Discus and Javelin**, every throw will be measured to avoid ties.
5. **Long Jump, Triple Jump, Discus, Shot Put, Javelin:** Each competitor shall be allowed three (3) preliminary trials. In the finals, each qualifier is allowed three (3) additional trials. Nine (9) competitors will qualify for the finals. All 8th-place ties will advance to the finals. NFHS rules will be used to determine final places. Contestants in the preliminaries will perform in two flights of eight. There will be no flights in the finals; competitors will compete in reverse order, with the best preliminary performers last.
6. The order of competition in the field events is adjusted annually. The order of competition is found in the KSHSAA State Track and Field Program, in this Manual and is posted on the KSHSAA website.

## Field Event Implements

**Shots will not be furnished by the KSHSAA. Schools should bring their own shots.** Shots should comply with **NFHS Rule 6-10**.

**Discus and Javelin** implements will be weighed in no later than one hour prior to the event at the site designated in the team packet, and should comply with **NFHS Rule 6-10**.

**Pole Vault poles** are to be checked in with the head pole vault judge. Markings must be in compliance with **NFHS Rule 6-8-15** and verification will be made consistent with **NFHS Rule 6-8-15 Note**. The weight verification form will have been previously submitted.

## Dressing Facilities

Due to limited dressing facilities, schools are encouraged to have their athletes arrive in uniform. Clothes may not be stored, and each team is responsible for their own clothing and other valuables.

## Training Facilities

A training room will be made available in the north end of the West Stadium.

**Media** (contact *Jeremy Holaday* with questions; [jholaday@kshsaa.org](mailto:jholaday@kshsaa.org))

**Internet Video fee structure - [www.kshsaa.org](http://www.kshsaa.org)>Media>General Information>Internet Video Agreement**

- No Charge – Member Schools – student organized broadcast (regional and sub-state only – state tournament and championship games are not permitted)
- \$200/contest – All others

## Television Broadcast fee structure - [www.kshsaa.org](http://www.kshsaa.org)>Media>General Information>Television Agreement

- \$75/contest – 72-hour delay
- \$100/contest – 48-hour delay
- \$200/contest – 24-hour delay
- \$500/contest – Same-day playback (not live)
- \$2,000/contest – For live telecasting (daily fee for multi-day events)

## Media Credentials

Media members are administered media credentials for state events in September of the current year. The credential will be good for admittance to all state events so long as the media member submits attendance in the "SITE NOTIFICATION" tab to a specific state location by the deadline provided on each media member's "login" page at [www.kshsaa.org](http://www.kshsaa.org) > *media* > *login*>*site notification*. Each media member must adhere to policies and regulations stated on the back of each credential or credential will be revoked. KSHSAA media credentials are for postseason state events only. Schools may accept them during the regular season should they choose to do so. Contact Jeremy Holaday in the KSHSAA office with any questions, [jholaday@kshsaa.org](mailto:jholaday@kshsaa.org).

## Webcasting Postseason Contests

By KSHSAA Executive Board adoption the home team will now determine one school to be the webcast provider for the contest.

It has been a long-standing policy that member schools may elect to webcast their postseason game at no charge for a rights fee. These are meant to be educational in nature for students who have interest in the broadcast realm. The no charge option for member schools is still available, however now it will only be granted to either the host or the visiting school. As streaming becomes more efficient, many schools have begun to stream their games home or away. During the postseason, the host school athletic director has many items to coordinate. Narrowing down webcasts can aid in the logistics of hosting postseason play.

The host school has first right of refusal to webcast the game. If they elect to webcast the contest, then no other school may do so. If the host school turns down the opportunity, then the visiting school may webcast the contest - all at no charge as in previous years.

For competitions that involve multiple games, if the host school chooses to webcast the entire tournament, they may, and no other schools will webcast. Otherwise, it will be handled on a per contest basis. Each school should coordinate who will broadcast, if any, then fill out the proper form and send in to the KSHSAA, attention: Jeremy Holaday, [jholaday@kshsaa.org](mailto:jholaday@kshsaa.org).

## Pass Gate Process

Coaches, assistant coaches and managers will receive a wristband which must be worn in order for these persons to gain access to the stadium. Competitors must present their competitor number to be admitted and to access the infield. The location of the pass gate will be at the north end, on the east side of the stadium for coaches, managers and competitors. KSHSAA member school superintendents, principals and athletic directors will be admitted through the north gate, under the west stadium bleachers.

All coaches listed in the directory who have met the health/safely coaching requirements for the year will be included on the pass gate list.

To standardize the number of passes provided at the state track and field meet, the following formula has been adopted by the KSHSAA Executive Board for use at the pass gate:

- 1 manager for 1-10 athletes entered
- 2 managers for 11 or more athletes entered

## School Bus/Van and Car Parking

Information on parking will come at a later date.

## Ticket Prices and Sales

An admission charge will be made for the Friday morning, afternoon and evening events and for the Saturday morning and afternoon finals. Due to multiple sessions, hands will be stamped to provide subsequent admittance for that day's sessions.

**Admission prices each day will be \$10. Pre-K and under are free.**

## Electronic Device Restrictions

As per *NFHS Rule 3-2-8*, the games committee for the State Track and Field Meet has determined electronic devices shall NOT be used to transmit information to a competitor during a race or trial during the State Track and Field Championship. Violations will result in athlete disqualification.

Competitors are NOT permitted to wear ear buds, headphones, etc. in the competition area (defined below). Competitors are NOT permitted to use cell phones for any purpose in the competition area.

**Inside WSU stadium, the competition area is defined as the track surface and that area enclosed by the track, and the shot put ring and throwing sector area within the flagged and fenced areas.**

**Outside WSU stadium, the competition area is defined as the area enclosed by the flags and fenced area around the discus and the javelin events.**

**Coaches**—please inform your athletes of this policy in order to avoid problems as they are warming up and preparing for their events during the state meet.

If a contestant is observed using an electronic device, they will be asked to take the device to their coach.

\*\*\*

**Coaches, inform your athletes of the scheduled time for events (schedule can be found in this manual). The schedule is a guide. Should the running event sessions run ahead of schedule, they will continue to run ahead and no adjustments will be made. Athletes must report on time or be scratched.**

# 06 FIELD EVENT INFORMATION

## Throws Rule Change

**NFHS Rules 6-4-1, 6-5-1, 6-6-1** – This rules change offers flexibility to athletes in throws events to apply tape to their fingers provided the fingers are not taped together and all fingers can move independently. Additionally, it permits athletes to wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.

## Discus, Rule 6-9

**ART. 7 ...** The throwing circle shall be 8 feet, 2½ inches (2.50 meters) in diameter. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than ¾ inch (1.9 centimeters) above the level of the circle or, if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches (5 centimeters) wide may be substituted for the band. The inside edge of the line or band is the limit of the throwing circle.

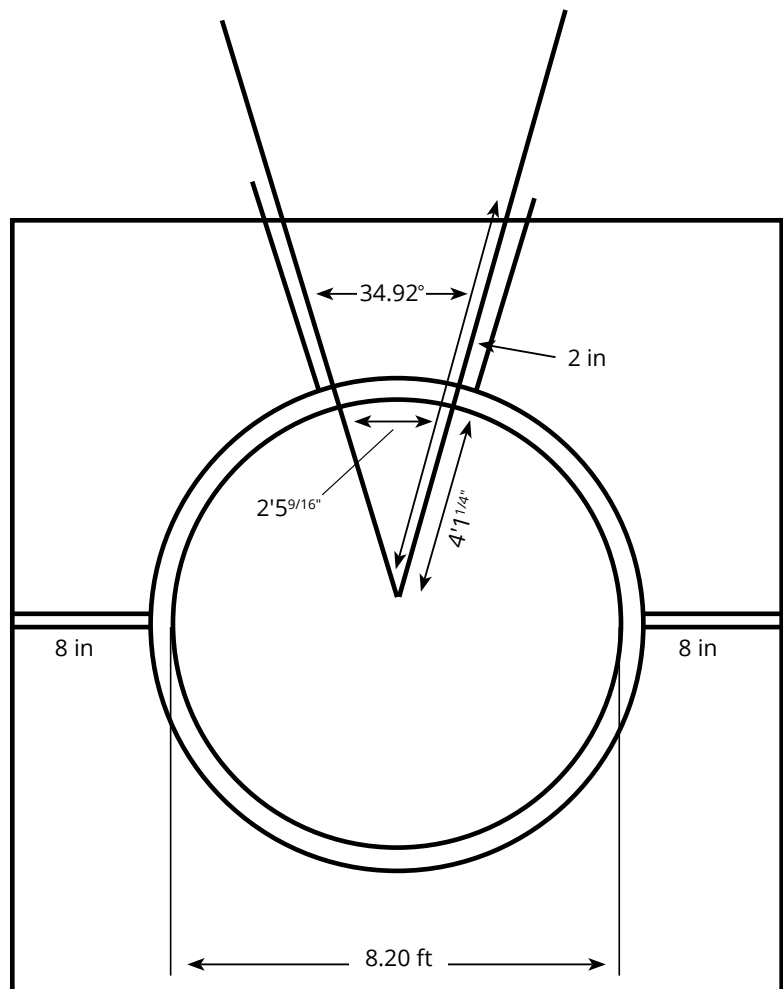
**ART. 8 ...** Projecting lines, 2 inches (5 centimeters) wide and 8 inches (20 centimeters) long, lying on the diameter extended and outside the circumference, shall be used to designate the back half of the throwing circle.

**ART. 9 ...** A 34.92-degree sector shall be marked on the ground and drawn from the center of the throwing circle. The inside edges of these lines shall mark the sector. From the center of the circle, mark one sector line. To establish the other sector line, use the point of intersection of the first sector line and the inside edge of the throwing circle and strike an arc with a radius of 2 feet, 5 9/16 inches (75.07 cm), so that it intersects the circle. From the center of the discus circle through this point, construct the second sector line. **See Appendix B for setting up the sector.**

**ART. 10 ...** The use of a protective cage is required. For portable or permanent installation, there shall be a rear to the cage as well as sides that extend forward at least to the front of the ring. It is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back. **See Appendix B for options regarding dimensions of the cage.**

### NOTES:

1. The ends of the cage (wing/gate pole) should be placed within 4 to 5 feet of the sector lines.
2. The discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area. Due to the nature of the event, it does not assure the safety of the aforementioned personnel.
3. It is recommended that all throwing areas be cordoned off, roped, fenced, or with flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.



## Safety Considerations Regarding the Pole Vault

**Rule 6-8-15:** The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer must include on each pole: the pole rating that shall be a minimum of  $\frac{3}{4}$ -inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer.

**SPECIAL NOTE:** It is not permissible for a coach to "re-mark" a top hand-hold band. **ONLY the manufacturer's marking or previously marked poles are legal. Worn markings may be redone if original marking is still visible at the time of re-marking.**

**Rule 6-8-15:** It is the responsibility of the coach to verify the competitor will use a pole rated at or above his or her weight.

**Rationale:** The coach is responsible for their athletes and is the obvious person to make sure vaulters always use the proper (legal) equipment. Coaches in other sports are asked to verify that their athletes are wearing or using legal equipment, therefore this is certainly not a new procedure.

**Kansas Procedure:** Coaches, athletic directors and principals shall verify the athlete's weight by correctly completing the Pole Vault Weight Verification form online - **Form TF-PV**.

- Form TF-PV must be completed online by a school administrator. The form is located in the Entry Forms section under the months of February-May.
- Once students are entered, print a list of all of your pole vaulters. **This list must be submitted to the meet manager prior to each meet.** The online list can be updated as many times as necessary throughout the season.
- Out-of-state schools participating in Kansas invitationals are to bring the weight verification form.
- An ongoing consideration is being given to requiring onsite weigh-ins of vaulters. As athletes add/drop weight during the season, it is the responsibility of the school coach to submit a new weight verification form.

**Rule 6-8-16:** A competitor who uses a pole during warm-up or competition which is either improperly marked or rated below his or her weight, shall be disqualified from the event.

**Rationale:** It is the responsibility of the coach, vaulter and the event judge to ensure that only properly rated and marked poles are used. Any pole not properly marked or rated below the vaulter's weight will be considered as illegal equipment. If a vaulter attempts to use an illegal pole, the individual will not be allowed to warm up or compete until a legal pole is secured. Competitors who use a pole during warm-up or competition which is either improperly marked or rated below the vaulter's weight shall be disqualified from the event.

**Rule 6-8-17:** Prior to warm-up or competition, the field referee, head field judge or assigned inspector of implements shall inspect each pole to be used in competition to verify that the poles are legal equipment as per **Rule 3-10-1**. This includes checking the placement of the top hand-hold band, numerical pole rating a minimum of  $\frac{3}{4}$  inches in a contrasting color located with or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness. The binding should not be on or above the top hand-hold band.

**Over the past several years, several rules changes have been adopted to minimize the potential risk for injury.**

The most dramatic change involved the pole used by the vaulters. Utilization of poles not appropriate for the individual's weight may increase the possibility for injury. Therefore, a new article was added requiring that the weight rating of the pole being used by the vaulter shall not be less than the vaulter's weight.

**Rule 6-8-15: NOTE 1:** Etchings, serial numbers, etc., that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum  $\frac{3}{4}$ -inch marking in contrasting color on each pole.

Also, each pole shall include a 1-inch circular band of a contrasting color indicating the top of the hand-hold safety zone. The use of a soft pole can be further complicated by gripping above the safe hand-hold position. If a vaulter makes a technical mistake while using a soft pole and gripping above the safety zone, the mistake can be greatly exaggerated, which could cause the vaulter to land too close to the edge of the landing pad, or to miss it altogether.

If a school has a pole which no longer has the manufacturer's pole rating on it (or which is not clearly visible) or no longer has the 1-inch circular band indicating the maximum top hand-hold position, the school should contact the manufacturer of the pole. The manufacturer is the only entity that can establish a policy for re-labeling the pole.

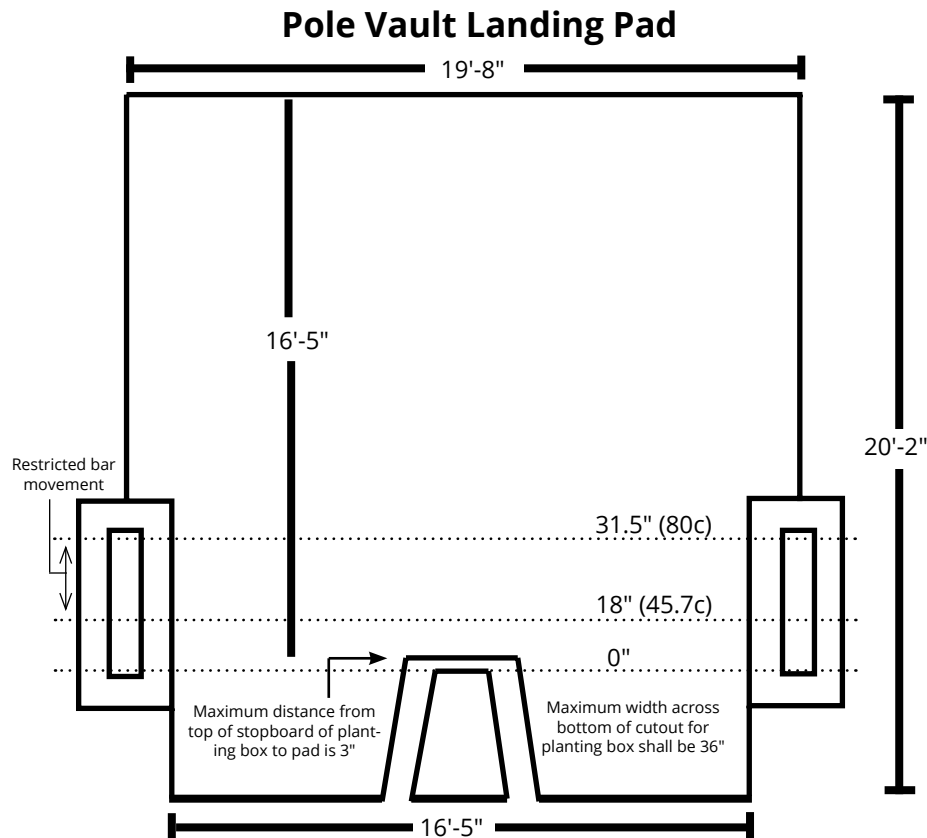
The intent of the committee was to place the responsibility on the coach to verify that the vaulter is using a properly rated pole (**rated at or above the vaulter's weight**). Each vaulter's weight must be verified and each pole checked to ensure compliance prior to practice and/or competition.

The restriction regarding the allowed movement of the upright standards can be found in *NFHS Rule 6-8-20* which states: a competitor shall have the standards set to position the crossbar from a point 18 inches (45.7 cm) measured beyond the vertical plane of the top of the stopboard, up to a maximum distance of 31.5 inches (80 cm) in the direction of the landing surface.

**BOX COLLAR PADDING IS REQUIRED AND MUST MEET ASTM STANDARDS.**

## NFHS Pole Vault Landing Pad Requirements

The NFHS Rules Committee set forth sizes for the landing pad size, front buns, plant box and non-metal cross bars. **PLEASE carefully review *RULE 6*** in the *NFHS Rules Book*.



## Pole Vault Coaching Box

The National Pole Vault Safety Committee recommended a coaching box be painted on the cover of the landing pad that is 8' deep and 10' wide. The box would start 3'-6" back from the back edge of the vault box.

- The purpose of the coaching box is to serve as a guide to help coaches and athletes make good decisions and performance adjustments.
- For the safest and most efficient vaulting, the vaulter's head and shoulders should land inside the box during all drills and competitive jumps.
- If the head and shoulders are landing outside the rear of the box, then the vaulter needs a stiffer pole to slow their pole speed down; this adjustment is approximately five pounds.
- If the vaulter is landing off to one side or the other with the head and shoulders outside the coaching box, the vaulter needs to lower their grip and learn how to plant and swing in a straight line into the middle of the pad.
- If the vaulter is landing with his/her head and shoulders in front of the coaching box, they need to lower their grip and perhaps go to a slightly softer pole.

# KSHSAA POLE VAULTER'S WEIGHT VERIFICATION FORM

for use by **out of state schools only**; member schools should submit this form online

Member Kansas schools are required to enter this information online through form TF-PV, located in the Entry Forms section of the KSHSAA website under the months of February-May. **Administrators are responsible to ensure each student is correctly entered.** A printable list can be accessed when students are submitted online or anytime on the Activities page of the website. **Kansas coaches are responsible to present a printed version of the online list to each meet manager prior to the start of warm-ups and/or competition in the meet.** Out of state schools should complete the sample version below.

SCHOOL: \_\_\_\_\_ CLASS: \_\_\_\_\_

*please copy and submit boy and girl vaulters **separately***

Name of Vaultler	Grade	Weight ***	Pole Rating
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____

\*\*\* Includes full competition uniform and footwear.

Signature of Principal \_\_\_\_\_ Date \_\_\_\_\_

Signature of A.D. \_\_\_\_\_ Date \_\_\_\_\_

Signature of Coach \_\_\_\_\_ Date \_\_\_\_\_

## NOTE TO SCHOOL OFFICIALS

**Please review the following National Federation rules regarding the pole vault event:**

**Rule 6-8-15:** The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating shall be visible in a 3/4" contrasting color, located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position.

The location of the band indicating the top safe hand-hold position shall be determined by the manufacturer.

**It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight.**

**SPECIAL NOTE: It is not permissible for a coach to "re-mark" a top hand-hold band. ONLY the initial manufacturer's marking is legal or those done by a coach between 1996-2002 are legal. Worn markings may be re-done.**

**Rule 6-8-16: A competitor shall not use a variable weight pole,** a pole which is improperly marked or a pole rated below his / her weight during warm-up or competition.

**PENALTY: Disqualification from the event.**

**Rule 6-8-27h:** It shall count as an unsuccessful trial when the vaulter grips the pole above the top hand-hold band.

*Review all of Rule 6-8-14 through 29 and Rule 6-9-24 through 35, relative to adopted rules and dimensions for landing pad, plant box, hard and unyielding surfaces and the placement of the standards/uprights.*

## Contact Information for Pole Vault Pole Manufacturers

In the event a school has a pole which has etchings/markings that must be replaced, please use the following information to contact the manufacturers. Each manufacturer has their own policies/procedures that they use in regards to possible replacement of the etchings/markings.

**Altius, Altius Vaulting Poles**, Based in Jacksonville, TX, Jeff Erickson, 1-800-374-7653, [www.altiuspoles.com](http://www.altiuspoles.com) Send self-addressed stamped envelope with the poles, length, weight and flex number to: PO Box 1168, Jacksonville, TX 75766. There is a \$5 charge per label. Routine shipping will be free.

**Big Stick**, On Track and Field, Based in Simi Valley, CA, 1-800-697-2999. Web site: <https://www.ontrackandfield.com/big-stick-vaulting-pole/>. Labels are limited at this time. Call for more information.

**Cata-A-Pole**, Maxima 4 Vaulting Poles are no longer in production and replacement labels are not available. Rocket vaulting pole labels are not available at this time.

**ESSX**, ESSX Vaulting Poles, Based in Ft Worth, TX, 1-877-367-3779, Customer Service. To request a new label, go to the ESSX web site: [www.ust-essx.com](http://www.ust-essx.com). Select the "Contact Us" link. Complete the required information on the page to include your Name, Email Address, Subject line: Pole Replacement Label, Location: home address, and Message: provide the pole's length, weight and serial number. Labels for poles older than 10 years may not be available. Labels are approximately \$5-\$10 and FedEx shipping is approximately \$15.

**FiberSport**, Based in Bedford, Tx, Bruce Caldwell, 1-817-819-1472, Send digital photos of the length, weight and flex number (engravings at the top of the pole) or digital photos of the old label to: [bruce@fibersportusa.com](mailto:bruce@fibersportusa.com). Each label will cost about \$30 which includes shipping. For more information regarding FiberSport poles visit: <https://fibersportpoles.com/about-weight-labels-%26-why>.

**Gill Athletics**, the following poles have been discontinued but you can still get labels for these poles: Carbon FX, Pacer FX, Carbon Mystic, Mystic, Skypole Carbon and Skypole. The new line of poles are the Pacer Composite, Pacer FXV and the Pacer One. Based in Champaign, IL. 1-800-367-3090. To obtain a new label send an email to [customerservice@gillathletics.com](mailto:customerservice@gillathletics.com). For poles manufactured in prior to mid-2003, include the poles' length, weight, and date which are engraved in the fiberglass near the top of the pole. Newer poles, late 2003 to present, will have a serial number and bar code embedded in the fiberglass, located within the top eight inches of the pole. For example, serial number 202300530 -- the first four digits of the serial number is the year the pole was manufactured, 2023. The following numbers indicate the exact numbered pole produced during that year, 00530 is the 530th pole made that year. Labels will cost \$6.50 and the cheapest shipping charge via UPS is \$13.27. The shipping charge is for as many labels as you purchase, not for each label.

**Nordic Sports**, Nordic Vaulting Poles, Based in Sweden. <http://www.nordicsport.se/> Contact Lars Forsberg, pole vault manager, at 011-46-910-76-40-03 or [Forsberg@nordicsport.se](mailto:Forsberg@nordicsport.se) for replacement labels. Include your name and address, along with the length and weight of the pole. Nordic will send the labels to a U.S. distributor who will send them to you.

**UCS**, Spirit Vaulting Poles, Based in Carson City, NV, 1-800-537-7117, <https://www.ucsspirit.com/vaulting-poles>. Send a clear digital picture of the pole's etchings at the top of the pole (length, weight, date -- three lines of data) to either: [lane@spiritpoles.com](mailto:lane@spiritpoles.com), [ucsspirit@pyramid.net](mailto:ucsspirit@pyramid.net), or [michaelc@ucsspirit.com](mailto:michaelc@ucsspirit.com). Make sure that the digital photo is readable. If not, rub a dry erase marker over the numbers and wipe off to highlight the numbers. Include your name, address and phone number with your request. No charge for labels or routine shipping..

## Other Recommendations to Help Minimize Risk in this Event

1. Purchase landing pads which meet NFHS and ASTM requirements.
2. Always provide proper supervision! A vaulter should not be allowed to vault alone.
3. **By rule, all exposed projections on the base of the standards or uprights must be padded or covered. Adjustment knobs should be located on the outside of the standards. Standards must be anchored.**
4. A non-metal, circular crossbar should be used (see **Rule 6-9-23**).
5. Vaulting poles should be continuously inspected for cracks, dents or scratches which can reduce the original stress level of the pole.
6. Special clinics emphasizing safety procedures and appropriate teaching techniques should be offered for coaches.
7. Because of the complexity of the event, as well as important safety considerations, pole vaulters need a significant amount of diversified conditioning before they should be allowed to vault for height.



8. Although the vaulter is in the position to be the best judge of when they may not get into the landing pad and therefore must abort the attempt, coaches need to emphasize how the vaulter arrives at this decision.
9. The first rule for terminating an attempt after becoming airborne is to hang onto the pole and look for a safe place to land, then release the pole if over the landing pad, or ride the pole to the safest landing area.
10. Caution should be urged where 14-foot poles or longer are used.
11. It is advised that the vaulter should be able to vault their hand-grip before raising the grip. A higher grip may magnify any technique flaws.
12. Padding between the stop board and landing pad must be covered by appropriately sized material or similar padded material in compliance with NFHS rules.
13. Correct alignment and safe penetration is urged at all times.
14. With a large bend and deep penetration a stronger pole should be used. With a small bend and deep penetration a higher grip, not to exceed the top safety zone, could be used. With a large bend and poor penetration, a lower grip should be used. With a small bend and poor penetration a softer pole, not below the body weight, should be used. (A large bend would be defined as 90 degrees or more.)

# 07 ADDITIONAL INFORMATION

## Girls and Boys National Track and Field Honor Roll

Each year the National Federation publishes a National High School Honor Roll for girls and boys track and field, listing the outstanding performances made by high school athletes under standard conditions.

**In order to be considered for listing on the National Honor Roll, performances must:**

1. Be approved by **and submitted through the state high school association executive officer;**
2. Be made by eligible high school athletes whose schools are members of their state high school athletic/activity associations;
3. Be made in interscholastic **meets involving five or more schools** and sanctioned by the state high school association;
4. Be made in an event limited to high school contestants who are representing their respective high schools in outdoor competition;
5. **Not be wind-aided** (exceeding 4.473 mph) for the sprints, hurdles, long or triple jumps.

Please send your list of candidates to the KSHSAA immediately after the close of your track season (not later than June 1, 2023). Please double-check all performances so that they comply with the below standards.

I attest to the following performances as meeting the standards stated above.

Competitor	School & City	Name of Meet	Date	Meet Event	Time, Height or Distance
------------	---------------	--------------	------	------------	--------------------------

---



---



---

In order that consideration be given to all worthy performances, it is suggested recommendations be forwarded for any performance equal to, or better than, the following minimums:

### GIRLS

100m	11.70	100m H Hurdles	14.20	High Jump	5' 8"
200m	23.90	300m L Hurdles	45.40	Long Jump	19' 5"
400m	55.00	400m Relay	47.00	Triple Jump	39' 6"
800m	2:10.00	800m Relay	1:41.00	Shot Put	44' 0"
1600m	4:53.00	1600m Relay	3:50.00	Discus Throw	150' 0"
3200m	10:28.00	3200m Relay	9:20.00	Javelin Throw	140' 0"
				Pole Vault	13' 0"

### BOYS

100m	10.45	110m H Hurdles	14.10	High Jump	6' 10"
200m	21.05	300m I Hurdles	38.00	Long Jump	23' 9"
400m	47.50	400m Relay	41.50	Triple Jump	48' 6"
800m	1:53.00	800m Relay	1:28.00	Shot Put	60' 0"
1600m	4:12.00	1600m Relay	3:16.00	Discus Throw	187' 0"
3200m	9:02.00	3200m Relay	7:50.00	Javelin Throw	190' 0"
				Pole Vault	16' 0"

I hereby certify the performances listed meet standards #1 through #5 as stated above, and submit them to the KSHSAA for consideration for the National Track & Field Honor Roll.

Attested by

Signature

School

# METRIC CONVERSIONS

The Track and Field Rules Committee of the National Federation of State High School Associations has established the order of events in metric distances. Schools building new or refurbishing existing track facilities are encouraged to make accommodations for metric races. Most KSHSAA member schools have metric tracks which will be used during the inter-scholastic season. This section should be helpful to those who need to make conversions from yard to metric distances and vice versa.

## Metric Conversion Chart for Times

To convert metric times to English equivalent, use the following conversion table:

Girls 100m HH	to 110-Yd. High Hurdles	Add .1 sec.
Boys 110m HH	to 120-Yd. High Hurdles	Same
Girls 800m Relay	to 880-Yd. Relay	Add .5 sec.
Girls 3200m Relay	to Two-Mile Relay	Add 3.0 sec.
Boys 3200m Relay	to Two-Mile Relay	Add 2.8 sec.
Girls 100m	to 100-Yd. Dash	Sub 1.0 sec.
Boys 100m	to 100-Yd Dash	Sub .9 sec.
Girls 1600m	to One-Mile Run	Add 1.9 sec.
Boys 1600m	to One-Mile Run	Add 1.6 sec.
Girls 400m Relay	to 440-Yd. Relay	Add .4 sec.
Boys 400m Relay	to 440-Yd. Relay	Add .2 sec.
Girls 400m	to 440-Yd. Dash	Add .5 sec.
Boys 400m	to 440-Yd. Dash	Add .3 sec.
Girls 300m LH	to 330-Yd. Low Hurdles	Add .2 sec.
Boys 300m IH	to 330-Yd. Int. Hurdles	Add .2 sec.
Girls 800m	to 880-Yd. Run	Add .9 sec.
Boys 800m	to 880-Yd. Run	Add .7 sec.
Girls 200m	to 220-Yd. Run	Add .2 sec.
Boys 200m	to 200-Yd. Run	Add .1 sec.
Girls 3200m	to Two-Mile Run	Add 4.7 sec.
Boys 3200m	to Two-Mile Run	Add 3.4 sec.
Girls 1600m Relay	to Mile Relay	Add 1.3 sec.
Boys 1600m Relay	to Mile Relay	Add 1.1 sec.

Note: To convert from English times to metric equivalent, reverse the above process.

## Metric Conversion Chart for Distances

109.40 yards	100 meters
120.30 yards	110 meters
218.70 yards	200 meters
328.10 yards	300 meters
437.40 yards	400 meters
874.90 yards	800 meters
.99 miles	1600 meters
1.98 miles	3200 meters
3.10 miles	5000 meters

