

## 2022 Track & Field Manual

Co-Ed State Qualifying Meets  
All Classes—Thursday, May 12 4:00 p.m.

Thursday, Friday, Saturday, May 19, 20, 21  
Co-Ed State Meet  
(Drake University)

### TEAM PARTICIPATION RULES

1. The first day of practice will be February 21, 2022. .
2. Order of events: All meets shall use the qualifying meet order of events
3. for all regular season meets.
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 track meet, you cannot break that contract to attend a different meet. The IGHS AU rules require you to honor your first contract.
7. Schools may participate in one scrimmage with up to four teams participating in the event.
8. **SHUTTLE HURDLE RELAY RULES** - In all shuttle hurdle relay races there shall be a "break line" one meter in front of the starting line. For the girls shuttle hurdle relay, each hurdler shall run a total of 102.5 meters. The distance from the starting line to the first hurdle and from the last hurdle to the finish line shall each be 13 meters and the distance between the hurdles set at 8.5 meters. Hurdle height shall be 33 inches. Odd numbered lanes should be assigned to the 1<sup>st</sup> and 3<sup>rd</sup> runners and even numbered lanes to the 2<sup>nd</sup> and 4<sup>th</sup> runners. The outgoing runner must be positioned behind her starting line and she must be motionless immediately prior to her "start". She cannot "start" until the incoming runner has broken the plane of the break line with her torso, meaning each outgoing runner must have a discernable pause between her "set" and her "start". A "rolling start" is illegal. NFHS Rule 5, Section 14 applies to all contestants in the event. If a relay team puts themselves at an advantage or other relay team at a disadvantage due to displacing a hurdle that cannot be corrected in a timely manner, the offending relay team shall be disqualified.

### INDIVIDUAL PARTICIPATION RULES

1. Individuals will be allowed to compete in 16 meets. Meets not included in this limitation: IGHSAU meets (state qualifying or state), and the Drake Relays. Indoor track and field meets DO count toward the meet limitation.
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. 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. A scratch after the 10:00 am deadline on Thursday, May 12 counts as an event. All disqualifications need to be communicated by the meet referee to the head coach. If a disqualification occurs, the head coach needs to be called to a designated area, as determined by the meet manager, to be notified of the disqualification by either the meet referee or her designee.
5. **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.
6. **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.

### COACHES' RESPONSIBILITIES

1. Review Rule 4, Section 6, in the NFHS Rules concerning disqualification. At the same time, review the IGHSAU disqualification rule.
2. Coaching should be done from the stands or other designated coaching areas. Only contestants and meet officials will be permitted on the track or in the competition areas.
3. If field events are held outside of the track area, coaches will be permitted in those areas.
4. Competitors shall not receive assistance from another competitor or any other person to complete the race or trial. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified. **A competitor who provides assistance to an**

5. **injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance, nor his team gains an advantage as a result of providing the assistance.**
6. Jewelry, including watches with GPS capabilities, is legal.
7. **UNIFORM RULE:** Coaches are responsible for seeing their competitors are wearing the proper uniform. Hair devices made of soft material and no more than 3 inches wide may be worn in the hair or on or around the head. Bobby pins, flat clips, hair ribbons, extensions, and flat barrettes, unadorned and no longer than 2 inches, are also allowed. Items may only display one manufacture's logo or school name or logo. Such logo must be no more than 2/1/4 square inches, with no dimension greater than 2 ¼ inches. Single, solid-colored wristbands are allowed. Such items must be unadorned, meaning they may only display on 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. For additional uniform rules, please refer to the NFHS Track and Field and Cross Country Rule Book (Rule 4, Section 3).  
"Any visible undergarment (s) 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.

### **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 (Varsity Bound) website, [www.quikstatsiowa.com](http://www.quikstatsiowa.com). Performances need to be entered by noon on each Tuesday with the 1<sup>st</sup> date being on April 12, 2022.

### **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 18, 2022 for track and field.

## STATE QUALIFYING MEET – ALL CLASSES COACHES' INFORMATION

1. All state qualifying meets will be co-educational meets.
2. The 2022 qualifying meets will be held for all classes on Thursday, May 12, 2022. The rain date for all qualifying meets will be the following day excluding Sunday. All qualifying meets will start at 4 p.m. There will be a 45 minute break between the boys' 4 X 800 Meter Relay and the boys' 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. **Both the Board of Directors of the IGHSAU and the Board of Control of the IHSAA have 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. Only two contestants may compete in an individual event from a member school. One relay from each school may compete.
5. **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. All 1<sup>st</sup> and 2<sup>nd</sup> place ties must be broken in Class 2A, 3A, and 4A. Only 1<sup>st</sup> place ties must be broken in Class 1A.
6. **Awards:** Medals for first eight places in all events. Qualifying meet team champions will be awarded a qualifying champion banner.
7. Order of events for all qualifying meets is listed for your convenience.
8. Both the state qualifying meet and state meet do not utilize a jury of appeals. The meet referee's decision is final.

### 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 pre-lims). **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 yearbook.)
- 3) One team bus driver.

Running events will begin at 4:30 p.m. There is no required time limit between events. Long jump and Discus – boys first. High Jump and Shot Put – girls first. Note: if the facility allows, both boys and girls may not compete simultaneously. All running events are finals (no running prelims). Girls will run first, followed by the boys, except for the shuttle hurdle relay.

**All Field 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**

Meet management is required to have a backup (handheld) time for at least first place only in case of a malfunction with the timing system. If the camera(s) of the timing system was to experience technical difficulties, the host school would then be required to videotape the finish line. Viewing shall be accessible to the starters/referees and meet officials only. No finish string shall be used. 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, May 9, 2022. **The deadline for Qualifying Meet entries and declarations will be 10:00 a.m. Wednesday, May 11, 2022. 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 12, 2022. 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 Bound. Any time discrepancies (faster or slower than what is posted on Bound) protested before 1 pm on Thursday, May 12, 2022 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 for Class 4A/3A is 4'6" and 4'4" for Classes 1A/2A. The bar is raised two inches each time 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 before the meet begins. Each school will also be given a copy of results prior to leaving the meet site. **Any discrepancies should be addressed prior to leaving the qualifying meet site.**

### **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 5-10-2 Page 37). 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 (1<sup>st</sup> – 8<sup>th</sup> place) 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 (1<sup>st</sup> – 8<sup>th</sup> place) 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 (1<sup>st</sup> – 8<sup>th</sup> place) 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. In 2022, the last school name alphabetically will become the qualifier. In 2023, the first school name alphabetically will become the qualifier. There will be no more than 24 qualifiers in any event.

### **DISTRIBUTION OF MEET RESULTS**

Meet managers need to distribute a copy of results to all head coaches prior to the participating schools leaving the meet site. All head coaches are expected to review the results for accuracy and to bring any errors to the attention of the meet manager. Having errors corrected the night of the meet makes determining the state qualifiers much easier and prevents placing the wrong individual or relay in the state track and field meet.

### **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 their 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.**

In the finals, competition shall be in reverse order of qualifying performance from preliminaries. Eight competitors shall qualify for the finals. All competitors tying for the last position shall be finalists. If flights are used, proper warm-up shall be allowed prior to the start of next flight. For the long jump and throwing events, each competitor will attempt one trial at a time through the flight order, similar to that 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 3.

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. All 1<sup>st</sup> and 2<sup>nd</sup> place ties must be broken in Class 2A, 3A, and 4A. Only 1<sup>st</sup> place ties must be broken in Class 1A.

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.

Competitors are allowed to place two marks on the long jump runway and high jump pad to mark their starting location.

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).

**GIRLS:** The starting height in the high jump for Class 4A/3A is 4'6" and 4'4" for Classes 1A/2A. 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.

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. All sections will be initially seeded with a minimum of three competitors/relay teams in each section (minimum of two for shuttle hurdle relay). All timing should be to the hundredths of a second. When the FAT system allows, all ties for place finishes shall be broken by time recorded to one one-thousandth of a second.

## **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. Waterfall or double-waterfall starts may be used at the state qualifying meet in the 1500/3000 meter runs as determined by the meet manager. 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 800 METER SPRINT MEDLEY, 1600 METER DISTANCE MEDLEY, AND 4X400 METER RELAYS**

The four-turn stagger is used in the following:

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

## **STATE MEET INFORMATION**

The 2022 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 19, 20, and 21, 2022. Classes 1A & 4A will compete in the morning. Classes 2A & 3A will compete in the afternoon. Saturday will include all Classes – no split session.

### **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 IGHSAU or IHSAA. Any person with a pet will be asked to leave. This policy shall comply with the provisions of Iowa Code 216c in that such a person with a disability or person training an assisted animal has the right to be accompanied by a service dog or an assisted animal under control. The person is liable for damage done to any premises or facility by a service dog or assisted animal.

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