

2019 Track & Field Manual

Thursday, Friday, Saturday, April 25-27
Drake Relays
Drake University

Co-Ed State Qualifying Meets
All Classes—Thursday, May 9 4:00 p.m.

Thursday, Friday, Saturday, May 16-18
Co-Ed State Meet
(Drake University)

Joint Boys' and Girls' Track and Field Advisory Committee

CHAIR—Terry Coleman, Iowa City City High
Brian Peterson, Roland-Story
Jon Pedersen, Central Decatur
Tim O'Neill, Davenport Assumption
Blair Puls, Hudson
Nate Smith, Ankeny Centennial
Martha Bauder, Central, Elkader
Toby Lorenzen, Central Lyon
Ray Wilden, Clinton (Official)

TEAM PARTICIPATION RULES

1. The first day of practice will be February 11, 2019.
2. Meet Limitation: Teams will be allowed to compete in 12 meets.
Meets not included in this limitation: IGHS AU meets (state qualifying or state), Drake Relays.
3. Indoor track and field meets do not count toward the meet limitation unless an indoor meet is held after a school's outdoor season has begun. Any indoor meet held after a school begins outdoor competition counts against the meet limitation. The only exceptions would be the excluded meets identified in item #2.
4. On occasion, a school will have an athlete who is very talented and the school believes she should have better competition than the rest of the team; they take the individual to a meet and leave the rest of the team at home. If a school does this, this meet will count against the team's

meet limitation if the outdoor season has begun. This does not include the Drake Relays.

5. A two-day meet shall be considered a one-day meet insofar as the limitation rule is concerned.
6. If you sign a contract to participate in a tack meet, you cannot break that contract to attend a different meet. The IGHSAU rules require you to honor your first contract.

INDIVIDUAL PARTICIPATION RULES

1. Individuals will be allowed to compete in 12 meets.
Meets not included in this limitation: IGHSAU meets (state qualifying or state) and the Drake Relays. Indoor track and field meets do not count toward the meet limitation unless an indoor meet is held after the outdoor season has begun. Any indoor meet held after a school begins outdoor competition counts against the meet limitation. The only exceptions would be the excluded meets identified in item #2.
2. **A competitor may compete in only one meet per day, excluding the Drake Relays.** The only exception would be if you a varsity/junior varsity meet or a sophomore/varsity meet held on the same day at the same site. An individual can participate in both meets as long as she does not violate the one-day individual event participation rule. In this instance, the competitor will be charged with only one meet.
3. Individual Event Limitation: Each contestant is limited to **four** events.
4. Preliminary events count as an event.
5. If there are no preliminaries, individuals entered will be charged with an event unless she scratches prior to reporting to the clerk of course or event judge.
6. The Board of Directors of the IGHSAU has adopted the National Federation rule with regard to a participant competing in too many events. Rule 4, Section 2, Article 2 requires the forfeiture of all individual points, team points, and places earned by a competitor exceeding the participation limit. The forfeiture applies to both individual and relay points and places.
7. **Concussion:** National Federation rules and the Code of Iowa require that a competitor displaying the signs or symptoms of a concussion shall be immediately removed from the meet and not allowed to return until cleared in writing by an appropriate health-care professional. The written clearance must be given to the starter prior to being allowed back in competition. The starter must submit a copy of written approval to the IGHSAU office following the meet.
8. **Personal conduct:** Disqualification will be invoked for unsportsmanlike conduct. The referee has sole authority in this area however any official may request the referee to take such action.

MANDATORY REPORTING OF PERFORMANCES

Based on a recommendation of the Joint Track and Field Advisory Committee and action of the Board of Directors, head varsity track and field coaches are mandated to enter track and field performance at the quick stats website, www.quikstatsiowa.com. Performances need to be entered by noon on each Tuesday with the 1st date being on April 9, 2019. The penalty for failure to enter performances on time is:

First Offense—A letter/e-mail to the head coach from the IGHS AU giving 3 days to comply with the mandate.

Second Offense—A letter/e-mail to the Athletic Director with a copy to the principal and superintendent from the IGHS AU giving 3 days to comply with the mandate.

Third Offense—The IGHS AU member school's expense allowance will be withheld by the IGHS AU in the sport in which the third offense occurred.

TRACK CLASSIFICATIONS

The 48 largest track schools are 4A, next 64 largest 3A, next 96 largest 2A, and the balance 1A. In the co-educational sport of track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender of cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm on Friday March 15, 2019 for track and field.

STATE QUALIFYING MEET – ALL CLASSES COACHES' INFORMATION

1. All state qualifying meets will be co-educational meets.
2. The 2019 qualifying meets will be held for all classes on Thursday, May 9, 2019. The rain date for all qualifying meets will be the following day excluding Sunday. All qualifying meets will start at 4 p.m. with field events. Running events will begin at 4:30 p.m. There will be a 45 minute break between the boys' 4 X 800 Meter Relay and the girls' shuttle hurdle relay and a 20 minute break between the boys' 800 meter run and the

girls' 200 meter dash for class 4A, 3A. There will be no 20 minute break for Class 2A and Class 1A. If the rain date is used, meet manager determines starting time.

3. **The Board of Directors of the IGHS AU has determined that races at the State Qualifying meets will run to the common finish. Races will not be reversed to gain a wind advantage even if fully automatic timing is available for the reversed race.**
4. **Qualifying Meet Assignment:** Your school will be assigned to a qualifying meet based on geographic location. This assignment cannot be changed.
5. Only two contestants may compete in an individual event from a member school. One relay from each school may compete.
6. **Scoring: eight places will score at the qualifying meet.** Qualifying meet scoring shall be 10, 8, 6, 5, 4, 3, 2, 1 for relay events and individual events.
7. **Awards:** Medals for first eight places in all events. Qualifying meet team champions will be awarded a qualifying champion banner.
8. Order of events for all qualifying meets is listed for your convenience.

ADMISSION

Admission is \$6.00 for K-12 students and adults. There will be no charge for a child who is not yet in school.

All field events will begin at 4:00 p.m. All running events are finals (no running prelims). Running events will begin at 4:30 p.m.

All Filed Events

High Jump (G/B)

Discus (B/G)

Shot (G/B/WC)

Long Jump (B/G)

Running Events

800m Sprint Medley Relay

800 meter Wheelchair

3000/3200 Meter Run

4x800 Meter Relay

45-Minute Break

Shuttle Hurdle Relay

100 Meter Dash

100 Meter Wheelchair

1600 Distance Medley Relay

400 Meter Dash

400 Meter Wheelchair

4x200 Meter Relay
100/110 Meter Hurdles
800 Meter

Mandatory 20-minute break (Class 4A & 3A Only)

200 Meter Dash
200 Meter Wheelchair (B)
400 Meter Hurdles
1500/1600 Meter Run
4x100 Meter Relay
4x400 Meter Relay

FINISH LINE

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

STATE QUALIFYING MEET INFORMATION

1. Information will be mailed to your school. A **Qualifying Meet Manual will be posted on the website.** Qualifying meet entries will be submitted online. Information for submitting qualifying meet entries will be emailed to member schools on Monday, April 22, 2019. **The deadline for Qualifying Meet entries and declarations will be 10:00 a.m. Wednesday, May 8, 2019. All scratches or substitutions must be sent by email to the Qualifying Meet host no later than 10:00 a.m. on the day of the meet, Thursday, May 9, 2019. No substitutions will be allowed after that time. Scratches after that time will count as an event. Emergency situations will be considered and can only be approved by the IGHSAU.** All times and efforts will be performances in established meets and should be recorded in metric times or converted metric times for the running events and standard measurements for the field events. All entries shall be submitted as FAT times. **All state qualifying meet seed times need to be verified through QuikStats. Any time discrepancies (faster or slower than what is posted on QuikStats) protested before 1 pm on Thursday, May 9, 2019 will result in "No Time" seed time. No split times are allowed for individual event seed times.**
2. Upon receipt of the entries, all entries will be ranked from first to last in each event according to performances. Heats and sections as well as lane assignments will be drawn from this information. The IGHSAU will oversee the ranking of the entries and placement of athletes into heat sections, lanes and flights. State Qualifying meet managers will reseed an event if pre-meet scratches or substitutions occur. Substitute entries will have a "No Time" seed time.

- a.) Field events will be in flights. Throwing order will be as stated in the Track and Field Rules Book. For the long jump and throwing events, each competitor will attempt one trial at a time through the flight order, similar to the format used at the state track and field meet. If a competitor needs to be excused to participate in another event during either the preliminary or final round, please reference Rule 6, Section 2, Article 5 (Throws) and Rule 7, Section 2, Article 2 (Long Jump).
- b.) **Girls:** The Starting height in the high jump is 4'6" for all classes. The bar is raised two inches each time to five feet, and then one inch at a time. All measurements shall be to the lesser inch.
- c.) In events run in sections against time, the last section will contain the best performers, the prior sections the next best contestants, etc.
- d.) Since all events are finals, sections will be filled by entry performances. The final section of each event will have the best entry performances.
- e.) The highest ranked contestant will be placed in the lane in the center of the track. Lanes will be filled by alternating either side of the number-one ranked athlete. This will be (4-5-3-6-2-7-1-8) or (3-4-2-5-6-1) according to the number of individuals or teams in the heat and the lanes available.
3. Relay personnel may be changed after the meet has begun. Substitutes must come from the names on the original relay entry.
4. Each school will be given copies of the heat and lane assignments.
5. **Track Complimentary Admissions:**
- 1) Any superintendent, principal, or athletic director, and one accompanied guest who present their current IHSAA/IGHSAU identification card will be admitted free. It shall be understood that no members of the families of an administrator or coach shall be admitted free unless they qualify in one of the other categories.
 - 2) Any bona fide member of the press, radio, and television media attending in the official capacity of reporter or photographer. (This does not include representative of school paper or year book.)
 - 3) One team bus driver.

UNIFORM

Each competitor's uniform shall consist of:

- A. Shoes
- B. Track top and track bottom or one-piece uniform school-approved.
 1. Bottoms may vary in length and style but must be the same color for all team members.
 2. Loose-fitting, boxer-type shorts are permitted and closed leg brief/short shorts are acceptable for girls.
 3. The top and bottom or one-piece uniform may have the school identification, and the top may have the competitor's name.

4. The top shall not be knotted or have a knot-like protrusion.
5. A single manufacturer's logo/trademark, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top and bottom or on one-piece uniforms.
6. The American flag, not exceeding 2x3 inches, is permitted.
7. Any visible undergarments worn under the top and other visible apparel worn under the bottom must be unadorned and of a single solid color, but not necessarily the same length nor color. Visible items worn under both the top and bottom do not have to be the same color.

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

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

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

In relay races each team member shall wear the same color and design of school uniform (top and bottom). Any visible undergarments worn under the top and other visible apparel worn under the bottom must be unadorned and of single solid color, but not necessarily the same length nor same color. A combination of body suits and traditional uniforms is allowed. All tops must be the same color and all bottoms must be the same color.

Single, solid-colored headbands and wristbands are allowed. Such items must be unadorned, meaning they may only display one manufacturer's logo or school name or logo. Such logo must be no more than 2 ¼ square inches, with no dimension greater than 2 ¼ inches.

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

Wearing a wristwatch is legal for boys and girls. **Bobby pins and plastic barrettes/clips are legal for girls.**

(All articles) For an illegal uniform the rules are as follows: First offense you are given a warning and the next offense is disqualification from the event.

RELAY CARDS

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

STATE MEET QUALIFIERS

In class 4A, top two place winners in each event, plus the next twelve (12) best performances statewide from qualifying meet place winners will advance to the state meet. Class 3A and 2A, the top two place winners in each event, plus the next eight (8) performances statewide from qualifying meet place winners will advance to the state meet. In Class 1A, the top place winner in each event, plus the next fourteen(14) best performances statewide from qualifying meet place winners will advance to the state meet. If there are ties, the highest qualifying meet place winner will be the qualifier. If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. The last school name alphabetically will become the qualifier. There will be no more than 24 qualifiers in any event.

WHEELCHAIR EVENTS

In both boys and girls competition the events shall be 100 Meters, 200 Meters, 400 Meters, 800 Meters, and the Shot Put.

FIELD EVENTS PRELIMINARIES AND FINAL

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

The Meet Manager shall decide the order of the field events for preliminaries. In the finals, competition shall be in reverse order of qualifying performance from preliminaries. If flights are used, proper warm-up shall be allowed prior to the start of next flight. Successive attempts shall be allowed (see Rule 6-2-6 (throws) and 7-2-6 (jumps)).

All field events, except the high jump, require every good throw or jump to be measured. If a tie should result in any final placing, refer to the competitor's

second best attempt. It may be necessary to refer to the competitor's third best attempt to break a tie.

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

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

NUMBER OF QUALIFIERS FOR THE FINALS

The number of qualifiers to the finals in all field events shall be eight (8).

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

FINAL SECTIONS

All races shall be run in sections. The number of sections to run will depend on the number of entries.

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

TRACK MARKINGS AND LANE STAGGERS

WATERFALL OR DOUBLE-WATERFALL MAY BE USED AT THE STATE QUALIFYING MEET IN THE 1500 METER/3000 METER RUNS—DETERMINED BY MEET MANAGER.

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

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

The running event which requires a one-turn stagger:
200 Meter Dash—Must be run around a curve.

The running events requiring a two-turn stagger:
400 Meter Dash—Must be run in lanes all the way.
4x100 Meter Relay—All four runners in assigned lanes.
400 Meter Hurdles—Must be run in lanes all the way.

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

The four-turn stagger is used in the following:

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

INTERNATIONAL EXCHANGE ZONE

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

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

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

STATE MEET INFORMATION

The 2019 State Track and Field Meet will be a coeducational event held in cooperation with the Iowa High School Athletic Association. The meet will be held at Drake Stadium in Des Moines. The meet will be held May 16, 17 and 18. Classes 2A & 3A will compete in the morning. Classes 1A & 4A will compete in the afternoon. There are still pending details regarding the administration and organization of the meet. Specific details will be made available when the determinations have been made.

COACHES CONDUCT

There will be no coaching boxes at the State Qualifying Meet. Once the meet has begun, coaches shall not be in the infield area.

SPECTATOR CONDUCT

All spectators at state-sponsored meets shall wear shoes.

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

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

Throwing articles onto the contest area. Penalty—EJECTION

Entering the contest area in protest or celebration. Penalty—EJECTION

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

Spectator interference with the event. Penalty—EJECTION

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

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

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

When the meet starter/referee arrives on-site (30-60 minutes prior to starting time), the starter shall locate the administrator (event manager) in charge for the event. If no administrator is available, the HOST COACH shall be deemed in charge. If a problem arises during the meet, the official shall notify the event manager of the problem and inform the event manager of the remedy needed (could include asking the direct supervision of the area, warning issued by the event manager, or ejection from the area).

Host management is responsible for all spectators, regardless which school the spectator is supporting. Any necessary communication or action taken shall come from the event manager in charge.

ALCOHOL AND TOBACCO POLICY

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

PETS/ANIMALS PROHIBITED

No pets are permitted at events sanctioned by the IGHS AU or IHSAA. Any person with a pet will be asked to leave. This policy shall comply with the provisions of Iowa Code 216c in that such a person with a disability or person training an assisted

animal has the right to be accompanied by a service dog or an assisted animal under control. The person is liable for damage done to any premises or facility by a service dog or assisted animal.