

# TRACK AND FIELD MANUAL

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## SECTION 1: TRACK AND FIELD ADVISORY COMMITTEE

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### ST. LOUIS

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### KANSAS CITY

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(\*\*2010)

### SOUTHWEST

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Springfield Catholic HS  
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### NORTHWEST

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### CENTRAL

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### SOUTHEAST

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\*\*TERM EXPIRES IN JULY OF YEAR INDICATED

## SECTION 2: PURPOSE AND PHILOSOPHY

- A. PURPOSE OF MANUAL:** This manual has been prepared to provide a better understanding of the administration of MSHSAA sponsored events. It will serve as a guide to the participating schools and will provide for greater consistency. All information will be included in this manual except such supplementary or incidental information as may be included in the MSHSAA Journal. The contents in this manual shall be considered official unless the schools are notified in a Special Bulletin of any changes.
- B. PHILOSOPHY OF INTERSCHOLASTIC ACTIVITIES:** Interscholastic activities are intended to supplement the secondary curricular program. These activities can provide the student with educational experiences and learning outcomes that contribute toward the development of good citizenship. This can be accomplished only when the emphasis is placed upon teaching "through school activities." Interscholastic activities can be justified only when this is its primary philosophy and purpose.
- C. PURPOSE OF DISTRICT AND STATE CONTESTS:** There are two primary purposes that justify and cause district and state events to be desirable. Those purposes are: to provide opportunities to demonstrate before the public the best knowledge, skills and emotional patterns taught through a particular sport; and to evaluate and compare the best of this teaching of knowledge, skills and emotional patterns among schools. Unless these purposes are primary, district and state athletic contests cannot be completely justified.
- D.** It is the desire of the MSHSAA Board of Directors that these events be both fun and educational. It is extremely important that players, coaches and the school community make every effort to enhance -- and keep in proper perspective -- the educational values of these events. Competition merely for "competition's sake" cannot be justified. Only when competition contributes toward worthwhile educational goals can it be considered sufficiently important to be included in the school program.
- E. SUPERVISION OF PLAYERS AND FANS:** The By-Laws of the MSHSAA hold a school responsible, both home and away, for the conduct of its players, students, coaches and fans. Coaches are required to supervise their competitors. A coach's respect for others and for school property is necessary in order to instill in competitors a respect for others and school property. Students staying overnight in hotels or motels in conjunction with any interscholastic athletic contest should be well-chaperoned. The good conduct of students will leave a good impression for the entire school.

A school also should inform its players, students, coaches and fans of the value game officials play in education through athletics. When informing these people of this, the difference in the purpose of high school and professional sports should be emphasized. Lack of respect for officials should not be tolerated. Booming of officials leads to booming of coaches and competitors, and this has no place in high school athletics. The example set by coaches and others associated with high school sports goes a long way towards eliminating this problem. Athletic administrators are urged to develop a program through any and all communication techniques available to insure that spectators understand that high school athletics are an educational endeavor as opposed to the games being an end in themselves.

## SECTION 3: POINTS OF INTEREST

- A. The Missouri State High School Activities Association events are conducted to develop and maintain the highest possible participation standards among students. Interscholastic activities are designed to encourage not only exceptional performances but also a respect for the activity and the discipline necessary to excel. In order for this to occur, students, coaches and all participants and observers must continually maintain the highest standards of ethical conduct, integrity, and courtesy. Coaches must read and abide by the regulations contained in this Manual. It is also the responsibility of the coach to communicate this information to the students and expect that they will abide by these rules as well.
- B. The learning experience that is possible through participation in interscholastic activities is boundless. A student, through instruction and modeling, has the potential to develop in many ways. An athletic program, properly conceived, can teach philosophical ideals that will last a lifetime.
- C. In running events contested in sections against time at the district meets, the top/fastest 8 entries (the top/fastest 6 entries on a six-lane track) shall be assigned to compete in the top/fastest section, even if there are only 9 entries. (Note: This applies to the 400M dash, 300M hurdles, 4x100M relay, 4X200M relay, and 4X400M relay.)
- D. Coaches and/or qualified representatives of participating schools are expected to help at the district and/or sectional meets if requested to do so by the meet manager. A school may be asked to run off a particular event, for example, the pole vault, and provide enough personnel to do so. If help is needed, district and sectional managers are to notify the schools of their assignments in advance. Meet managers should attach the administrative procedures, tie-breaking procedures, and NF rules for the event to the back of the clipboards provided to each field event judge.
- E. In the district and sectional meets the meet manager should employ a HEAD FIELD EVENT JUDGE. The individual employed shall have the responsibility for the supervision and administration of the field events. In the event a qualified person is not available in some parts of the state, the starter-referee will retain this responsibility. He/she may consult with the starter/referee or the Games Committee if a ruling is required. The Jury of Appeals shall be the final judge in the event of a formal protest through the starter/referee at district and sectional meets.
- F. Sectional track and field meets shall be scored beginning with the 2010 track and field season, but no team plaques/trophies shall be awarded.
- G. The time schedule set by the MSHSAA office shall be followed for all running events at all sectional track and field meets.
- H. All school tents shall be placed on the west side of the concrete ditch outside the stadium at Lincoln University.
- I. Competitors, who are bleeding, have an open wound, or an excessive amount of blood on the uniform may complete the running event or field event trial. However, the competitor may not participate further until appropriate treatment has been administered. (See NFHS Communicable Disease Precautions on page 8 of the NF Rules Book.)
- J. Removing any part of the official team uniform (e.g. to lower the shoulder straps, or, to remove the uniform top) while in the area of competition, as defined by the games committee and/or referee, shall lead to a warning and, if repeated, to disqualification. (NF Rule 4-3-4)
- K. NF Case Book outlines rerunning races on pages 14-16.
- L. Time limit when competitors are excused to compete in another event shall be established by the games committee. (NF Rule 3-2-3-o)

- M. Chalk, tape or any other type of marking material used on all weather tracks, to designate take off marks for relay exchanges, are prohibited (unless approved by the Games Committee).
- N. It is recommended that all pole vault coaches and officials complete an approved pole vault educational and safety program.
- O. It is recommended that the location of the check-in marking on a pole vaulting pole be located on the lower end of the pole, and that the identification tape utilized be visible for the entire length of the runway.

## SECTION 4: GAME PROCEDURES

- A. **Order of Events:** The order of events for the 2010 District, Sectional and State Track and Field Meets:

<u>BOYS EVENTS</u>	<u>GIRLS EVENTS</u>
1. 4x800 m Relay	1. 4x800 m Relay
2. 110 m High Hurdles	2. 100 m High Hurdles
3. 100 m Dash	3. 100 m Dash
4. 4x200 m Relay	4. 4x200 m Relay
5. 1600 m Run	5. 1600 m Run
6. 4x100 m Relay	6. 4x100 m Relay
7. 400 m Dash	7. 400 m Dash
8. 300 m Intermediate Hurdles	8. 300 m Low Hurdles
9. 800 m Run	9. 800 m Run
10. 200 m Dash	10. 200 m Dash
11. 3200 m Run	11. 3200 m Run
12. 4x400 m Relay	12. 4x400 m Relay
Discus	Discus
Shot Put	Shot Put
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Pole Vault	Pole vault

- B. **Sanctions:** Anytime an MSHSAA member school competes in a tournament, by definition, with an out-of-state school(s) or any event co-sponsored by any party other than an MSHSAA member school (e.g. a university, theme park, shoe company, etc.), a sanction form must be on file in the MSHSAA office at least (30) thirty calendar days prior to the event. It is the event host's responsibility to obtain the sanction; however, each participating MSHSAA member school shall take responsibility to verify that the sponsor has sanctioned the event prior to participation. (MSHSAA By-Law 311)

In January the NFHS Board of Directors approved changes concerning sanctioning fees and timelines. Effective **August 1, 2005, the sanctioning processing fee will increase to \$100.** The late fee for any application that arrives in the NFHS office **15-59** calendar days prior to the event will be **\$50** for the total of **\$150.** The final list of actual entries will now be due in the NFHS office **20** days prior to the event. The new penalty fee for not forwarding the final list of actual entries prior to **20** days is **\$50.** If the application arrives in the NFHS office less than 15 calendar days prior to the event, the late fee will be **\$150** plus a **\$50** penalty for not forwarding the final list of actual entries, which would make the total application fee **\$300.** If the list is not received **five** days before the event, the application for sanction will not be approved, and the meet director will be notified that it is a non-sanctioned event. All sanction applications must be approved by the MSHSAA Office first and will then be forwarded to the NFHS.

- C. **Scratches and Substitutions:** At the coaches/scratch meeting prior to the district and sectional meets, the coach may scratch an athlete from events entered without affecting his/her eligibility in other events. However, it should be noted that each school's entries become final as of 4:00 p.m. on the Wednesday preceding the district, sectional, and state meets, and although an athlete might be scratched in one or more individual events at the coaches meeting, any event from which an athlete is scratched SHALL COUNT as one of the four events in which that athlete may enter and/or participate in the meet. Coaches are requested to inform the manager of the meet if a competitor is not going to compete in a track or field event. Once the coaches/scratch meeting is completed, an athlete may still be scratched from an individual event without jeopardizing his/her eligibility to compete in any remaining events. However, the athlete or his/her coach must report the scratch to the clerk of the course for a running event or the event judge for a particular field event. Failure to report the scratch in this

manner will result in disqualification from all remaining events of the meet. No substitutions will be permitted in individual events at the coaches/scratch meeting at the district meet except in the event of illness/injury when such is certified in writing to the meet manager by the Principal. The Games Committee shall deal with emergency situations. (Section 5-B-4)

- D. **Substitutions on Relay Entries:** A substitution may be made on relay teams in the district, sectional and state meets up to the start of the race, providing names are listed on the online entry website for that event. No more than six (6) individuals per relay team may be listed on the online entry website for that event. Only those contestants actually designated as members of the relay to participate will be charged with an event as the relay team reports to the clerk of the course. In case of an injury to a member of a relay team, such substitution may be made any time prior to the start of the relay race provided names are listed on the online entry website for that event. (NF Rule 5-9-2).
- a) The district, sectional and state meets are considered separate meets. Therefore, when a school qualifies a relay team the six (6) contestants listed on the online entry website for that event can change from one level meet to another.
  - b) Relay Entries (4x100, 4x200, 4x400, 4x800): To clarify relay team make-up for the district, sectional and state meets, it must be understood when a contestant becomes a competitor and consequently shall count the relay as one of the contestant's four events.
    1. A contestant is anyone listed on the online entry website.
    2. The relay team is the entry. Up to six (6) individuals may be listed as contestants to be designated as actual competitors for the specific relay team.
    3. The relay team and four designated members to run become competitors after the relay team reports to the clerk of the course. This event now counts as an event in which each of the four listed competitors competed.
    4. The four designated members of the relay team may be adjusted from heat to heat from those six (6) listed on the online entry website for that event providing the participation limitation rule is not violated.
    5. It is possible to list a contestant on more than one relay team as indicated in the following illustration.  
Contestant is officially entered in:  
Four (4) individual events - NO Relays allowed.  
Three (3) individual events - may be listed on any number of relays but participate on only one (1) relay  
Two (2) individual events - may be listed on any number of relays but participate on only two (2) relays  
One (1) individual event - may be listed on any number of relays but participate on only three (3) relays  
Zero (0) individual events - may be listed on all four (4) relays and may participate on all four relays
- E. Once the entry deadline passes for scratches (Wednesdays at 4:00) a contestant cannot be scratched from an individual event to make him/her eligible for another relay.
- F. If an individual contestant arrives at the site of the meet after competition has started and thus misses one or more events in which entered, the contestant shall be permitted to compete in any remaining events in which he/she entered provided the Games Committee concludes the reasons for the late arrival were beyond the contestant's control. The events missed shall be counted as events in which the contestant competed. The contestant may not participate in any events that were started prior to arrival in accord with the rules. (NF Rule 4-1-3)
- G. The jump-off tie-breaking procedure (per the NFHS Track and Field Rules Book) shall be applied at a sectional meet if less than four competitors clear the opening height in the high jump or pole vault.
- H. For the purpose of sectional and state qualifications, the correction of places, scores, and advancements of qualifiers due to the disqualification of ineligible participants at the applicable district or sectional meet shall be made until 4:00 p.m. on Wednesday preceding the next level of competition, provided that the fifth-place finisher can be determined.
- I. **State Championships:**
1. The seeding of the preliminary heats at the State Championships shall be changed from the current circle-seed method to the alternating circle-seed method (NFHS Track and Field Rule 5-6-5-d example #2) in order to eliminate the possibility of all four advancers from one sectional meet being assigned to the same preliminary heat when they are the four fastest qualifiers.
  2. Lane assignments for all races shall be determined by an alternating circle- seed method in the State Track and Field series (district, sectional, and state) for all classifications. (Refer to District and Sectional information sheet sent to Boys and Girls Track and Field Coaches for examples.)

3. The 3200 meter runs shall be conducted in their current places in the schedule of events at the State Championships, with the stipulation that the events would be rescheduled to a cooler time of the day on a case-by-case basis whenever deemed necessary by the on-site medical staff per wet-bulb readings.
4. Pre-Existing Medical Conditions: Coaches shall disclose in writing all pre-existing medical conditions (i.e., an athlete susceptible to exercise-induced asthma) to the coordinator of the medical staff at the medical/athletic trainers' tent prior to the beginning of competition.
5. State Meet Hazardous Weather Plan:
  - a. Meet Management and the games committee will use the public address system to announce any delays in competition due to hazardous weather. Please use the area under the stands to protect your athletes from hazardous weather.
  - b. On Friday, all windows of acceptable conditions for competition will be utilized on a delayed basis since lights are available (except possibly in the discus area).
  - c. If any running events on Friday are rescheduled for Saturday, these events will be contested in two sections against time as finals only (no prelims will be run on Saturday). Any held-over Friday running events will be re-seeded on Saturday as a "slow" section followed by a "fast" section, based on sectional places. Friday field events will be re-scheduled on an "as needed" basis prior to the Saturday field events.
  - d. Radio Station KWOS (950 AM) and KATI (94.3 FM) will be used to inform the public of schedule changes for Saturday.

**J. Supervision:**

1. A faculty representative shall accompany and supervise athletes at the district, sectional and state meets.
2. Schools will be responsible for seeing that no damage to property is done by their students or fans. Students engaging in vandalism will be considered ineligible. School administrators, faculty supervisors and coaches are responsible for good conduct of their students. Students staying overnight in motels or hotels are to be well chaperoned and not left unsupervised.

**K. Contestants:**

1. **Conflict in Events:** If a contestant is competing in a track event and a field event which is scheduled at the same time, the track event shall receive preference and the competitor shall inform the field event judge of the conflict so proper arrangements can be made. The time limit when competitors are excused to compete in another event shall be set by the Games Committee. (NF Rule 3-2-3-o)
2. Contestants not competing or warming-up and student managers shall remain in the bleachers. Coaches are requested to please assist in keeping the infield area clear to lesson confusion and reduce the risk of any type of disqualification due to an athlete aiding his/her team member(s) in violation of the track and field rules.
3. All contestants will be expected to cooperate and may be scratched from the meet for failure to do so.
4. Gloves are prohibited in the throwing events, the pole vault and relays (NF Rules 6-4-7, 6-5-7, 7-5-21, 5-9-5).
5. **Use of Atomizer During Competition:** A physician's statement must be presented to the meet director/referee prior to the beginning of the meet for a competitor to use an atomizer during competition containing a prescription asthmatic drug (NFHS Rule 4-5-8 NOTE).
6. Participants are prohibited from having cell phones and other transmitting electronic devices in the competition area (the stadium floor). This excludes non-transmitting electronic devices such as Ipods and personal music devices.

- L. **Scoring:** Points will be scored 10-8-6-5-4-3-2-1 for eight places in all events. However, for a six-lane track, six places shall be scored (10-8-6-4-2-1) at the district meet. The scoring of eight places assumes that you can qualify eight to the finals on an eight lane track. In case of ties, places shall be determined by applying National Federation Track and Field Rules. No scoring will be kept at the sectional meets.

- M. **Control of Track and Field Area:** All personnel other than contestants who are participating in the meet shall stay off the track and infield. This includes COACHES! Places in the stands will be reserved for coaches and squad members not participating in an event in progress. The games committee will establish coaches boxes at the state meet. These are "non-restrictive" coaches' boxes at ground level where coaches and athletes can confer.

- N. Normal administrative procedures are to be used to resolve disputes concerning the judging of violations and infractions in the state meet series. Video tapes shall not be used to reverse or render decisions. **Exception:** Video tape cameras provided by meet management, properly mounted and demarcated at the finish line, and operated by an experienced and qualified adult may be used by the Head Finish Line Judge, at their discretion, to assist in determining order of finish. The use of a videotape camera in this manner shall be approved in advance by the Games Committee and participating schools notified prior to the meet.

- O. The National Federation Track and Field Rules provide that: It is unacceptable conduct if anyone associated, directly or indirectly, with a competitor paces him by running or taking a position along the track and field for the purpose of coaching or otherwise assisting him; or if a competitor who is a lap behind the leading runner paces or otherwise assists a teammate or impedes another runner; or if any runner intentionally leaves the track and then reenters to continue the race; a runner deliberately runs on or inside the track curb (painted line) except to retrieve a relay baton; illegally runs outside the assigned lane or race course; or competitors join hands or grasp each other in order to finish a race in a tie; or if any competitor willfully fails to follow the direction of the referee. For any such act, the competitor shall be disqualified.
- P. District and State meets shall use the one-turn alley (two lanes form each alley) starting method in the following races: 1600 M run, 3200 M run, and the 4 x 800 M relay. Coaches and track and field event administrators are strongly encouraged to use the one-turn alley starting method throughout the regular season for competitions of four or more schools.

Procedure and Seeding For Using The One-Turn Alley Start: Every two adjacent lanes on the track shall constitute an alley, with a maximum of four competitors assigned per box according to the following seeding:

<u>Box 1</u>	<u>Box 2</u>	<u>Box 3</u>	<u>Box 4</u>
3,7,11,15	1,5,9,13	2,6,10,14	4,8,12,16

For a six-lane track, the seeding shall be:

<u>Box 1</u>	<u>Box 2</u>	<u>Box 3</u>
2,5,8,11	1,4,7,10	3,6,9,12

Sectional meets shall have a maximum of eight (8) entries per event, so the one-turn staggered starting method (one competitor per lane and seeded 7-5-3-1-2-4-6-8 based on place over time) shall be used for the 800 M run, 1600 M run, 3200 M run, and the 4x800 M relay.

- Q. **Equipment:** Participating schools will be expected to furnish the rule specific equipment for competitors in all events:
1. Schools entering relay teams must provide their own batons.
  2. Competitors in the field events may be required to wear rubber soled shoes, if concrete or asphalt surfaces are used. Competitors must use 1/4 inch or 7 mm spikes or less on the track surface during the state meet at Dwight T. Reed Stadium on the campus of Lincoln University. If more than 1/4 inch or 7 mm spikes are used the athlete/team may be disqualified from the event.
  3. Competitors in the shot put and discus events may use their own implements in competition provided they are inspected, weighed, and approved by the Head Field Event Judge/Inspector(s) in accord with National Federation Track and Field Rules. Implements so approved shall be placed in a pool and may be used by all competitors. Throwers may warm-up with over-weight implements. All pole vault poles shall be inspected and approved by the Head Field Event Judge/Inspector(s).
  4. All competitors shall wear the official school-issued, one-piece or two-piece (jersey and shorts) uniform. Any visible apparel worn under the jersey or shorts shall be of a single (same solid) color, but need not be the same color under each item of apparel. Hats shall not be worn during competition. Single colored, unadorned headbands may be worn. The games committee may restrict wearing of other costumes which are in excess of the traditional school uniform. The waistband of a competitor's shorts shall be worn above the hips. (NF Rule 4-3 and Case Book)  
NOTE: There is no exception for field event competitors not to be in compliance with NF Rule 4-3. The wearing of sweats, football jerseys, basketball shorts, etc., as a school uniform is not acceptable.
  5. All competitors shall wear shoes.
  6. The wearing of jewelry is prohibited, as is the wearing of any hard/unyielding items (i.e., barrettes, bobby pins, etc.). A wristwatch can be worn, as it is considered equipment, not jewelry. (NF Rule 4-3-3)
  7. Competitors must furnish their own towels.
  8. The use of tape and chalk on the track runways is prohibited. Exception: Meet management may locate permanent check marks at the side of pole vault runway six to fourteen feet from stop board. (NF Rule 7-5-20)
- R. The current National Federation Track and Field Rules will be followed insofar as they apply to the events in which there is competition.
- S. **Awards:**
1. District: Plaques will be awarded to the first and second place teams in each district. Medals will be awarded to the first four place winners in each event.
  2. Sectional: Medals will be awarded to the first four place winners in each event. Sectional meets shall be scored, but no team plaques/trophies shall be awarded.

3. State: Trophies will be awarded to the first, second, third and fourth place teams and plaques to the first place relay teams in each class. Medals will be awarded to the first eight place winners in each event. Head coaches of first, second, third, and fourth place teams will also be presented medals.
4. Schools whose teams are awarded a trophy place at the state meet may purchase medals for the individual team members. In case of ties, medals will be awarded in accord with National Federation Track and Field Rules.

**T. MSHSAA Tobacco/Alcohol /Drug Restriction Policy:**

Any student who uses tobacco, alcohol, or a controlled substance (other than prescription), while participating in an interscholastic contest shall be disqualified by the individual's school coach, the event manager, and/or tournament committee. This policy shall apply to the event grounds while the participant is directly involved with the competition.

It is important that all adults involved in the interscholastic activities program set the proper example for our participants with regards to the use of tobacco products and alcoholic beverages. We cannot let actions teach a philosophy of double-standards. Therefore, the Board of Directors has adopted the following policy statement to apply to all interscholastic athletic, music, and speech events.

"Coaches, directors, sponsors, and contest officials are prohibited from using tobacco products or alcoholic beverages while directly involved in interscholastic activities. Involvement is defined in this policy as being in public view and when students are actually participating under the jurisdiction of the coach, director, and official. Proper enforcement is expected. Violations shall be reported to the school's administration and the MSHSAA."

NOTE: See the "MSHSAA SPORTS MEDICINE MANUAL" for the MSHSAA position on the use of drugs, medicine, and food supplements.

**U. Managers' Instructions and Financial Information:**

1. Read the manual carefully, especially the terms and conditions. The district and sectional meet managers shall appoint 2 to 4 administrators/coaches from participating schools to serve with the manager on the Games Committee, which shall assist with the administration of the meet. As many conferences as possible shall be represented, and at least one coach shall be included on the Committee.
2. Three options of time schedule for district track and field meets will be provided to each district manager. The district manager shall use these options to assist the planning committee in selection of the best schedule for the site and schools involved. One sample time schedule shall be provided to each sectional manager, and all sectional meets are required to adhere to the listed time schedule for running events.
3. District and Sectional meet events should be conducted, as nearly as possible, like the state meet events. For example, the 4x400 m relay will be administered at the state meet using a 3-turn stagger start. This event should be administered the same way whenever possible at the district and sectional meets.
4. At the district meets the 4x800 Meter Relay shall be conducted between the 100 m dash and 200 m dash preliminaries. At the completion of the preliminaries, a time break of not less than thirty minutes may be taken prior to starting the finals. If semifinals are required, the 4x800 shall be conducted between the preliminaries and semifinals with the thirty minute break occurring after the semifinals.
5. The district and sectional assignments will be included in your manager's packet along with detailed instructions. Please follow them exactly. The official entries for the district, sectional and state track and field meets are those names listed on the appropriate entry form.
6. If one or more participating schools must travel over 100 miles to their district or sectional site, the starting time shall be no earlier than 11:00 a.m. for district meets and no earlier than 12:00 noon for sectional meets. All events for Classes 1, 2, 3, and 4 Track and Field meets shall be run the same, i.e., qualifying same number to finals.
7. Due to the number of entries in some districts, it may be necessary to run semifinals. If this is necessary, coaches are to be notified in advance
8. In combined boys/girls districts or sectionals, the only approved paid positions (3) on the track or in the field shall be the two starter/referees and the head field event judge (the third starter).
9. The two registered starter/referees shall be paid \$95.00 each. These fees are to be paid by the MSHSAA out of local site receipts. If at all possible, a registered Head Field Event Judge is to be employed at each district and sectional meet. The Head Field Event Judge is to be paid \$95.00 for supervising, inspecting and

administering the field events, and can serve as an additional re-call starter. In the absence of a Head Field Event Judge, the Starter-Referee will retain this responsibility at no additional fee. A meet manager shall be paid \$75.00.

10. Girls participating with boys in the required number of regular season meets will only be allowed to enter the girl's district, sectional, or state meets. Boys will not be allowed to enter the girl's district, sectional, or state meets.
11. The preliminaries of the long jump and triple jump shall be run cafeteria style. It is suggested that the block of time allotted for the long jump and triple jump should be divided so that a portion of the time allotted is devoted to the preliminaries and the balance of time to the finals. This should be announced to competing teams in advance of the meet. In the long jump, triple jump, shot put, and discus, the number of competitors qualifying to the finals in a district meet shall be one more than the number of scoring places. The high jump shall be conducted with "three alive" and the pole vault with "five alive."
12. The shot, discus, long jump, and triple jump events at sectionals meets shall be administered in one flight. All eight sectional competitors would compete together in reverse order of qualification performance (distance/height, not place) and be allowed four trials in each event.
13. The sector for the shot and discus shall be 34.92 degrees (NF Rules 6-4-5 and 6-5-5).
14. Qualifying Procedure: Qualifying from the preliminary rounds to the finals in the 100 meter dash, 200 meter dash, and 100/110 meter high hurdles at the district meets shall be as follows if all heats of an event are times by a fully-automated system: 1) For two heats—the first two places in each heat plus the next four fastest times and 2) For four heats—the first place in each heat plus the next four fastest times. However, only places shall be utilized for the advancing of runners to the finals if any heat of an event is time by a hand-held device.  
NOTE: Three heats shall not be used (except for a six-lane track) since the automatic timing system could malfunction. If more than four heats are needed, semifinal races shall be contested.
15. Meet managers should attach the administrative procedures, tie-breaking procedures, and NF rules for those events to the back of the clipboards provided to each field event judge.
16. The total meet results of district and sectional meets shall be promptly released to the coaches of the participating schools.
17. Admission Charges (age six and older):
  - a. District Meets: \$3.00
  - b. Sectional Meets: \$5.00
  - c. State Meet: \$7.00 per day
18. AUTHORITY OF CONTEST MANAGER
  - a. Guidelines - It is necessary that a school designate a contest manager for every contest it hosts. This applies to all sports and all levels of competition. It is also important it be understood that the coach will automatically serve as the contest manager if no one else is so identified. The individual that will serve as contest manager should introduce himself/herself to the contest officials prior to the contest. These guidelines are limited to the authority of a contest manager as it relates to whether or not:
    - (1) A contest shall begin after all participants have arrived.
    - (2) A contest should continue after it has started. In both cases, the manager will be concerned only with playing conditions, i.e., weather, facilities, equipment, and/or crowd control.
    - (3) Unless otherwise indicated in the rule book of the sport involved, the contest manager's authority exists from the time participating teams arrive up to the actual start of the contest.
    - (4) The contest manager's authority is limited once the contest begins. He/she may, at an appropriate time, consult with game officials to indicate concern about safety of the participants as it relates to weather, facilities, equipment, and/or crowd control. The manager is not to interject concerns regarding such things as rough play, score differential, judgment calls, or quality of officiating. Only the contest officials have the authority to terminate a contest once it has begun.
    - (5) If because of conduct the contest is to be rescheduled on a different day, the MSHSAA office should be involved in that decision.

Note: If the contest is to be resumed, be certain you make note of all pertinent details; for example, in a Track and Field competition - score, events complete, ejections. Documentation of these details should be made in the form of a signed agreement by the representatives of all schools involved.

- b. When a Coach is Contest Manager - All the above provisions apply. The coach, prior to and following the contest, must act in a capacity of contest manager as well as coach. During the contest, he/she may, in addition to serving as coach, be called upon to take action as a contest manager as provided in B. above.
- c. Reporting System - When a contest is not allowed to start after teams have arrived or is interrupted because of poor conduct on the part of spectators, contestants, and/or coaches, a letter of explanation must be sent to the MSHSAA office, by the contest manager and the contest officials, providing:
  - (1) Details regarding the incident.
  - (2) Plans, if any, for rescheduling or resuming the contest.

Note: It is recognized that no single guideline or statement can be all inclusive. Contest managers are expected to take any action they feel necessary as they administer their duties.

- V. **MSHSAA Track and Field Regulations:** These regulations shall be applied for all Interscholastic Track and Field Meets in Missouri.
  - 1. Participation: The following regulations shall govern participation at all interscholastic track and field meet.
    - a. A contestant shall not enter nor compete in more than four (4) events track and/or field. Any number of these may be relays. This shall apply for all interscholastic meets as well as the district, sectional and state meets. The coach shall be responsible for adhering to this provision. If a competitor exceeds the participation limits, he/she shall forfeit all individual and team points earned in any event and it shall be considered a violation by the school to be referred to the Board of Directors.
    - b. In reference to a school participating in more than one meet on the same day, a track and field athlete may not exceed the individual entry limitations outlined in the NFHS Track and Field Rules Book on one calendar day, and may not duplicate events on the same day, even if competing as a junior varsity and varsity competitor on the same day.
  - 2.. REGISTERED STARTER: A registered MSHSAA starter must be used for all track and field meets in which more than four schools compete. (By Law 162). In the event that a registered official is not available, the schools should follow the emergency procedure outlined in By-Law 163. The name and address of the person engaged, together with the request for registration and the required registration fee should be sent to the MSHSAA Office. Schools should check the registration of officials before hiring them for a meet.
  - 3. OFFICIAL'S UNIFORM: The required uniform for MSHSAA registered track and field officials includes an all- white shirt (short sleeves) and black slacks or black shorts (the color of the slacks/shorts may be khaki if all officials agree on the use of khaki; otherwise, the color shall be black). The white "golf-style" shirt can be purchased through **GetOfficial** (contact options: [www.getofficial.com](http://www.getofficial.com) or 1-877-438-4242 or 816-880-5390 in the Kansas City area): Item # 16MO-Official Missouri shirt. The white shirt can be purchased from other sources, but the MSHSAA official's emblem must be worn on the left sleeve, one inch below the shoulder seam.
  - 4. UNIFORM SCORING SYSTEM: The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District, Sectional, and State meets shall score 8 places if 8 qualify for finals, and shall score 6 in a district meet conducted on a 6-lane track.)
- W. Competition sites for all district and state series events shall be conducted within the state boundaries. However, an event may be hosted beyond the state border only in cases where the school's facility is contiguous to the school campus but physically located beyond the border.
- X. **Policy Prohibiting Use of Cell Phones in Locker Room:** Due to the capacity of modern cellular phones to take photos, and the possibility of inadvertent use of this capacity to capture inappropriate images, the MSHSAA Board of Directors has established a no cell phone use policy in locker rooms/restrooms at MSHSAA District and State series events. The MSHSAA staff shall be responsible to post signs in the same locations at all final site locker rooms. It is the responsibility of the school administration to ensure that all students and coaches have been informed of this policy prior to the event and to monitor the policy within the school's assigned locker room at MSHSAA events."
- Y. **Policy on Drugs, Medicine, and Food Supplements:** The Board of Directors in April of 1999 adopted the following policy on the use of drugs, medicine, and food supplements. There is growing concern of the inappropriate use and distribution of supplements to "enhance performances." With concern and the responsibility to have our student athletes always participate and practice in a safe environment, school coaches and any other school personnel should never supply, recommend or permit the use of supplements for any performance enhancing purposes.

"School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care

professionals and senior administrative personnel of the school or school district.

Use of any drug, medication or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects.

In order to minimize health and safety risks to student-athletes, maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication or food supplement solely for performance-enhancing purposes.”

- Z. **Board Policy on MSHSAA Program Printing:** The Missouri State High School Activities Association strives to publish errorless Championship programs for all of its events. Since a majority of the information contained in Championship programs is submitted by coaches of qualifying schools, it is imperative that the MSHSAA office receive correctly spelled names; accurate classifications; and complete records, results, and statistics of participants and teams from the coaches.

Effective as of September 1996, the MSHSAA Board of Directors has approved a fine process for all late, incomplete, or illegible submissions for MSHSAA Championship programs. Schools that do not submit their forms to the MSHSAA in a legible, complete, and accurate manner will be fined \$25 per offense. In activities that require the electronic submission of program information, faxed or mailed copies of this information will not be accepted. Electronic reports must be submitted by the appropriate due date in the format and style included with the report instructions. It is the responsibility of the school to verify that the MSHSAA has received its program information, team photo, and any other required information by the appropriate deadline.

AA. **Policy Statement on Handling Contests During Hazardous Weather Disturbances**

The host school principal or designated representative and the head official have mutual authority to delay the start of a meet or invitational anytime weather conditions are considered to be hazardous to life or limb. Likewise, the head official, once a game has started, has the authority, by rule, to suspend a game any time weather conditions are considered to be hazardous to life or limb. If severe weather develops while an event is in progress where the administration feels safety is questionable and the game officials have not acted, the host principal or his designated representative will intervene by informing the head official who shall cause the contest to be suspended.

The first step in suspension is to remove the participants to a location providing shelter and safety until weather conditions improve to a point where it is safe to resume play. The spectators will be informed of the procedures to be followed and will be instructed to move to protected areas. Fans should not be permitted to remain in the bleachers.

The length of the delay shall be determined by the weather conditions and the meet may be resumed at any time the principals of both schools or their designated representatives and the head official agree it is safe to do so. However, if after a delay of a maximum of thirty minutes the hazardous weather has not subsided the decision to postpone shall be made by the principals of both schools or their designated representatives after consultation with the head official. If there are extenuating circumstances such as extreme travel distances, rescheduling problems, etc. which make it desirable to try to complete the game and the principals of both schools or their designated representatives choose to ask for an additional thirty minutes of waiting time, the head official may grant that request. If the principals of both schools or their designated representatives and the head official cannot mutually agree that the weather conditions are safe, the meet shall be postponed. The meet may either be considered a completed event at that point or rescheduled at a later time according to game rules. The purpose of this procedure is to first ensure the safety of the players and spectators but also to relieve the pressure from the officials before declaring a game suspended. The host principal should, when severe weather is pending, keep a constant check with nearby radio stations which would have information concerning the path of the storm. This constant check, available to the administration, is not available to the game officials.

School district emergency plans should include procedures for evacuating players and spectators to protected areas when severe weather occurs.

For lightening safety guidelines, refer to the *MSHSAA Sports Medicine Manual* and/or page 7 of the *NFHS Track and Field Rules Book*.

BB. **MSHSAA Videotaping Policy:**

1. **Videotaping/Filming by Spectators**

- a. Videotaping/filming shall be limited to personal use and shall not be used for scouting, coaching\* or commercial purposes.
- b. Spectators videotaping/filming shall not interfere with the view of the contest by other spectators.

- c. The contest and/or meet site shall not permit the use of more than the seating space for which the spectator has paid (when seating is needed).
- d. The contest and/or meet site accepts no liability for damage or theft of spectator equipment nor any injury as a result of the privately owned equipment.
- e. Spectators may use equipment only in the spectator seating area.
- f. Spectators shall supply their own sources of power. The site management will not be expected to provide sources of power.
- g. Violation of these standards may result in the removal of the offender(s) from the premises.

**2. Videotaping/Filming by School Representatives**

- a. A school representative may videotape/film a regular season contest in which the school team is participating. Such videotape/film may not be used for coaching\* purposes until after the contest is completed and in accordance with specific NFHS Rule Book restrictions for each sport.
- b. A school or school representative may videotape/film a regular season tournament or contest between other school teams, provided prior arrangements have been made with the event manager and provided it is done at the expense of the school. The official school representative should check in with the event manager upon arrival to the site to arrange the setup location for the video equipment and to review any site-specific requirements.
- c. Videotaping/filming of an MSHSAA-sponsored contest and/or tournament by personnel from one or more of the actual participating schools is permitted, provided prior arrangements have been made with the event manager and provided it is done at the expense of the school. A maximum of one individual per school is permitted to videotape/film, unless the contest manager determines space is available for additional cameras. The official school representative should check in with the event manager upon arrival to the site to arrange the setup location for the video equipment and to review any site-specific requirements.
- d. An official school representative may videotape a district or state playoff series event involving other school teams, provided prior arrangements have been made with the event manager and provided it is done at the expense of the school. A maximum of one individual is permitted to videotape and should expect to use a battery pack as his or her sole power source. The official school representative should check in with the event manager upon arrival to the site to arrange the setup location for the video equipment and to review any site-specific requirements. The host facility is not required to provide a power source or other accommodations for videotaping.

**3. Videotape/film shall not be used for the purpose of protesting a contest.**

- \* Per NFHS Rules Book and Case Book, a coach may watch a videotape and instruct a student-athlete between events or trials, as long as it is done in an unrestricted area. A competitor shall not view a videotape or any other visual reproduction of his/her performances prior to the completion of the competition. (NF Rule 4-5-8g).

## SECTION 5: CRITERIA FOR POST-SEASON PARTICIPATION

- A. **Qualifiers for State Meet:** In all classes there will be four qualifying in each event from the district meets to the sectional meets and four qualifying in each event from the sectional meets to the state meet.
- 1. In case of ties, places shall be determined by applying the National Federation Track and Field tie-breaker system if necessary to determine qualifiers. If a tie still remains, a run-off, jump-off, or throw-off will be conducted for the first and fourth places only; however, all points from the places involved in the tie shall be split between the applicable competitors. All ties for fourth place must be broken and all tie-breaking competitions involving field events should be held at the conclusion of the event. If a tie-breaker is required in a running event, that competition should be held at the conclusion of the meet. The manager should determine the starting time of such run-off to insure proper rest for the competitors. At a sectional meet, the NFHS jump-off tie-breaking procedure shall be applied if less than four competitors clear the opening height in the high jump or pole vault.
  - 2. Only competitors who qualify in accord with the above requirements, who are certified by a district or sectional track and field manager, and who are entered on the official state entry forms, shall be permitted to compete in the state meet. No alternate entries will be accepted for relay teams. Up to six (6) names are to be listed on the state entry form for each relay.
  - 3. An athlete who exceeds the participation limitation may not advance in the MSHSAA series and all other National Federation penalties shall apply.

**B. Information for State Track and Field Meets:**

1. There will be no state meet entry form to turn in; however, coaches shall have until 4:00 p.m. on the Monday prior to the state meet to enter/confirm relay names on the online entry website ([www.trxctiming.com](http://www.trxctiming.com)).
  - a. Contestants will be allowed to compete only in those events in which they qualified at a district or sectional meet and in which they are actually entered on the online entry website except for legal substitutions on relay teams. (NF Rule 5-9-2)
  - b. Heats/flights will be drawn by computer as soon as possible after the sectional meets. State meet entries must be submitted to the online entry website as soon as possible after the conclusion of the sectional meets (on the same day).
  - c. Coaches must verify state meet qualifiers with district and sectional managers before leaving the meet site.
  - d. The 4x800 m relay will be conducted as a final and as the first event on Friday and Saturday.
  - e. The 4x400 m relay will be administered using a 3-turn stagger start.
  - f. 800 m run will be conducted in the district (sections against time), sectional (one final race), and state (two preliminary heats followed by a final race of eight runners) meets using the one-turn staggered starting method.
  - g. All coaches boxes at the state track and field meet will be defined as unrestricted areas.
  - h. In the event of a protest, the protest must be submitted in writing to the Referee by the Head Coach. If the protest is legitimate and the head coach requests, an appeal can be made to the Jury of Appeals for final determination. The Jury of Appeals will be the final authority and no protests shall be reviewed by the MSHSAA Board of Directors or staff (NF Rules 3-2-4[1] and 3-5-1). This same procedure applies to district and sectional meets.
2. Canopies and tents will not be allowed in the bleachers or inside the fenced-in area of the state meet facility.

**C. Policy on School Passes for the State Championships:**

1. One pass per qualified student-athlete **PLUS**  
Three passes to cover coaches, managers and/or athletic trainers if a school qualifies 1-4 student-athletes  
One additional pass (4 total) if a school qualifies 5-8 student-athletes **OR**  
Two additional passes (5 total) if a school qualifies more than 9 student-athletes.
2. Superintendents, principals, and athletic directors of qualifying schools can sign in for one pass each at "Will Call" by presenting a picture ID. These administrators must be listed on the MSHSAA website in order to obtain the pass.
3. Bus drivers can sign in at "Will Call" for a pass after presenting a letter from the school and picture ID.

**NOTE: Any athletic trainer or physician who desires to work for the meet's sports medicine staff throughout the Championships must call Pat Forbis at (573) 556-5770 to express such interest and, upon approval, to obtain a pass/credentials separate from the school's count.**

## SECTION 6: DISTRICT ENTRY PROCEDURES

**A. Entry Procedures:**

1. District Assignments: Only those schools submitting the sports registration fee to the MSHSAA Office for track and field will be assigned to district meets (see the MSHSAA website at [www.mshsaa.org](http://www.mshsaa.org) for district assignments). The sports registration fee included all entry fees for the district, sectional and state meets. Thus, unless the entries are submitted after the entry deadline (4:00 p.m. on the Monday preceding the meet), no additional fees are to be submitted for either the district, sectional or state meets. The official entry process is an online website, which a head coach must access at [www.trxctiming.com](http://www.trxctiming.com). A school must have scheduled six meets in order to be eligible to participate in a district meet. (see By-Law 312).
2. Only those students certified eligible on the school's track and field eligibility roster on the MSHSAA website by the school Athletic Director, Superintendent, or Principal are eligible to compete in the district meet. Entries submitted after the entry deadline shall not be accepted unless they are received by the meet manager prior to 4:00 p.m. on the Wednesday prior to the meet, and then only if the school pays a late penalty of \$50.00.
3. As provided under National Federation Track and Field Rules, a contestant may enter and participate in a total of four events, track and/or field. The coach shall be responsible for adhering to this provision. (NF Rule 4-2-1 and 2).

NOTE: A contestant (any athlete entered in the meet) becomes a competitor when he/she or a relay team of which they are a designated member reports to the clerk of the course or the field event judge in which they have been entered. (NF Rule 4-1-1, 2 and 4-2-1, 2 and 5-9-2)

4. The best performance attained in an interscholastic track and field meet during the current season shall be entered for each entry on the online entry website. There will be no entry forms to mail or fax to the District meet manager; however, coaches must be prepared to provide proof of all performances in case one or more performances are challenged. If an entry performance is found not to be the best mark or is inaccurate, the school shall pay a penalty of \$5.00, and the entry shall not be seeded (such entries shall be listed as no time/distance/height). All hand-held times shall be converted (**all hand-held times entered in hundredths of a second shall be rounded up to tenths before being converted**) by the online entry website unless fully automatic timing (FAT) is used. (NF Rule 3-9-4)
5. Qualifying Performance Standards for District Entries: Although athletes will not be required to meet minimum standards to be eligible to participate, it is strongly recommended that coaches enter only those athletes who are capable of placing in the district meet to avoid working a hardship on the better athletes. Coaches are requested to enter student/athletes so as to avoid the necessity of making scratches.
6. Coaches' Meeting: A coaches' meeting will be held prior to the start of all district and sectional meets. All head coaches are to attend or send a qualified school representative.
7. Schools are limited to a maximum of two entries in each individual event and one team in each relay event. However, schools may enter more than two competitors in individual events at the District Meet provided all competitors meet the qualifying minimum performance standards located in Section 9 of this manual. If a school has more than two entries in an individual event at the district meet, then all entries must meet the qualifying standards and all performances must be certified as having been attained in a regular season meet of four (4) or more schools. This certification is to be faxed to Fred Binggeli (573-875-1450) by 4:00 p.m. on the Monday prior to the meet. The entry should contain the signature of the meet referee or meet manager at the meet where the individual qualified.

**B. Terms and Conditions:**

1. District, sectional, and state track and field meets (boys and girls) will be administered under a two-year (2008-09 and 2009-10) classification plan based on the enrollment in grades 9-12. The enrollment for all boys' and all girls' schools shall be doubled for classification purposes.
2. Schools will be divided into four classes for the boys and girls state meet series as follows:
 

Class 1: 187 and below	Class 3: 435 - 1212
Class 2: 188 - 434	Class 4: 1213 and above

**C. Entries, Scratches, and Substitutions:**

1. **Entry Deadlines:** The entry deadline for all levels of competition (District, Sectional, and State) is 4:00 p.m. on the Monday prior to the meet. The official entry process is an online website, which a head coach must access at [www.trxctiming.com](http://www.trxctiming.com). Once the entry deadline has passed, no additions may be made. For example, if only one athlete was entered in the 100 meter dash, a second entry could not be added after 4:00 p.m. on the Monday prior to the meet. Late entries can be accepted until 4:00 p.m. on the Wednesday prior to the meet. A late entry penalty fee of \$50.00 shall be charged for late entries. No entries will be accepted after 4:00 p.m. on the Wednesday prior to the meet. The MSHSAA office shall invoice any school(s) owing a late entry penalty fee.
2. From 4:00 p.m. on Monday prior to the meet until 4:00 p.m. on Wednesday prior to the meet, a school coach may only scratch or make substitutions. No changes will be permitted after 4:00 p.m. on the Wednesday prior to the meet. (A school coach can visually verify entries on the online website at [www.trxctiming.com](http://www.trxctiming.com) until 12:00 noon on Thursday prior to the meet.)
  - a. Monday, May 3, 2010, 4:00 p.m. — The deadline for entries to Class 1-2 district meets.
  - b. Wednesday, May 5, 2010, 4:00 p.m. — The deadline for finalizing entries for the Class 1-2 district meets. Both scratches and substitutions can be made up to this time; however, no additions shall be allowed (see 5-B-1 above).
  - c. Monday, May 10, 2010, 4:00 p.m. — The deadline for entries to Class 3-4 district meets.
  - d. Monday, May 10, 2010, 4:00 p.m.—The deadline to enter relay names for Class 1-2 sectional meets.
  - e. Wednesday, May 12, 2010, 4:00 p.m. — The deadline for finalizing entries for the Class 1-2 sectional meets (all entries must have qualified from the district meet) and the Class 3-4 district meets. Both scratches and substitutions can be made up to this time; however, no additions shall be allowed (see 5-B-1 above).
  - f. Monday, May 17, 2010, 4:00 p.m.—The deadline to enter relay names for Class 3-4 sectional meets.
  - g. Monday, May 17, 2010, 4:00 p.m.—The deadline to enter relay names for Class 1-2 state meets.
  - h. Wednesday, May 19, 2010, 4:00 p.m. — The deadline for finalizing entries for the Class 3-4 sectional meets. Scratches in individual events and substitutions on relay teams can be made up to this time. No

- substitutions shall be allowed in individual events. All entries must have qualified from the district meet.
- i. Wednesday, May 19, 2010, 4:00 p.m. — The deadline for finalizing entries for the Class 1-2 State Meets. Scratches in individual events and substitutions on relay teams can be made up to this time. No substitutions shall be allowed in individual events. All entries must have qualified from the sectional meet.
- j. Monday, May 24, 2010, 4:00 p.m.—The deadline to enter relay names for Class 3-4 state meets.
- k. Wednesday, May 26, 2010, 4:00 p.m. — The deadline for finalizing entries for the Class 3 & 4 State Meets. Scratches in individual events and substitutions on relay teams can be made up to this time. No substitutions shall be allowed in individual events. All entries must have qualified from the sectional meet.

**NOTE: Questions pertaining to state meet entries are to be directed to the state meet director, Frank Lemons, New London, (573) 248-0678.**

**D. 2010 District Meet Qualifying Standards:**

**HIGH SCHOOL BOYS**

<b>EVENT</b>	<b>CLASS 1</b>	<b>CLASS 2</b>	<b>CLASS 3</b>	<b>CLASS 4</b>
*4x800 m Relay	08:41.22	08:22.94	08:12.20	08:04.60
110 m High Hurdles	:16.71	:15.87	:15.48	:15.03
100 m Dash	:11.79	:11.36	:11.27	:11.09
*4x200 m Relay	01:36.51	01:33.85	01:31.28	01:29.47
1600 m Run	04:44.77	04:35.35	04:25.11	04:19.54
*4x100 m Relay	:46.46	:45.25	:44.02	:43.13
400 m Dash	:52.76	:51.57	:50.51	:49.79
300 m Intermediate Hurdles	:43.24	:41.56	:40.12	:39.57
800 m Run	02:05.55	02:00.73	01:58.85	01:57.02
200 m Dash	:23.65	:23.17	:22.72	:22.22
3200 m Run	10:41.81	10:08.52	09:43.93	09:41.39
*4x400 m Relay	3:38.08	03:32.52	03:27.34	03:23.42
Discus	131'11"	133'00"	149'09"	146'00"
Shot Put	44'07.75"	47'04.75"	50'08.00"	52'08.50"
High Jump	5'11.25"	6'01.25"	6'00.00"	6'03.25"
Long Jump	19'09.00"	20'05.25"	20'11.50"	2'00.75"
Triple Jump	40'07.75"	42'02.00"	44'03.00"	44'10.00"
Pole Vault	11'02"	12'02"	13'02"	13'10"

**NOTE: All hand-held times must be converted by adding 0.24 seconds**

**HIGH SCHOOL GIRLS**

<b>EVENT</b>	<b>CLASS 1</b>	<b>CLASS 2</b>	<b>CLASS 3</b>	<b>CLASS 4</b>
*4x800 m Relay	10:33.51	10:09.97	09:51.49	09:42.20
100 m High Hurdles	:17.48	:16.79	:15.80	:15.68
100 m Dash	:13.30	:12.79	:12.76	:12.61
*4x200 m Relay	01:54.61	01:49.70	01:46.78	01:44.82
1600 m Run	05:38.52	05:25.62	05:19.91	05:10.23
*4x100 m Relay	:54.22	:51.89	:50.91	:49.54
400 m Dash	01:04.05	01:00.70	:59.38	:58.94
300 m Low Hurdles	:50.06	:48.22	:46.41	:46.57
800 m Run	02:30.73	02:24.55	02:20.22	02:21.06
200 m Dash	:27.54	:26.50	:26.04	:25.84
3200 m Run	12:55.71	12:13.61	11:38.42	11:21.95
*4x400 m Relay	04:25.83	04:12.62	04:07.94	04:03.04
Discus	100'05"	109'10"	117'07"	123'09"
Shot Put	33'04.50"	36'05.25"	37'03.50"	39'02.75"
High Jump	4'08.50"	5'00.50"	5'01.25"	5'01.25"
Long Jump	15'03.25"	15'07.50"	16'06.75"	16'10.50"
Triple Jump	32'10.50"	33'07.00"	35'00.75"	36'01.00"
Pole Vault	7'04"	9'00"	9'08"	10'02"

\* NOTE: Relay times are published for information only. Additional entries are limited to individual events. Standards are calculated by taking the average of the eighth place performance for events that do not conduct preliminaries and by taking the average of the eighth fastest qualifying performance to the finals for events that do conduct preliminaries for each event from the State meets of the past three years.

## SECTION 7: CHAMPIONSHIP SCHEDULE

**A. DISTRICT:** Class 1 & 2—Saturday, May 8, 2010  
Class 3 & 4—Saturday, May 15, 2010  
NOTE: District assignments and entry forms/entry information are located on the MSHSAA website ([www.mshsaa.org](http://www.mshsaa.org)) from which the schools must print copies.

**B. SECTIONAL:** Classes 1 & 2—Saturday, May 15, 2010  
Classes 3 & 4—Saturday, May 22, 2010

**C. STATE:** The meet sites, dates, and the names and addresses of the state meet directors are as follows:

Classes 1 & 2--Friday, May 21 and Saturday, May 22, 2010  
Classes 3 & 4--Friday, May 28 and Saturday, May 29, 2010

Lincoln University, Jefferson City, MO 65101  
The track surface is synthetic.

Meet Director: Frank Lemons, New London  
Site Manager: Tim Abney, Lincoln University

**D. State Meet Suspension/Postponement Schedule**

Recommend that, if the State Track and Field Championships are suspended or postponed due to inclement weather, the following plan be utilized:

1. If the suspension/postponement occurs on the first day of the Championships after the competition in one or more events has started and the meet cannot be resumed that day,
  - a. The results of any completed final event shall stand;
  - b. The results of any completed preliminary event shall stand, with the finals of such event being contested on the second day of the meet;
  - c. The results of partially completed preliminary or partially completed final events shall stand, with each event being resumed on the second day of the meet at the point of its suspension;
  - d. Any event in which competition has not started at the point of the suspension shall be contested per the one-day meet plan of part "b".
2. If no events are able to start on the first day of the Championships,
  - a. Field events shall start at 11:00 a.m. and running events at 12:00 noon (weather permitting).
  - b. All running events shall be contested in the order of the original Saturday schedule and, if an event originally required preliminary heats to qualify for the finals, it shall be redrawn and contested as two sections against time (no preliminaries will be run in the one-day meet format). The two sections against time shall be seeded as a "slow" section followed by a "fast" section based on the times from the Class 1/Class 2 District or Class 3/Class 4 Sectional meet results.
  - c. All running events not originally requiring preliminary races, shall not be re-seeded or redrawn.
  - d. Field events shall be re-scheduled with those events previously scheduled on Friday being contested prior to the ones previously scheduled for Saturday.
  - e. The shot put, discus, long jump, and triple jump shall be contested as final events only (no preliminaries will be contested) with each contestant receiving four throws/jumps.
  - f. All additional adjustments in the conduct of the one-day meet format due to inclement weather shall be determined by Meet Management.
3. If the suspension or postponement occurs on the second day of the competition, Meet Management shall determine the status (suspension, postponement, or cancellation) of any or all remaining events.

NOTE: The 3200 meter runs shall be conducted in their current places in the schedule of events at the State Championships, with the stipulation that the events would be rescheduled to a cooler time of the day on a case-by-case basis whenever deemed necessary by the on-site medical staff per wet-bulb readings.

## SECTION 8: APPENDIXES

### APPENDIX A: APPROVED ORDER OF EVENTS FOR JUNIOR HIGH/MIDDLE SCHOOL TRACK AND FIELD

The order of events for junior high school Track and Field meets is provided below. Other special regulations as listed in the National Federation Track and Field Rules Book shall be followed.

#### A. ORDER OF EVENTS FOR 7TH AND 8TH GRADES JUNIOR HIGH SCHOOL TRACK AND FIELD MEETS:

	<b>Boys 7-8</b>	<b>Girls 7-8</b>
1st	100 m HH (33" - same spacing as H.S. girls)	75 m LH
2nd	100 m Dash	100 m Dash
3rd	4 x 200 m Relay	4 x 200 m Relay
4th	1600 m Run	1600 m Run
5th	4 x 100 m Relay	4 x 100 m Relay
6th	400 m Dash	400 m Dash
7th	800 m Run	800 m Run
8th	200 m Dash	200 m Dash
9th	4 x 400 m Relay	4 x 400 m Relay
	High Jump	High Jump
	Long Jump	Long Jump
	Shot Put (4.0 kg)	Shot Put (6 lbs./ 2.744 kg)
	*Discus	*Discus
	Triple Jump	Triple Jump
	Pole Vault	Pole Vault

\*Discus shall weigh two pounds, 3.27 ounces (1 kg) and meet other specifications in accordance with the National Federation Track and Field Rules Book pertaining to junior high events.

- B. Ninth grade competition, both boys and girls, shall follow the high school order of events and the size and weight of throwing implements shall be those used in high school. Seventh and eighth grade boys shall run the 100 Meter High Hurdles (same as the girls senior high school event), utilizing the same spacing and 33 inch hurdles with the understanding that 30 inch hurdles are approved if the 33 inch are not available.
- C. Participation Limitations:
1. Ninth grade students may compete in a maximum of four events, however, only three may be running events including relays if the meet is only a ninth grade meet.
  2. Seventh and eighth grade students may compete in a maximum of four track and field events, with a maximum of three events being running.

### APPENDIX B: CRITERIA FOR THE HOST SCHOOL OF MSHSAA DISTRICT TRACK AND FIELD MEET

#### A. District Site Selection Process:

1. Assignments of schools to specific districts shall be established by MSHSAA staff at the beginning of each two-year classification period. These assignments will remain constant unless it becomes necessary to modify assignments due to the addition or deletion of schools to the activity.
2. The MSHSAA staff shall select one A.D. or Principal per district to serve as the chairperson who shall coordinate the site selection process for each activity.
3. The chairpersons will be contacted and confirmed via fax/telephone by the MSHSAA staff.
4. Each chairperson will receive by fax the list of schools assigned to his/her specific district only.
5. Each chairperson will contact all athletic directors of schools assigned to the specific district and arrange for a meeting (telephone conference call, fax ballot, etc.) to select the host sites. The MSHSAA shall incur no expense in conjunction with this meeting.
6. The request shall be to select the host sites for both years of the two-year classification cycle in most sports. The host sites may be the same school for both years or a different school each year. Some activities have school participation levels that fluctuate too much to have the host site assignment made for two years.

Those activities will be indicated in the sports specific information provided.

7. Specific criteria shall be established and published in each MSHSAA activity manual. The chairperson and school representatives shall follow this specific criteria to determine a specific course of action to be followed to select the district host site(s).
8. The district chairperson shall contact the MSHSAA office, via fax, by the established deadline and indicate the selected host site(s) and manager's information for the two-year classification period (unless otherwise indicated in the specific activity criteria).
9. The MSHSAA Board of Directors shall review the submitted host sites for any necessary adjustments and final approval. The Board and MSHSAA staff shall select the host sites when a district committee is unable to reach agreement or the Board determines a suggested site is unacceptable due to site restraints. A neutral site may only be used, provided there is prior approval from the MSHSAA, based upon confirmation of inadequate facilities at the assigned district schools or unusual circumstances. The neutral site shall be at no additional expense to the MSHSAA.
10. Following final Board of Directors' approval, district assignments shall be printed indicating host sites and further advancement procedures including regional, sectional, quarterfinal, and/or final sites selected by the MSHSAA staff and Board of Directors.
11. All assignments and host sites (including advancement procedures) shall be listed on the MSHSAA website. All assignments shall be released to the schools at the same time.
12. The District managers' packets shall then be forwarded to each district manager in the appropriate time frame to properly administer the event.

**B. Specific Track and Field Host Criteria:**

1. The Track and Field Advisory Committee has recommended an eight lane all weather surface be the standard for all district meets. Lights are also highly recommended. Field event facilities will be in compliance with National Federation rules and standards set by the MSHSAA.
2. The host school will have public restrooms, locker rooms, press box, parking (bus & spectators), and public address system. The host school must have the equipment needed to successfully administer a track and field district meet, **including a computer with internet access to run the Hy-Tek Track and Field Meet Manager program.**
3. The host school shall collect gate receipts.
4. The host school manager shall assign in advance specific duties to all participating school coaches to assist in the administration of these meets as judges, timers, finish line personnel, event committee members etc.
5. The host school will employ as independent contractors three MSHSAA Track and Field registered officials. Two to work as starters and one as head field event judge at District Meet. The host school manager will assign responsibilities to the Games Committee and Jury of Appeals. The host manager will appoint the Meet Referee ten day prior to the meet and inform all schools of the MSHSAA procedures adopted for the meet and National Federation specific rules.

**APPENDIX C: MEDIA INFORMATION**

- A. **District and Sectional Press Passes:** Members of the media who need working passes for District and Sectional contests should contact the site manager of the site at least 24 hours before the event he or she wishes to cover. All members of the working media should be prepared to show a general media credential and/or photo identification upon arrival. No admission (where available) will be charged to media representatives who have made prior arrangements with the site manager or who are prepared to present valid credentials upon arrival. No one under 18 years of age (except student media representatives), spouses, friends, coaches or fans will be admitted to media areas.
- B. **Media Services:** Every effort should be made by each site manager to accommodate and provide working space for media representatives. These basic services should include (but not limited to) providing: rosters and brackets, official results or scoring, a writing surface (such as a press box or press table), access to the field or floor level, and access to a telephone after the event is over. Photographers should remain a safe distance from the playing field or surface at all times and should not be permitted on the playing surface or team bench areas during competition. Flash photography is permitted in all sports except basketball, provided the photographer does not (in the opinion of officials, players or coaches) disrupt play by using a flash or strobe. Site managers are encouraged to direct any media questions or report any problems to Jason West at the MSHSAA.

- C. **Results:** Each site manager has the responsibility to insure that all final results are reported immediately after the conclusion of each District or Sectional events: (in order of priority)
1. The MSHSAA Office
  2. Missouri Runners Website ([www.morunners.com](http://www.morunners.com))
  3. Local television stations
  4. All other interested media (newspapers and radio stations). It is vital that all site managers make reporting final results to the MSHSAA a high priority after your event has concluded. Site managers are also responsible for taking and filling media requests for results after the event is over.
- D. **Radio Broadcasts:** Permission to conduct a live or delayed radio broadcast from a District or Sectional site should be arranged through the site manager no less than 48 hours before the intended contest. Radio stations are solely responsible for installing or arranging the use of broadcast phone lines from the site. Site managers may wish to install lines at their own expense and distribute these costs among broadcasting stations. The following regulations also apply to all live radio broadcasts:
1. Each broadcasting station is required to give advance publicity of the event for the three preceding days, including participants, date, time, site and ticket information;
  2. Each station must provide a completed MSHSAA radio broadcast agreement (site managers are provided with a minimum supply) and list of sponsors before the broadcast may begin;
  3. No individual or organization shall be permitted to sponsor a broadcast for the purpose of advertising any product contrary to the principles of good athletic training, citizenship or sportsmanship (alcohol, tobacco, lottery/gaming or political advertisements);
  4. Stations are required to run or read two MSHSAA public service announcements per game. These PSA's are sent to each site manager and also sent to radio stations each fall;
  5. Stations are required to run or read to sport-specific promotions during each game. These promotional spots are also sent to each site manager (when used) and provided to all stations each fall;
  6. Stations shall provide competent and professional-like broadcasting and shall not present or otherwise dramatize any unsportsmanlike act, conduct or display on the part of participants or fans;
  7. The MSHSAA reserves the right to discontinue the broadcasting right of a station at any time in the event previous broadcasting by the station is considered to have been in poor taste or incompatible with the educational values of the MSHSAA;
  8. If more stations request permission to broadcast that can be accommodated, they shall be given permission in order of the dates of the requests. Equal accommodations should be provided for stations representing both participating schools;
  9. No rights fee shall be charged for broadcasts at MSHSAA District or Sectional contests. A \$25 rights fee, payable to MSHSAA, shall be provided in advance for each game broadcast MSHSAA Championship-level events. Lines at the final site are provided at no charge, but no station may make any long-distance or toll calls from these lines.
- E. **Delayed Television Broadcasts:** Stations wishing to conduct a delayed television broadcast (at least 24 hours after the conclusion of the game), shall make arrangements no less than 48 hours before the contest. No event shall be delayed, interrupted or extended to accommodate any broadcast. All television stations (live and delayed) assume all expenses and all liability resulting from staging and broadcasting of the game(s). Items a-g above (under Radio Broadcasts) shall apply to delayed TV broadcasts, with the following exceptions:
1. specific MSHSAA delayed TV broadcast agreement shall be used rather than a radio broadcast agreement;
  2. Stations shall be required to read two MSHSAA public service announcements and air two MSHSAA-produced 30-second television spots during each game;
  3. Stations are required to provide the MSHSAA with a VHS copy of the final broadcast no later than 15 days after the game airs;
  4. The following revised rights fee schedule shall apply to all broadcasts (this fee must be paid in advance of the broadcast): Commercial "Over-The-Air" TV Stations: \$100 per District game, \$125 for Regional, Sectional and Quarterfinal games, \$200 for Semifinal and Third-place games and \$300 for state Championship games; Commercial Cable Stations: \$50 for District and Regional games, \$100 for Sectional and Quarterfinal games, \$150 for Semifinal and Third-place games and \$200 for state Championship games;
- F. **Cable Access Stations:** All non-commercial, educational or community-based cable access stations shall pay a \$25 for District and Regional games, \$50 for Sectional and Quarterfinal games, \$75 for Semifinal and Third-place games and \$100 for state Championship games.
- G. **Championship Press Passes:** Members of the media seeking working passes for the final site and MSHSAA Championships should submit an official credential request through the MSHSAA's on-line system no later than the designated deadline for each event. The on-line credentialing system can be accessed by registered media

outlets from the Media tab on the MSHSAA website ([www.mshsaa.org](http://www.mshsaa.org)). No late submissions will be honored. All personnel restrictions for credentials shall apply and be strictly enforced. Do not contact the host site for the Championship (state-level) credentials.

#### **APPENDIX D: POLICY ON HAZING AND HARASSMENT**

- A. **Hazing:** Willful conduct directed at a student that is intended to physically or emotionally intimidate, punish, embarrass, humiliate, ridicule, or place any student in a disconcerting position for the purpose of initiation, affiliation, inclusion or membership in any team or organization.
- B. **Harassment:** Unwelcome conduct by a person that is sufficiently serious, persistent or pervasive, so that it affects another person's ability to participate in or benefit from the school program or activity by creating an intimidating, threatening or abusive environment.
- C. It is the policy of the MSHSAA Board of Directors that hazing and harassment have no place in school-sponsored activity programs and pose a significant risk to the physical and mental welfare of students. Coaches, directors, sponsors and administrators must take an active role in the prevention of all forms of hazing and harassment. Students directly or indirectly involved in hazing incidents, on or off school grounds, could be considered ineligible by the school administration under the MSHSAA citizenship standard, By-Law 212.

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