



2024-2025
TRACK & FIELD
MANUAL

DATES TO REMEMBER [\(TOC\)](#)

_____	First allowable practice		March 3
_____	Deadline to withdraw from season/post-season for classification purposes.		March 13
_____	Deadline for Online Rules Review and Coaches Rules Test		March 14
_____	First allowable contest (By-Law 3.9.1 Conditioning requirements must be met prior)		March 20
_____	Class/District Assignments Released		March 21
_____	District Submission Window Opens		April 21
_____	Officials Contest Declarations & Officials Recommendations		April 18
_____	Additional Qualifier Submission Deadline – 10:00 PM	Classes 1 – 3	May 5
		Classes 4 & 5	May 12
_____	District Entry Deadline – 12:00 PM	Classes 1 – 3	May 6
		Classes 4 & 5	May 13
_____	District Pass List Deadline – 12:00 PM (entered on mshsaa.org)	Classes 1 – 3	May 8
		Classes 4 & 5	May 15
_____	District Meet – <u>Locations TBD</u>	Classes 1 – 3	May 10
		Classes 4 & 5	May 17
_____	Sectional Verification Deadline – 12:00 PM	Classes 1 – 3	May 13
		Classes 4 & 5	May 20
_____	Sectional Pass List Deadline – 12:00 PM (entered on mshsaa.org)	Classes 1 – 3	May 15
		Classes 4 & 5	May 22
_____	Sectional Meet – <u>Locations TBD</u>	Classes 1 – 3	May 17
		Classes 4 & 5	May 24
_____	State Verification Deadline – 12:00 PM	Classes 1 – 3	May 20
		Classes 4 & 5	May 27
_____	State Championships – <u>Licklider Track @ Adkins Stadium, Jefferson City</u>	Classes 1 – 3	May 23 – 24
		Classes 4 & 5	May 30 – 31

Dates throughout the remainder of the manual are based on the MSHSAA Standard Calendar. They will be stated with a day of the week and the Standard Calendar week. This Calendar can be found on the inside front cover of the Official Handbook or in a MSHSAA 3-Year Calendar

Future postseason schedules may also be found at the back of the Official Handbook which may be located at www.mshsaa.org

Dates, times and locations are subject to change under the authority of the Board of Directors.

MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

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*** MSHSAA contact person for Track & Field**

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Revised May 1, 2025

DISTRICT ASSIGNMENTS MAY BE FOUND ON MSHSAA WEBSITE (www.mshsaa.org)

Revisions to the manual are highlighted in **bold red print and underlined**.

ADVISORY COMMITTEE [\(TOC\)](#)

The advisory committee members are appointed by the Board of Director member from their respective board district. Each individual is appointed to a four (4) year term. If an appointee is unable to fulfill their term, a replacement will be appointed to complete the remainder of the term. The purpose of the committee is to represent the schools and coaches/directors within their board district on matters concerning the administration of the sport. Their role is a key component is bringing sport/activity-specific needs, concerns, and recommendations to the Board of Directors. Please make sure to use them as your voice to the MSHSAA Staff and Board of Directors.

Girls Representatives

Southwest (2023)	Southeast (2023)	Northwest (2024)
Alicia D Gunter West Plains High School alicia.gunter@zizzers.org	Amanda Politte Potosi High School apolitte@potosir3.org	Janice Borey Worth County High School jborey@wc.k12.mo.us
Northeast (2024)	St. Louis (2025)	Central (2025)
Matt Chance Bowling Green mchance@bgschools.k12.mo.us	Asaki Carr McCluer North ascarr@ssdmo.org	
Kansas City (2026)	South Central (2026)	
Dale Brown Winnetonka Dale.brown@nkcschools.org	Marcus Bridges Fatima bridgesm@fatimacomets.org	

Boys Representatives

Southwest (2023)	Southeast (2023)	Northwest (2024)
	Jordan Stone Farmington High School jstone@farmington.k12.mo.us	Nathan Powell Princeton npowell@tigertown.k12.mo.us
Northeast (2024)	St. Louis (2025)	Central (2025)
Neal Blackburn Rock Bridge High School nblackburn@cpsk12.org	Larry Minner Westminster Christian Academy lminner@wcastl.org	Tom Ward Cole Camp wardt@colecamp.k12.mo.us
Kansas City (2026)	South Central (2026)	
Scott Crall Kearney cralls@ksdr1.net	Matt Candrl Owensville mcandrl@dutchmen.us	

Non-Voting Members
 MTCCCA President
 MTCCCA At-Large Representative
 State Meet Head Official

Terms expire July 1 of the year noted
***serving out partial term, eligible for reappointment**

RULES INTERPRETERS

The interpreters have been selected for their knowledge of the rules and willingness to provide their advice to officials, adjudicators and coaches/directors with regards to the interpretation of rules. The executive in charge of each sport/activity is the chief rules interpreter for the state but relies heavily on the advice and counsel of these individuals. Please feel free to contact them if you have a question regarding the application of sport/activity-specific rules. These individuals do not interpret any MSHSAA By-Laws or Board Policies nor do they review video of calls.

Southeast	Southwest	Northeast
C. Don Harris fb5575@outlook.com	Emry Dilday emrydilday@sbcglobal.net	Jeff Anderson ajanders528@gmail.com
Northwest	South Central	Central
Matt Symonds symonds.matthew.l@gmail.com	Jeff Anderson ajanders528@gmail.com	Dean Hays deanghays@yahoo.com
St. Louis	Kansas City	
Craig Kammien ckammien@charter.net	Dean Hays deanghays@yahoo.com	

PURPOSE AND PHILOSOPHY [\(TOC\)](#)

- A. **MISSION STATEMENT:** The MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.
- B. **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 regulations in this manual shall be considered official unless the schools are notified in a Special Bulletin of any changes.
- C. **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 their primary philosophy and purpose.
- D. **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.

It is the desire of the MSHSAA Board of Directors that these events be both fun and educational. It is extremely important that competitors, 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 COMPETITORS AND FANS:** MSHSAA By-Laws hold a school responsible, both at home and away, for the conduct of its competitors, students, coaches, and fans. Coaches are required to supervise their competitors. A coaches' respect for others and school property is necessary in order to instill this respect in competitors. 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 of the entire school.

A school also should inform its competitors, students, coaches and fans of the value contest 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. Booing of officials leads to booing of coaches and competitors. This has no place in high school athletics. Athletic administrators are urged to develop a program through any and all communication techniques available to ensure that spectators understand that high school athletics are an educational endeavor as opposed to the games being an end in themselves.

SECTION 1: ESSENTIAL RESOURCES [\(TOC\)](#)

The information listed/linked in this section relates to MSHSAA By-Laws, Board Policies and information from the Sports Medicine Page (SMP). The information is not sport or activity specific but is necessary for the safe and proper conduct of your sport/activity.

Source Locations:

[MSHSAA Handbook \(HB\)](#)

[Sports Medicine Page \(SMP\)](#)

- A. ALCOHOL/TOBACCO USAGE AROUND INTERSCHOLASTIC ACTIVITIES (HB-Board Policy)
- B. CHARITY/AWARENESS EVENTS (HB-Board Policy)
- C. CONCUSSIONS EDUCATION AND MANAGEMENT PROTOCOL ([SMP](#))
- D. CONDUCT – REMOVAL OF TEAMS & EJECTIONS (HB-By-Law 5.5)
- E. GUIDELINES FOR FAN SUPPORT ITEMS (HB-Board Policy)
- F. HAZARDOUS WEATHER CONDITIONS/LIGHTNING GUIDELINES ([SMP](#))
- G. HEAT ACCLIMATIZATION (HB-By-Law 1.7 & [SMP](#))
- H. ON-SITE PROTEST PROCEDURES (HB-Board Policy)
- I. OXYGEN USE POSITION STATEMENT ([SMP](#))
- J. SANCTIONING (HB-By-Law 3.18)
- K. WET BULB GLOBE THERMOMETER USE ([SMP](#))

SECTION 2: REGULAR SEASON [\(TOC\)](#)

- A. COACHES RESPONSIBILITY:** All coaches are expected to read and abide by the NFHS Rules and the regulations in this manual specifically each coach should:
1. Communicate regulations in this manual to students and their parents as it pertains to their conduct while representing your school;
 2. Be listed on your school's Coach/Director page on the MSHSAA website;
 3. Complete the annual rules review presentation and rules test;
 4. Meet all requirements to be an approved coach as established by the by-laws.
- B. ELIGIBILITY ROSTERS:** Your school administrator must submit a Track & Field eligibility roster for each gender through the MSHSAA website no later than one day prior to the school's first regular season contest. This roster will be transferred to Mo.MileSplit.com for meet registration. You cannot add names to MoMileSplit.com; it must go through the MSHSAA eligibility roster. Note: To create an account, coaches can go to the site and click on "Login" on the top right of the page and then "Sign Up"
- C. SANCTIONING:** For any meet outside of Missouri, any meet including out-of-state teams, and any meet with a 3rd-party sponsor; see Section 1.J for reference
- D. REGULAR SEASON LIMITATIONS/POST SEASON ELIGIBILITY:**
1. A senior high school shall schedule and participate in no more than 13 regular season meets per season at each level of competition (varsity, junior varsity, sophomore or freshman).
 2. In order for a school to be eligible to participate in the district meet, it must participate in at least five (5) regular season contests.
 3. Each student must compete representing their school in at least 1 regular season meet to be eligible to be entered in the district meet.
 4. A junior high school shall schedule and participate in no more than 10 meets per season at each level of competition (7th grade, 8th grade, A team, B team).
- E. INDIVIDUAL PARTICIPATION LIMITATIONS:**
1. Definitions
 - a. Entered – a student listed as an individual able to compete in an event or listed as one of the eight (8) individuals on a relay entry
 - b. Participated:
 - i. Individual Event – a student who reports for an event for which they are entered OR fails to be withdrawn from an event at the clerking of the event for which they are entered
 - ii. Relay – a student who is one of the four members of the relay team who report for the relay OR all athletes listed on the relay team which fails to be withdrawn from the relay at the clerking of the relay for which they are entered
 - c. Withdraw – an athlete or coach may withdraw an athlete from any event before the clerking for the event closes and this event will not be counted against participation limits.
 2. High School
 - a. A student is limited to participating in a total of thirteen (13) regular season meets representing their school, regardless of the level of participation.
 - b. A student shall not participate in more than four (4) events track and/or field.
- | | |
|-----------------------------|---|
| Four (4) individual events | No relays allowed |
| Three (3) individual events | May be listed on any number of relays
May compete in only one (1) relay |
| Two (2) individual events | May be listed on any number of relays
May compete in only two (2) relays |
| One (1) individual events | May be listed on any number of relays
May compete in only three (3) relays |
| Zero (0) individual events | May be listed on four (4) relays and compete in all. |
- c. Multiple Meets in a Day:
 - i. The limit set forth in 2.E.b is a daily limit and may not be exceeded if a student competes in more than one meet in a given day.
 - ii. A student may not duplicate an event in a given day even if the meets are of differing levels.
 - d. Excess Events:
 - i. If a student is entered in five (5) or more individual events, they will be withdrawn from the latest event in the meet order.
 - ii. If a student participates in five (5) or more events on a given day, it is a violation. ALL individual results will be forfeit and any team points earned will be deducted. The school shall self-report such violations to the MSHSAA office.
 - e. Ninth (9th) Grade Only Meets: a student shall not enter or compete in more than four (4) events with a maximum of three (3) being running events.
3. Junior High
 - a. A student is limited to a total of ten (10) meets, regardless of the level of participation.
 - b. A student shall not enter or compete in more than four (4) events with a maximum of three (3) being running events.
 - c. Ninth (9th) Grade students cannot compete with or against junior high students.

- F. ELECTRONIC DEVICES:** Are permitted to be used in unrestricted areas and coach's boxes
1. It is the responsibility of the Games Committee to establish restricted areas and coach's boxes.
 2. Communication Devices: The use of cell phones or other communication devices is prohibited during competition. Use is a disqualifiable offense.
 3. May not be used to review an official's decision
- G. COMPETITOR UNIFORM:**
1. Individual competitor uniforms are governed by NFHS Rule 4-3-1. All aspects of this rule shall be followed.
 - A t-shirt, or warm up suit, if school-issued or school-approved and if not offensive in nature, can be worn as the uniform.
 2. Members of a relay team shall meet those guidelines set forth in NFHS Rule 4-3-1 and additionally those set forth in NFHS Rule 4-3-2.
 3. **Missouri Adoption:** For any meet conducted by a MSHSAA member school, a uniform warning shall be issued at the coaches' meeting prior to the start of the meet. From that point forward, any competitor in violation of this rule will be disqualified from that event.
- H. JEWELRY RULE/OTHER ITEMS:**
1. Jewelry may be worn by competitors UNLESS considered by the meet referee to be dangerous or inappropriate.
 2. Watches are legal. However, use of wearable technology for communication between the coach and athlete will result in the athlete being disqualified.
- I. USE OF AN ATOMIZER (INHALER) 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 4-6 Note 1)
- J. SPECIAL ACCOMMODATIONS:** The school of a competitor with a disability or special need may request specific accommodations. The following items are required before accommodation requests can be reviewed and considered.
1. A written request from the school, describing the competitor's special needs and the specific accommodations being requested. The letter should include the rule references of applicable NFHS Track & Field and Cross-Country Rules which would be violated without the accommodation.
 2. A letter from the parents or guardians confirming the need for an accommodation and approving the accommodation request.
 3. A letter from the student's doctor or applicable caregiver describing the medical circumstance or special need, and confirming the need for an accommodation.
 4. Photographs of:
 - a. the special equipment,
 - b. the student wearing the special equipment, if applicable.
- Written approval from the MSHSAA office is required prior to any competition. During the regular season, the letter of approval from MSHSAA must be presented to meet officials before any accommodations may be used.
- Please allow ONE WEEK for requests to be reviewed prior to the first competition.**
5. Written approval from the MSHSAA office is required prior to any competition. The letter of approval from MSHSAA must be presented to meet officials before any accommodations may be used.
 - a. **Please allow ONE WEEK for requests to be reviewed prior to the first competition.**
 - b. MSHSAA will consider requests if:
 - i. the sport is not fundamentally altered by the accommodation,
 - ii. the accommodation does not create a risk to either the athlete or others, and
 - iii. the accommodation does not place opponents at a disadvantage.
 6. Subsequent Requests: For students with a prior approved accommodation and if no changes involving the accommodation have occurred; a written request from the school to have the accommodation to be renewed may suffice. Changes to NFHS Rules or MSHSAA Policies may require additional documentation for a full review.
- K. PARA-ATHLETES:** MSHSAA encourages member schools to seek out and recruit individuals who are eligible to participate as para-athletes. These efforts provide an additional avenue for more students to participate and reap the benefits of interscholastic athletics. **A special accommodation letter is not required for a para-athlete and their racing/throwing chair.** Regular season meets should be encouraged to host para events when a school has a competitor. We urge that the para-athlete receive coaching in each event she/he will participate in. MSHSAA sponsors a para-division at the state meet **for chair-bound athletes**, in the following **exhibition** events:
1. Track: 100m, 200m, 400, 800m
 2. Field: shot put, discus.
- L. DISTRICT QUALIFYING STANDARDS (INDIVIDUAL EVENTS):** Schools are limited to a maximum of two entries in each individual event Districts. However, schools may enter more than two competitors, provided all competitors meet the qualifying minimum performance standards. See **Appendix D** for the annual standards and Section 4.A.3.d for submission deadlines.

M. MEET PROCEDURES:

1. **Meet Hosts: All hosted meets must be posted on a school's MSHSAA Track & Field Schedule.**
2. **Coaches Meeting:** Each meet is to conduct a coaches meeting.
3. **Games Committee (NFHS Rule 3-2):** Shall be established prior the meet and during the coaches meeting shall:
 - a. Review local facility rules: spike length, coaches' boxes, etc.
 - b. Designating Restricted Areas and Coaches' Boxes
 - c. Review the time schedule and order of events
 - d. Set opening heights
 - e. Set warm-up limits
 - f. Review time limit procedures
4. **Registered Officials:** Must be used for all track and field meets.
 - a. If only one official is used, he/she is also the Referee.
 - b. If multiple officials are used one MUST be designated as the meet referee at the beginning of the meet.
 - c. All starters shall wear a red or orange sleeve on the gun arm, to assist in the visibility for the timers.
 - d. The meet referee will determine all disqualifications.
5. **Scoring:** All interscholastic meets are to use the scoring system outlined in NFHS Rule 2-1 & 2
6. **Meet Set-Up:**
 - a. Seeding a Meet – See Section 5, Subsection District Meets E.9.C
 - b. Breaking a Tie – See Section 5, Subsection District Meets E.11
 - c. Field Events – **All measurements are to use the metric system.** (See Section 5, Subsection District Meets E.10.e)
NOTE: DO NOT use measure in Imperial measurements and convert to metric
 - d. Conduct of Pole Vault – **See Appendix E**
 - e. Use of Wind Gauge – permissible if supplied by a school and use is communicated to host and timing company in advance.
7. **Late Arrivals:** If an individual contestant arrives at the site of a meet after competition has started, the athlete shall be permitted to compete in any remaining events in which entered provided:
 - a. The school provides validated proof for the delayed arrival.
 - b. The referee concludes the reasons for the late arrival were beyond control.
 - c. It does not impact/disrupt the qualifying process of the event
8. **Protests and Appeals:** May only be made when a coach believes the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted. The process is as follows:
 - a. A coach first protests in writing to the referee.
 - b. The referee renders a decision
 - c. The coach may request a written appeal be made to the jury of appeals (if one is established) by the meet referee.
 - d. Use of video is prohibited when making a protest or appeal
 - e. By MSHSAA Board policy, all protests are to be resolved at the contest and the MSHSAA Board/Staff shall not review protests.
9. **Order of Events:**
 - a. **High School:** The following should be followed for regular season meets. Refer to the NFHS Rules Book for special regulations. **It is recommended meet hosts follow the same gender order as postseason meets as outlined in Section 3, Subsection: District Meet A.3.a.ii.**

BOYS EVENTS		GIRLS EVENTS	
1.	4x800 meter relay	1.	4x800 meter relay
2.	110 meter high hurdles	2.	100 meter high hurdles
3.	100 meter dash	3.	100 meter dash
4.	4x200 meter relay	4.	4x200 meter relay
5.	1600 meter run	5.	1600 meter run
6.	4x100 meter relay	6.	4x100 meter relay
7.	400 meter dash	7.	400 meter dash
8.	300 meter intermediate hurdles	8.	300 meter low hurdles
9.	800 meter run	9.	800 meter run
10.	200 meter dash	10.	200 meter dash
11.	3200 meter run	11.	3200 meter run
12.	4x400 meter relay	12.	4x400 meter relay
	Discus		Discus
	Shot Put		Shot Put
	High Jump		High Jump
	Long Jump		Long Jump
	Triple Jump		Triple Jump
	Pole Vault		Pole Vault
	Javelin		Javelin

- Schools may add adaptive events. These events may be conducted before or after their like event in the order of events.
- Any other events (such as shuttle relay, decathlon, etc.) that are added to the meet should be provided to the MSHSAA Office for recordkeeping purposes only.
- Mixed Relays (Coed Events)
 - Competition must consist of 2 male and 2 female athletes

- Meet director MAY stipulate the order in which genders compete, if not stipulated order is at the coach's discretion
- Meet director shall determine the awarding of team points and notify schools prior to conduct of the meet. Options
 - Award full points to each gender
 - Award half the points to each gender

b. **Ninth Grade (Only Events):** Shall follow the high school order of events and the size and weight of throwing implements shall be those used in high school.

c. **Junior High:** The following should be followed for all meets. Refer to the NFHS Rules Book for special regulations.

BOYS EVENTS		GIRLS EVENTS	
1.	100 meter high hurdles (33"/HS girls spacing)	1.	100 meter low hurdles
2.	100 meter dash	2.	100 meter dash
3.	4x200 meter relay	3.	4x200 meter relay
4.	1600 meter run	4.	1600 meter run
5.	4x100 meter relay	5.	4x100 meter relay
6.	400 meter dash	6.	400 meter dash
7.	800 meter run	7.	800 meter run
8.	200 meter dash	8.	200 meter dash
9.	4x400 meter relay	9.	4x400 meter relay
	High Jump		High Jump
	Long Jump		Long Jump
	Shot Put (4.0 kg)		Shot Put (6 lbs.)
	Discus (1 kg)		Discus (1 kg)
	Triple Jump		Triple Jump
	Pole Vault		Pole Vault

- 30" hurdles are permissible for boys if 33" are unavailable
- The 4x800 meter relay is an allowable, optional event for junior high meets.
- Schools may add adaptive events. These events may be conducted before or after their like event in the order of events.
- Any other events (such as shuttle relay, decathlon, etc.) that are added to the meet should be provided to the MSHSAA Office for recordkeeping purposes only.

10. Vertical Jump Withdrawal Process

- a. **General:** The allowance now permitted by NFHS Rule 6-3-2.b.4(b) for tied competitors to mutually withdraw without disqualification necessitates a process be put in place so officials, coaches, and competitors are not in conflict upon application
- b. **Check-In:** Upon a coach checking in their athlete for a vertical jump, they shall inform the meet referee/field judge running the event as to whether the athlete will make the withdrawal decision or if the coach is to be consulted.
- c. **Presence:** If a coach is to be consulted regarding a withdrawal; they must be in the coach's box for consultation. If the coach is not present; the athlete will be required to make the decision. *(It is not the field judge's responsibility to seek out any absent coach.)*
- d. **Tie Occurs:** Once it is determined there is a tie, the field judge shall separate the competitors and notify them of the tie. If a coach is to be consulted, they should be notified. Each coach/competitor should make their decision without knowledge of the other's decision. Once both decisions have been noted by the field judge, the determination will be announced.

SECTION 3: POSTSEASON CRITERIA [\(TOC\)](#)

A. GENERAL INFORMATION

1. School Eligibility
 - a. Postseason is for member senior high schools only
 - b. Schools must register for the postseason by the annual deadline **(12:00 PM, Thursday of Week #36)**
 - c. A school must have competed in at least 5 meets of the permitted number of meets as established by By-Law 3.29.6
 - d. An individual must have represented their school in interscholastic competition in that sport during the current season.
 - e. Para-Athletes: For a student to compete in a wheel chair event at the state meet, the athlete must have been entered in at least 1 regular season meet.
2. Classifications **(Friday of Week #37)**
 - a. Schools will be divided into 5 classes as determined by classification procedures outlined in Board Policy. Classification placement is determined by the gender with the higher number of postseason registered schools as of **Thursday of Week #35**
 - b. Postseason Format:
 - i. Each classification in each gender will be divided into eight (8) districts based upon geographic location and numeric balance.
 - ii. Qualifiers from districts will advance to one of four (4) sectional meets.

B. OFFICIALS

1. Only MSHSAA registered officials (not on probation) shall be contracted for postseason meets.
2. Only those MSHSAA registered officials who have completed and verified a postseason application shall be eligible to work postseason meets.

C. SITE SELECTION & QUALIFICATIONS

1. District/Sectional Site Selection Process
 - a. Prior to the annual assignment of all registered schools to classifications and districts, the MSHSAA staff shall coordinate the selection of district and sectional managers, by soliciting interest from member schools.
 - b. The selection is based on geographic location and probable class and district assignments.
 - c. The request to host shall be for only the current classification cycle.
 - d. Each district/sectional manager shall be contacted and confirmed via email by the MSHSAA staff.
 - e. Following final approval, host sites shall be added to the district/sectional assignments link and the district/sectional managers' packets shall be forwarded within an appropriate time frame to allow for proper administering of the event.
2. General Site Criteria
 - a. Locations for tournaments competition sites for all district and state series events shall be conducted in Missouri unless a school owned facility, contiguous to the school campus is beyond the state border.
 - b. The site facility(s) must be in compliance with the Title III of the Americans with Disabilities Act as a place of public accommodation
 - c. Secure location for contest officials to be sequestered from teams and spectators.
 - d. Ability to take admission for all meets.
 - e. Seating/Viewing capacity shall be adequate to accommodate anticipated attendance.
 - f. Adequate parking and traffic flow to accommodate a single or double meet. – REQUIRED
 - g. Adequate concessions available for spectators. – REQUIRED
3. Specific Criteria for Track & Field
 - a. Recommended an eight (8) lane, all-weather surface be the standard for all meets.
 - b. Adequate space for conduct of field events
 - c. Lights are also highly recommended.
 - d. Track and Field event facilities will be in compliance with NFHS rules and standards set by the MSHSAA.
 - e. Public restrooms, locker rooms, press box, and public address system.
 - f. Equipment necessary to successfully administer a meet, including a computer with internet access to run the Hy-Tek Track and Field Meet Manager program.
 - g. **A backup runway and sector shall be available when contesting the javelin on a grass runway when hosting districts and sectionals.**

SECTION 4: POSTSEASON ENTRY PROCEDURES [\(TOC\)](#)

A. DISTRICT MEET ENTRY PROCESS:

1. Entries: Must be submitted by head coach on Mo.MileSplit.com
2. Entry Deadlines:
 - a. **Classes 1 - 3: 12:00 PM, Tuesday of Week #44**
 - b. **Classes 4 & 5: 12:00 PM, Tuesday of Week #45**
3. Number of Entries:
 - a. Competitor event entry limits: **See Section 2.E.1.b**
 - b. Individual Events – 2 entries per gender per school
 - c. Relays – 1 entry per gender per school
 - d. Additional Qualifying Individual Entries: Schools may enter additional competitors provided all competitors meet the minimum qualifying standards.
 - i. ALL competitors must have met the qualifying standard.
 - ii. ALL performances must be submitted to the MSHSAA office by:
 - A) **Classes 1-3: 10:00 PM, Monday of Week #45**
 - B) **Classes 4&5: 10:00 PM, Monday of Week #46**
 - iii. **All submissions will be done electronically. Link supplied to ADs and Head Coaches**
 - iv. See **Appendix D** for standards.
4. Performance Marks:
 - a. Only those marks listed on MO.MileSplit.com will be used for district entries and seeding
 - b. Marks found to be entered in error will result in a NT or ND for district seeding.
 - c. Only marks made on varsity hurdle heights are acceptable.
5. Entry/Performance Mark Protests:
 - a. Any coach may protest the legitimacy of an entry or performance mark.
 - b. Protests must be submitted via email
 - c. Protest Deadlines:
 - i. **Classes 1 - 3: 12:00 PM, Wednesday of Week #44**
 - ii. **Classes 4 & 5: 12:00 PM, Wednesday of Week #45**
6. Late Entries: A \$50 fine shall be assessed per student-athlete for entries made after the noted deadline.
 - i. **Classes 1 - 3: 12:00 PM, Wednesday of Week #44**
 - ii. **Classes 4 & 5: 12:00 PM, Wednesday of Week #45**
7. Substitutions: Are only allowed after the deadline in the case of a documented injury or illness. These substitutions are considered late entries and the fine will be assessed.
8. Pass List: This list is for school personnel necessary for a school's team to be able to successfully compete.
 - a. Persons who should be listed: high school coaches, managers, athletic trainers, bus drivers, administrators.
 - b. Persons who should NOT be listed: spouses and children, junior high coaches, non-competing athletes.
 - c. Deadlines:
 - i. **Classes 1 - 3: 12:00 PM, Thursday of Week #44**
 - ii. **Classes 4 & 5: 12:00 PM, Thursday of Week #45**

B. SECTIONAL MEET ENTRY PROCESS:

1. Qualifying entries will be automatically advanced after all District results have been submitted.
2. All qualifying entries must be verified on Mo.MileSplit.com
 - a. Scratch any individual qualifiers not competing in sectional meet.
 - b. Confirm relay team member names. Substitutions may be made.
3. Entry Verification Deadlines:
 - a. **Classes 1 - 3: 12:00 PM, Tuesday of Week #45**
 - b. **Classes 4 & 5: 12:00 PM, Tuesday of Week #46**
4. Pass List: This list is for school personnel necessary for a school's team to be able to successfully compete.
 - a. Persons who should be listed: high school coaches, managers, athletic trainers, bus drivers, administrators.
 - b. Persons who should NOT be listed: spouses and children, junior high coaches, non-competing athletes.
 - c. Deadlines:
 - i. **Classes 1 - 3: 12:00 PM, Thursday of Week #44**
 - ii. **Classes 4 & 5: 12:00 PM, Thursday of Week #45**

C. STATE MEET ENTRY PROCESS:

1. Qualifying entries will be automatically advanced after all Sectional results have been submitted.
2. All qualifying entries must be verified on Mo.MileSplit.com
 - a. Scratch any individual qualifiers not competing in sectional meet.
 - b. Confirm relay team member names. Substitutions may be made.
3. Para-Athlete Entries: Must be submitted by the head coach on Mo.MileSplit.com
 - a. **Classes 1 - 3: 12:00 PM, Tuesday of Week #44**
 - b. **Classes 4 & 5: 12:00 PM, Tuesday of Week #45**
4. Entry & Verification Deadlines:
 - a. **Classes 1 - 3: 12:00 PM, Tuesday of Week #46**
 - b. **Classes 4 & 5: 12:00 PM, Tuesday of Week #47**

5. Those qualifiers names verified on the website prior to the deadline will be the names reflected in the program.
6. Pass List: There is **NO** pass list for State. All approved High School coaches will be provided credentials upon check-in on-site. Superintendent, Principal and ADs will be provided a digital pass to enter.

SECTION 5: CHAMPIONSHIP SERIES [\(TOC\)](#)

(District Meet thru the State Championships)

- A. POSTSEASON BROADCASTS:** MSHSAA holds exclusive ALL-PLATFORM DISTRIBUTION rights for AUDIO, DATA and VIDEO for all postseason contests or festivals (beginning with district level through state) in all activities. Any transmission or production of any portion of these events, without the consent of MSHSAA is prohibited. Events are defined as the competition or performance. This includes, but not limited to, using programs such as Facebook Live or YouTube.
- B. DIGITAL TICKETS:** Hometown Ticketing is the official partner for digital ticketing.
1. District Meets: Use of digital ticketing will be a **host school option**
 2. Sectional Meets: Use of digital ticketing will be REQUIRED. No paper ticketing will be available.
 3. Championship Meet: Use of digital ticketing will be REQUIRED. No paper ticketing will be available.
 4. Contact: digitaltickets@mshsaa.org
- C. ADMISSION CHARGES:** Required for all spectators ages six (6) and up
- | <u>Districts</u> | <u>Sectionals</u> | <u>Championships (per day)</u> |
|------------------|-------------------|--------------------------------|
| \$6.00 | \$10.00 | \$12.00 |
- D. SCHEDULE:**
1. Practice/Warm-Up: When possible, the track should be available for teams to practice/warm up on the evening prior to the meet.
 2. District Meets:
 - a. **Classes 1 - 3: Saturday of Week #44**
 - b. **Classes 4 & 5: Saturday of Week #45**
 - c. Start Time & Schedule: To be determined by games committee (See Appendix I for samples)
 3. Sectional Meets:
 - a. **Classes 1 - 3: Saturday of Week #45**
 - b. **Classes 4 & 5: Saturday of Week #46**
 - c. Start Time & Schedule: To be determined by games committee (See Appendix I for samples)
 4. State Championships:
 - a. **Classes 1 - 3: Friday & Saturday of Week #46**
 - b. **Classes 4 & 5: Friday & Saturday of Week #47**
- E. IMPLEMENTS & EQUIPMENT:** Competitors should use their own implements and/or equipment, (starting blocks, pole vault, discus, shot put, javelin) unless permission is granted by another competitor.
- F. ELECTRONIC DEVICES:**
1. It is the responsibility of the Games Committee to establish restricted areas and coaches' boxes.
 2. Electronic Devices may be used in unrestricted areas.
 3. Communication Devices: the use of cell phones or other communication devices is prohibited during competition and in restricted areas. Use is a disqualifiable offence.
 4. May not be used to review an official's decision
 5. Coaches Boxes:
 - a. Districts & Sectionals: The Games Committee shall determine competitor access and use of electronic devices. If more restrictive than regular season guidelines (see section 2.F), information will be provided to the participating schools.
 - b. State: Coaches are permitted to use electronic devices to video competition.
 - i. Video shall not be viewed in the coaches' box (at the rail)
 - ii. Competitors must be in an unrestricted area to view video/ use electronic devices.
- G. STATE SERIES ADVANCEMENT:**
1. District to Sectionals:
 - a. Top 4 individual finishers in each event per gender
 - b. Top 4 relay teams in each event per gender
 2. Sectionals to State:
 - a. Top 4 individual finishers in each event per gender
 - b. Top 4 relay teams in each event per gender
- H. AWARDS**
1. Districts:
 - a. Team: A plaque will be awarded to the 1st and 2nd place teams for each gender per class.
 - b. Individual: Medals will be awarded to the top four (4) place winners in each event.
 2. Sectionals:
 - a. Team: No team awards will be presented but score will be kept.
 - b. Individual: Medals will be awarded to the top four (4) place winners in each event.
 3. State:
 - a. Team: A trophy will be presented to the top four (4) teams for each gender per class.
 - b. Individual: Medals will be presented to the top eight (8) place winners in each event.

SUBSECTION: DISTRICT MEET (TOC)

A. ADMINISTRATION:

1. **Meet Manager:** The host school shall designate an individual to be the manager. This individual has the following duties:
 - a. Establishing the Games Committee: Should include a representative sample of the coaches from participating schools.
 - b. Securing adequate staffing for public address, gate operations, and conduct of events.
 - i. Assignment of Hurdle Judges
 - ii. Assignment of two (2) different schools to serve as relay line judges.
 - iii. **Event Staffing:** Coaches and/or qualified representatives of participating schools are expected to help if requested to do so by the meet manager.
 - 1) A school may be asked to run a particular event (for example, the pole vault, hurdle judge, etc.) and provide enough personnel to do so.
 - 2) If help is needed, managers are to notify the schools of their assignments in advance.
 - 3) Meet managers should attach the administrative procedures, tie-breaking procedures, and NFHS rules for the event to the back of the clipboards provided to each field event judge.
 - c. Contracting Registered Officials:
 - i. Use the Officials Availability link from the District Manager's Options
 - ii. Single Meet - Secure three (3) postseason registered officials
 - 1) Starter/Referee
 - 2) Assistant Starter
 - 3) Head Field Event Judge (may work as an additional recall starter if necessary)
 - iii. Double Meet – Secure four (4) postseason registered officials
 - 1) Starter/Referee
 - 2) Assistant Starter
 - 3) Head Field Event Judge (may work as an additional recall starter if necessary)
 - 4) Assistant Field Event Judge
 - d. Communicate with participating school administration and head coaches with necessary information including facility amenities and availability, parking, emergency response plans, etc.
 - e. Coordinate the Coaches Meeting
2. **Officials:** The officials shall be assigned a position and administer all NFHS Rules for the conduct of the meet as outlined in NFHS Rule 3.
3. **Games Committee:** The games committee is limited to those responsibilities outlined in this manual and NFHS Rules 3-2 and shall remain at the facility, near the finish line for 30 minutes following the last event of the meet.
 - a. Establishing the time schedule for the conduct of events based upon the recommended time schedules for single and double meets provided in **See Appendix I**.
 - i. Travel distances of participating schools shall be considered when establishing the meet start time.
 - ii. Order of genders:
 - 1) Odd Number Years – Girls run first
 - 2) Even Number Years – Boys run first
 - iii. Schedule is to be provided to all participating schools at least 2 weeks prior to the date of the meet.
 - iv. Any adjustments to the schedule due to weather shall be communicated to participating schools by 12:00 PM, Tuesday prior to the date of the meet.
 - b. Setting the starting heights for the meet.
 - c. Setting the time limit for excused competitors (Recommended 20 minutes)
 - d. Determining the allowable materials for check-marks in jumping events.
 - e. Assisting the meet manager with necessary adjustments due to unforeseen situations or weather events.
 - f. Establishing restricted areas and coaches' boxes

B. GATE OPERATIONS

1. Site Manager must determine whether his/her site will utilize digital tickets or provide for cash sales
2. **Digital Tickets:**
 - a. Have adequate-trained personnel with proper equipment.
 - b. Cell service or Wi-Fi will be necessary.
3. **Pass List:** (See Section 4.A.8 for details)
 - a. Shall be submitted by participating schools via the MSHSAA website.
 - b. Available for download/printing from District Manager Options link.

C. PUBLIC ADDRESS OPERATIONS

1. Having an experienced individual is crucial for the smooth and efficient operation of a meet.
2. Review order and timing for calls to events
3. Review to watch announcements near the start of races
4. Make sure is knowledgeable of Emergency Action Plan and their role in assisting in any emergency.

D. TIMING & RESULTS ENTRY

1. MSHSAA will contract timing companies or member schools to complete all aspects of timing operations.
2. Contractor or school personnel will be expected to import meet files and verify proper seeding and heat building for all events.
3. Contractor or school personnel will be required to accurately enter all results into meet software and provide to participating schools.
4. Contractor or school personnel will be required to upload the results to Mo.MileSplit.com at conclusion of meet.

E. MEET PROCEDURES:

1. All events should be conducted just as State Meet events are conducted.
2. Order of Events: See Section 2.L.8.a
3. Schedule: Set by the Games Committee
4. Scoring: The system outlined in NFHS Rule 2-1 & 2. The District Meet will be scored to eight (8) places.
5. Scratches:
 - a. An athlete may be scratched at the coaches meeting prior to the meet from an event or events entered.
 - b. After the coaches' meeting, an athlete or their coach may report a scratch to the clerk of the course or the event judge.
 - c. Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events, shall not be allowed to participate in that event.
 - d. In either case, this event(s) shall count toward the individual athlete's participation limitation.
 - e. No substitutions will be permitted in an event at the coaches/scratch meeting at the district meet except in the event of illness/injury (2.2 citizenship) when such is certified in writing to the meet manager by the MSHSAA Office.
 - f. The Games Committee shall deal with emergency situations.
6. Late Arrivals: If an individual contestant arrives at the site of a meet after competition has started, the athlete shall be permitted to compete in any remaining events in which entered provided:
 - a. The school provides validated proof for the delayed arrival.
 - b. The referee concludes the reasons for the late arrival were beyond control.
 - c. It does not impact/disrupt the qualifying process of the event
7. Relay Substitutions & Entries:
 - a. A substitution may be made on relay teams up to the start of the race, provided names are listed on the online entry website.
 - b. No more than eight (8) individuals per relay team may be listed on the online entry website.
 - c. The clerk should designate order of the runners for the relay.
 - d. **Failure to Report**: If a relay team does not check in, all runners listed will be attached to the event and all eight (8) will be disqualified.
 - e. **Scratch**: If athletes report and scratch the team from the relay, only the 4 listed as competitors will be attached to the event.
 - f. **Event Count**: 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 (4) listed competitors competed.
 - g. Reference Section 2.E.1.b for allowable entry combinations for being listed on a relay.
8. Excessive Entries:
 - a. If a contestant is officially entered into five or more individual events, they will be scratched from the excess event, starting from the bottom of the order of events and working upward, until they become legal.
 - b. If the excess event is a field event, the athlete will be scratched from the last occurring field event entered.
9. Wind Gauge: It is recommended that wind gauges be used and recorded into the final results. It is up to coaches to work with the meet manager to have the gauge on site.
10. Length of Spikes: For all state qualifying meets, spikes shall be no longer than ¼ inch or 7 mm with the exception to grass runways used for javelin where spikes may exceed this limit.
11. Running Events:
 - a. If no rail is present, cones are to be set up on the curves of the inside lane of the track.
 - b. Gloves are permitted in all individual running events (not relays).
 - c. All heated races shall be run as finals with heat verses time. For all lane races, the faster heats shall be filled. Remaining individuals and relay teams go in the slowest heat.

i. Heat Count:

Entries	Heats
1 – 8	1
9 – 16	2
17 – 32	4
33 – 64	8

ii. Heat Seeding:

Lane	Heat 1	Heat 2	Heat 3
1	23	15	7
2	21	13	5
3	19	11	3
4	17	9	1
5	18	10	2
6	20	12	4
7	22	14	6
8	24	16	8

NOTE: In the event that a runner is knocked down during a race, the meet referee has the authority to make a ruling based on the information available. The results of the race do not change. However, an additional qualifier may advance, if it is deemed as being the correct action to take.

- d. **Double Waterfall Start**: One-turn alleys shall be the starting method in the 4x800, 800, 1600, and 3200.
 - i. Used for entries greater than 8.

- ii. Use the –meter step-up marks.
- iii. The competitors at the waterfall line that extends across the track may break to the inside at any time without fouling.
- iv. The competitors in the upper waterfall must stay in the outside 4 lanes for 1 turn and may break to lane 5 at any time without fouling.
- v. Seeding:

Number of Runners	Alley One (Common Start/Finish line) (Lanes 1-8) Seeded Position	Alley Two (Lanes 5-8) Seeded Positions
5	Seeded Lanes	
6	Seeded Lanes	
7	Seeded Lanes	
8	Seeded Lanes	
9	4 – 9	1 – 3
10	4 – 10	1 – 3
11	4 – 11	1 – 3
12	5 – 12	1 – 4
13	5 – 13	1 – 4
14	5 – 14	1 – 4
15	6 – 15	1 – 5
16	6 – 16	1 – 5
17	6 – 17	1 – 5
18	7 – 18	1 – 6
19	7 – 19	1 – 6
20	7 – 20	1 – 6
21	8 – 21	1 – 7
22	8 – 22	1 – 7
23	8 – 23	1 – 7
24	9 – 24	1 – 8
25	Front → 9 – 24 Back → 25	1 – 8
26	Front → 9 – 24 Back → 25 – 26	1 – 8
27	Front → 9 – 24 Back → 25 – 26	Front → 1 – 8 Back → 27

Additional runners shall be added as follows:

- 1 → Back Row of Alley 1
- 2 → 1 each in Back Row of Alley 1 and Alley 2
- 3 → 2 in Back Row of Alley 1 & 1 in Back Row of Alley 2

e. **FAT Malfunction Procedures:** Two Tier Option based on circumstances are to be used

i. Prelims to Finals:

1) Option 1 – Used when there is an official picture or video

- Should the FAT system malfunction during preliminary heats with no times available, the final heat competitors will be determined by the places shown on the FAT video of the finish. Heat winners randomly selected for lanes 4-5; 2nd place finishers randomly selected for lanes 3-6; 3rd place finishers randomly selected for lanes 2-7; and 4th place finishers randomly selected for lane 1-8. May use finish judges.

2) Option 2 – Used when there is no official picture or video available

- Should the FAT system totally malfunction without a time or video picture: Two heat final (slow – fast) based upon entered times.

ii. Finals for advancement:

1) Option 1 – Used when there is an official picture or video, same as above

2) Option 2 – Re-Run, based upon the referee's decision; this could be used for placement of the athletes.

f. **Re-Runs:** The meet referee has the sole authority to determine if a re-run is necessary and to designate who is eligible to compete in the re-run.

i. During re-runs the teams must compete in their originally assigned lanes.

ii. Relay personnel order does not need to be the same for a re-run.

iii. Relay teams may substitute a runner on the re-run only if they appear as one of the eight (8) listed names.

iv. Individual event re-runs do not allow for substitutions

12. **Field Events (NFHS Rule 6):** The following regulations will apply to the administration of the field events. If possible, those regulations outlined for field events in the State Meet in this Manual should also be followed.

a. **Reporting:**

i. Contestants in the field events are solely responsible for reporting immediately when the event is announced.

ii. Participants are not required to stay at a field event until the 3rd call.

iii. All athletes entered in field events shall report to the event judge prior to the start of competition.

iv. After being called for each trial, the contestant shall initiate the trial within one minute.

- v. A competitor will be charged with an unsuccessful attempt if the competitor does not initiate within one minute.
- b. **Material/Substances on Hands:**
- Athletes in the throws may apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently.
 - Gloves are not permitted in any field event.
 - Chalk or an adhesive or similar substance such as rosin may be used on hands or the pole.
 - Taping of the wrist is permissible.
- c. **Throwing Events and Horizontal Jumps**
- Time Limit:
 - All trials must be completed within the specified time limit
 - Maximum 1¼ hours for 16 competitors*
 - For each additional 8 competitors add 15 minutes to the total.
 - Throwing Events:
 - Run in flights with a maximum of twelve (12) competitors per flight
 - Warm-Up Timing: Each flight be permitted a maximum of total warm-up time calculated at 2 minutes per competitor (example 10 throwers = 20-minute warm-up) prior to their flight being contested. Ten minutes of warm-up shall be provided following the announcement of finalists.
 - If in the event the meet referee and games committee determine the Javelin venue must go from the primary runway and sector to the backup, such change will occur between the prelims and finals or between competitions. If officials deem the runway unsafe, the change may occur immediately.**
 - Horizontal Jumps: Run cafeteria style
 - Preliminaries: three (3) trials
 - Finals:
 - Nine (9) competitors shall advance to the finals, when there is a tie for 9th place, those tied competitors shall advance.
 - Three (3) additional trials.
 - Warm-ups are allowed before the start of finals.
 - Start immediately after finalists are declared and announce
 - Note: If all finalists are present at the competition area, the event judge may announce and begin finals.
- d. **Vertical Jumps**
- Starting Heights:**
 - Pole Vault: 30 cm below the eighth best height**
 - High Jump: 10 cm below the eighth best height**
 - Adjustments may be made by the Games Committee, with approval of the Meet Referee, in case of inclement weather or other factors.**
 - Two (2) check-marks per competitor are permitted in the jumping events. The marks shall not exceed 6" length in any direction and shall be no closer than 8' from the bar.
 - Vertical Jumps: Run straight rotation
 - Best jumpers/vaulters will jump/vault last.
 - A jump-off is no longer required when less than 4 competitors fail to clear the opening height, as a means of determining the 4 qualifiers.
 - Pole Vault
 - Poles shall be approved by the event judge or field referee before warming-up.
 - Competitor(s) who has/have passed three (3) consecutive heights and has not entered the competition should be permitted two minutes of warm-up jumps per the number of competitors entering at that height without the crossbar in place.
- e. **Attempt Time Limits:** A competitor shall attempt a trial in the time (minutes) allotted in the chart below based upon the number of competitors remaining. Time shall only be changed at the start of a round.
- | Competitors | Individual Events | | | Combined Events | | |
|--------------------|-------------------|----|----------|-----------------|----|----------|
| | HJ | PV | Other FE | HJ | PV | Other FE |
| 4 or More | 1 | 1 | 1 | 1 | 1 | 1 |
| 2 – 3 | 3 | 3 | 1 | 3 | 3 | 1 |
| 1 | 5 | 5 | 1 | 5 | 5 | 1 |
| Consecutive Trials | 2 | 3 | 2 | 2 | 3 | 2 |
- f. **Measurements (Shall use the Metric System):**
- Measuring Devices:** Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel, or certified scientific measurement device (laser). Other scientific measuring devices may be used if approved by the Games Committee.
 - Discus:** Measurements shall be recorded to the lesser centimeter. The judges shall hold the tape in such a way that the readings will be at the circle.
 - Shot Put:** Measurement shall be recorded to the lesser centimeter. The judges shall hold the tape in such a way that the readings will be at the circle.
 - Long Jump and Triple Jump:** Measurements shall be recorded to the lesser centimeter. The judges shall hold the tape in such a way that the readings will be at the foul line.

- v. **Javelin:** Measurements shall be recorded to the lesser centimeter. The judges shall hold the tape in such a way that the readings will be at the foul line. Measurement of the javelin throw shall be from the first point of contact made by the javelin, even if the tail makes first contact. If the javelin should land flat, the location of the back edge of the grip, at the time of landing, should be used to measure.
13. **Tie Breaking Procedures for the Determination of Advancing Qualifiers:**
- a. **General:** In the event of a tie for 1st Place and the last qualifying position, apply the National Federation tie-breaker system. If a tie still remains, a run-off, jump-off, or throw-off, shall be conducted.
 - b. **Running Events:** When the FAT system allows, all places and qualifiers for subsequent rounds shall be broken by taking the recorded time out to 1/1000 of a second. A tie for a qualifying position without FAT capable of 1/1000 of a second shall be conducted between heats of the 4x800 relays. A run-off for a final qualifying position will take place 30 minutes after the final running event of the meet.
 - c. **Field Events:** In the pole vault and high jump (after applying the first two steps of the National Federation tie-breaker system 6-3-2) if the tie still remains, the tie-breaking procedure for first place will be used, in vertical jump events. Tie breaking competition should be held at the conclusion of the field event. Jump Off: High Jump – 2cm Pole Vault – 7cm
 - i. The jump-off or throw-off for 1st place is considered part of the event.
 - ii. The jump-off or throw-off for the 4th qualifying position is contested after the event is completed.

NOTE: If a competitor tied for the 4th qualifying position, elects to not participate in the jump off, they are considered withdrawn from the competition and have conceded the opportunity to advance.

NOTE: If all competitors tied for the 4th qualifying position, elect to not participate in the jump off, all are considered withdrawn from the competition and have conceded the opportunity to advance.
14. **Time Limit Procedure for Excused Competitors:** Guidelines for a competitor who has been excused from one event to compete in another event. Time limit to be determined by the Games Committee (Recommended 20 minutes).
- a. The athlete must notify the event judge that they will be leaving for a running event.
 - b. The judge will record the time that the athlete is excused to compete. The judge informs the athletes of the time limitations involved. It is the coach's responsibility to inform his or her athlete of this rule.
 - c. The athlete is not required to wait until the 3rd call for a running event, before being excused.
 - d. The judge may allow the athlete to take more than 1 trial out of turn before being excused.
 - e. From the time the competitor is excused, the judge will allow, the minutes declared by the Games Committee, plus the maximum amount of time allowed to initiate an attempt of the event in question.
 - f. In the High Jump and Pole Vault, if the athlete has failed to return in the allotted time and all other competitors have passed, failed, or cleared the existing height, then the crossbar shall be raised to the next height, and the judge will pass the excused competitor to the next height.
 - g. In the reverse order of finals for the Shot Put, Discus, Long Jump, Triple Jump and Javelin. Athletes must take their trial in rotation unless they have been excused by the Event Judge. If they are not checked back at the allotted time and everyone else has completed that rotation, they will forfeit that trial.
 - h. Only the FIRST-PLACE competitor has the privilege of waiting until all the previous jumps or throws have been completed in the finals.
 - i. The field event judge must be fair to all competitors, not only the overcommitted athlete, but the other competitors waiting for their event to move on as well. Coaches must consider the limited time allowed to compete in other events when determining their entries and must take responsibility for the consequences of over-committing their athletes.
 - j. **SPECIAL EMPHASIS (Rule 3-10-3):** In preliminaries and finals, the Head Judge may change the order of competition, and flights, to accommodate those who may be excused to participate in other events.

SUBSECTION: SECTIONAL MEET (TOC)

A. ADMINISTRATION: Sectional Meets shall be conducted as outlined above in the District Meet subsection unless otherwise noted in this section.

B. GATE OPERATIONS:

1. All Sectional Meets shall be digital tickets.
2. Digital Tickets:
 - a. Have adequately trained personnel with proper equipment.
 - b. Cell service or Wi-Fi will be necessary.
3. Pass List:
 - a. Shall be submitted by participating schools via the MSHSAA website.
 - b. Available for download/printing from District Manager Options link.
 - c. See Section 4.A.8 for details.

C. MEET PROCEDURES:

1. NO PRELIMINARIES
2. Running Events:
 - a. Seeding

Lane	Final Only
1	5 th Fastest Non District Winner
2	3 rd Fastest Non District Winner
3	Fastest Non District Winner
4	Fastest District Winner
5	2 nd Fastest District Winner
6	2 nd Fastest Non District Winner
7	4 th Fastest Non District Winner
8	6 th Fastest Non District Winner

- b. The 4x800, 800, 1600, and 3200 are run out of individual lanes for each competitor, with a one-turn stagger
3. Field Events:
 - a. **Throwing Events and Horizontal Jumps:**
 - i. Contested in one (1) flight of eight in reverse order of qualification.
 - ii. Tied qualifying marks shall be placed randomly.
 - iii. Competitors will be permitted four (4) throws or jumps.
 - b. **Vertical Jumps**
 - i. Contested in reverse order of qualification.
 - ii. Tied qualifying marks shall be placed randomly.

SUBSECTION: STATE MEET (TOC)

A. ADMINISTRATION:

1. Supervision: The Meet Director and Games Committee shall have general supervision of the meet.
2. Officials: Only those officials completing a postseason registration will be considered for assignment.
3. Games Committee: Shall be set per weekend and include representation from all participating classes and genders.

B. GATE OPERATIONS

1. Digital Tickets: Spectators ages six (6) and up will need to secure a digital ticket for entry for each day.
 - **NO ONSITE CASH SALES**
2. Team Personnel Entry:
 - a. **No Pass Lists for State Meets.**
 - b. Coaches: Only approved coaches listed on a high school's coach roster will be granted credentials from the Team Check-In Trailer south of the Track on Stadium Boulevard.
 - **There will be no additions to coaching rosters after the start of districts except by approval of MSHSAA Staff.**
 - i. **Head Coach:** Present picture ID and receive wristband and team packet
 - ii. **Assistant Coaches:** Present picture ID and receive wristband
 - c. Competing Athletes:
 - i. Should be dropped off at Tent City
 - ii. Receive bibs from coach
 - iii. Must have both bibs attached for entry through south gate.
 - iv. May enter and exit any gate after checked through south gate
 - d. Managers & Non-Competing Athletes: Must purchase a digital ticket and enter through a general admission gate on the north side of the stadium.
 - e. Administrators: A digital pass will be issued for the Superintendent, Principal and Athletic Director to access.
 - f. Athletic Trainers: Unless working as part of the meet staff, will need purchase a digital ticket and enter through the general admission gate.
 - i. No Event Level access will be permitted.
 - ii. Contact information will be forwarded to schools for meet staffing needs, if they arise.
 - g. Bus Drivers: Sign in at the Team Check in Trailer for a pass after presenting a letter from the school and picture ID

C. MEET PROCEDURES:

1. All events should be conducted just as State Meet events are conducted.
2. Order of Events/Schedule: See Track & Field page on www.mshsaa.org
3. Scoring: The system outlined in NFHS Rule 2-1 & 2. The State Meet will be scored to eight (8) places.
4. Scratches/Late Arrivals/Substitutions:
 - a. In case it is necessary to scratch an entry on the day of the meet, such shall be reported to the meet director at the headquarters tent prior to the start of the meet. For substitutions in relays from prelims to finals, refer to NF Rule 5-9-2.
 - b. If an individual contestant arrives at the site after competition has started, due to circumstances beyond her/his control, the athlete shall be permitted to compete in any remaining events in which entered, provided the Referee and the Meet Director conclude the reasons for the late arrival were beyond control. The late arrival shall not disrupt, or impact the qualifying process of the event.
 - c. There can be no substitution at the state level except for a member of a relay team. However, scratches can be made by an athlete or coach on the day of the meet with the clerk (or with the head field event judge for a field event) prior to the event. Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events, shall not be allowed to participate in that event
5. Contestant Numbers: All competitors shall be required to wear assigned contest numbers on the front and back of the uniform jersey. Exceptions:
 - a. High jumpers may wear numbers on front or back only.
 - b. Pole vaulters may wear numbers on back only.
6. Dressing Rooms: Girl's and boy's locker rooms will be available at the northeast end of the track. Cell phones are prohibited in all locker rooms.
7. Restricted Areas:
 - a. Coaches are not permitted inside the fence surrounding the track unless helping to administer the meet or have been paged to speak with the Meet Director or Meet Referee.
 - b. Do not cause an athlete to be disqualified by coaching competitors from anywhere inside the track fence, except in the coaches' boxes located in the MARKED areas, located throughout the stadium, by signage and yellow fence caps.
 - c. Only one (1) coach per team is allowed in a coaches' box.
 - d. Please note the use of electronic devices in 5.F.
8. Warm-Up Area:
 - a. Located on the east end of the football field beyond the goalpost.
 - b. Athletes not warming-up for an upcoming event or being held for their awards should not be on the infield area. Coaches should be certain to cover this procedure with their athletes.
9. Bull Pen:
 - a. All running events will be bull-penned in the southwest corner of event level.
 - b. Competitors shall report immediately for their event. It is permissible to report early.
 - c. Boy's and Girl's events will be called and provided instructions separately.
10. Running Events:
 - a. All running event starting commands will be made using a voice amplified speaker system. No whistle commands.
 - b. The regulations for running events outlined for the District and Sectional Meets will also apply to the State Meet. In addition, the following information is provided:
 - i. Heats will be drawn on the basis of PLACE (first) and TIMES (second) achieved in sectional meets.
 - ii. In accordance with an approved Track and Field Advisory Committee recommendation, all races in the State meet series will be seeded using preferred lanes like in the sprint races.
 - 1) Establish heat leaders;
 - 2) Establish heat leaders' times;
 - 3) Place heat leaders in separate heats in the preferred lanes (middle of the track).
 - 4) The remaining 12 qualifiers serpentine-seeded based on their times.
 - c. Lane Assignments for all races shall be determined by the serpentine seed method for all school classifications.
 - d. **Relays:**
 - i. Relay cards will not be used
 - ii. Clerks will check names of participants from computer heat sheets containing names listed on the entry form.
 - iii. Clerks should designate the order of the runners for the relay. (1st, 2nd, 3rd leg, 4th leg/anchor)
 - iv. Failure to check-in will result in all eight (8) entered athletes being disqualified.
 - e. **Preliminaries:**
 - i. Will be conducted in the 100m, the 110HH, the 100H, 200m, 300H, 400m, 4x100, 4x200, 4x400.
 - ii. Lane Assignments:

Lane	Random #1	Random #2
1	10 th Fastest Non-Winner	9 th Fastest Non-Winner
2	6 th Fastest Non-Winner	5 th Fastest Non-Winner
3	2 nd Fastest Non-Winner	1 st Fastest Non-Winner
4	2 nd Fastest Sectional Winner	1 st Fastest Sectional Winner
5	3 rd Fastest Sectional Winner	4 th Fastest Sectional Winner
6	3 rd Fastest Non-Winner	4 th Fastest Non-Winner
7	7 th Fastest Non-Winner	8 th Fastest Non-Winner
8	11 th Fastest Non-Winner	12 th Fastest Non-Winner

f. Finals:

Lane	Heat
1	5 th Fastest Non-Winner
2	3 rd Fastest Non-Winner
3	1 st Fastest Non-Winner
4	1 st Fastest Preliminary Winner
5	2 nd Fastest Preliminary Winner
6	2 nd Fastest Non-Winner
7	4 th Fastest Non-Winner
8	6 th Fastest Non-Winner

g. Lane Procedures/Staggers/Break-line

- i. The 400m, the 4x100 and 4x200 races will be run in lanes all the way.
- ii. **The 800m, 1600m, 3200m, and the 4x800 races will be run in one-curve staggers and lanes shall be assigned as noted in Subsection: District Meet E.11.d with the 4 Sectional Winners in the outside waterfall no matter the number of competitors/teams. Additionally, with 15 or 16 competitors/teams the next fastest qualifier shall be added to the outside waterfall. All other competitors/teams shall be placed in the inside waterfall.**
- iii. The 4x400 will be a three-turn staggered start, run in lanes for three turns:
 - 1) 1st runners will run in lanes all the way; first exchange will be made in same lanes.
 - 2) 2nd runners will remain in their lanes until crossing the break line at the end of the third turn.
 - 3) 3rd and 4th runners will be rolled in according to position on second turn of each runner's leg.
 - 4) **Coaches:** Please be sure your runners are properly coached on this technique. Improper lane changes or interference could result in disqualification.

11. Field Events:

- a. The regulations outlined for the District and Sectional Meets will also apply at the State Meet. In addition, the following information is provided:
 - i. All preliminaries and finals will be held the same day.
 - ii. Implement Inspection:
 - 1) Done at the headquarters tent near the shot-put event area by the Head Inspector of Implements.
 - 2) Javelin weighing and inspection will be done at the event site.
 - 3) Poles shall be approved by the event judge or field referee before warming-up for the pole vault.
- b. **Vertical Jumps:**
 - i. Vertical Jumps: Run straight rotation
 - ii. Starting Heights:
 - 1) Pole Vault: 30 cm below the eighth best height
 - 2) High Jump: 10 cm below the eighth best height
 - 3) Adjustments may be made by the Games Committee, with approval of the Meet Referee, in case of inclement weather or other factors.
 - iii. Ties for 1st Place: A jump off is not required if all competitors withdraw from competition at the same height following the Vertical Jump Withdrawal Process (See Section 2.M.9)
- c. **Throwing Events:**
 - i. Warm-Up Timing: A general warm-up period of 20 minutes shall occur at the opening of the event. Each flight will be permitted a 15-minute warm-up period prior to their flight being contested. Ten minutes of warm-up shall be provided following the announcement of finalists.
- d. **Field Event Check-Markers:**
 - i. Horizontal Jumps and Pole Vault: Contestants shall be permitted two MSHSAA provided check-marks to use in the long jump. Tape and chalk shall NOT be permitted as materials to use as check-markers.
 - ii. High Jump: Chalk shall be permitted in the high jump. However, the marks shall not exceed 6" length in any direction and shall be no closer than 8' from the bar.

D. Results: Will be posted on the MSHSAA website (www.mshsaa.org)

E. State Meet Hazardous Weather Plan - For the multi-class state meet:

1. Meet Management and the Games Committee will use the public address system to announce any delays in competition due to hazardous weather.
2. 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).
3. 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).
 - a. Events will be re-seeded on Saturday as a "slow" section followed by a "fast" section, based on sectional places first, then times.
 - b. Friday field events will be re-scheduled on an "as needed" basis prior to the Saturday field events. If circumstances result in a cancellation, or change in venue, the schedule will be set, based on the circumstances.
4. The MSHSAA website and social media will be used to inform the public of schedule changes.

F. Emergency Weather Procedure: See Track & Field page on www.mshsaa.org

- G. Medical Coverage:** The Missouri Athletic Trainers Association (MOATA), coordinates and provides coverage for the meet. Hospital and ambulance services are on call within two blocks of the stadium.
- H. Motel Room Availability:** See Jefferson City Convention and Visitors Bureau (800-769-4183) website for hotel information. <http://www.visitjeffersoncity.com/>

APPENDIX A [\(TOC\)](#)

PROGRAM INFORMATION AND STATISTICS

The MSHSAA staff strives to publish the most accurate materials for all Championship events. Since a majority of the information contained in Championship publications is submitted by qualifying schools, it is imperative that the MSHSAA office receive correctly-spelled names, accurate classifications (year in school), season results, statistics of participants and coaching information. The MSHSAA Board of Directors has approved a fine process for all late, incomplete or illegible submissions for MSHSAA Championship publications. Schools that do not submit their information to MSHSAA in a timely, legible, complete and accurate manner will be fined \$25 per offense (Board Policy). Electronic reports must be submitted by the appropriate deadline in the format and style included with the report instructions. It is the responsibility of the school to verify that MSHSAA has received its program information, team photo and any other required information by the appropriate deadline.

APPENDIX B [\(TOC\)](#)

COPYRIGHT COMPLIANCE

MSHSAA Position Statement Regarding U.S. Copyright Compliance

Educators, coaches, and administrators who wish to use copyrighted material need to understand the privileges and rights of the copyright owner and must abide by defined limitations as expressed in U.S. Copyright Law. It is the responsibility of the school administration to ensure their school community is in compliance with U.S. Copyright Laws at all times when playing music at your events, reproducing consumable materials, and all other events taking place at school facilities where copyright laws are to be followed. When hosting a MSHSAA postseason event, the host site is responsible for confirming any music being played over a public sound system, used in video clips, etc., has the gained written permission and/or secured the necessary license(s) to play the music, video clips, etc. from the appropriate Performing Rights Organization (i.e. ASCAP, BMI, SESAC, other).

The NFHS (National Federation of State High Schools) has established an agreement with ASCAP to allow schools and non-school sites hosting a MSHSAA postseason event, to perform/play music in which they own the rights (at least 50%) of the work at no charge. It is your responsibility to ensure the music performed onsite is owned by ASCAP. To determine if the music is owned by ASCAP to go www.ASCAP.com and select the link 'Repertory' to search their catalog. If the work is not owned by ASCAP (at least 50%), you will need to work directly with the organization that does own the rights (BMI, SESAC, etc.) to secure the necessary license or not use that work. This agreement only extends to the playing of music recordings downloaded to personal electronic devices, CD's, etc. but does not extend to mash-up recordings or music altered from its original recording without the site obtaining a license to do so.

APPENDIX C [\(TOC\)](#)

METRIC MEASUREMENT INFORMATION

Applications for Field Event Measurement

1. DO NOT measure in Imperial and try to convert to Metric. These are 2 different systems of measurements.
2. Host schools must have Metric measuring devices. Most tape measures will have Imperial on one side and Metric on the other.
3. Meters recorded first, to the nearest, lesser cm.

SCHOOL/MEET RECORD CONVERSIONS/RESOURCES

Resource: "BIG GOLD BOOK", Track & Field News, 2570 El Camino Rd., Mountain View, CA 94040

Conversion factors, rules, pace charts, distance equivalents, etc.

- You can divide the Imperial measurement by 3 to be close, but it is not exact.
- High Jump – Use 5cm increments to the changeover height
- Pole Vault – Use 15cm increments to the changeover height
- Jump Offs
 - High Jump – 2cm increments

- Pole Vault – 7 cm increments
- Rules, regulations and protocol are the same.
- The Head Field Event Judge is responsible for correct measurements and recording of all Metric measured field events.

APPENDIX D [\(TOC\)](#)

DISTRICT QUALIFYING STANDARDS

Schools are limited to a maximum of two entries in each individual event and one team in each relay event for Districts. 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 below. If a school wishes to enter more than two entries in an individual event; all performances must be certified as having been attained in a regular season meet of four (4) or more schools.

Submissions will be completed electronically using the MSHSAA Track & Field Additional Qualifier and Para-Athlete Information Submission. The form must be completed by a school's head coach or AD. The link will be provided to these individuals once logged in on the MSHSAA website under District Entries.

Standards are the average of the eighth-place performance for events that do not conduct preliminaries and the average of the eighth fastest qualifying performance to the finals for events with preliminaries from each classification's meet of the past ten years.

Only a varsity hurdle height will be acceptable as a performance mark. If reporting to MoMileSplit, note that it is not a legitimate mark, due to the hurdle not being varsity height.

Boys	Class 1	Class 2	Class 3	Class 4	Class 5
110m HH	16.77	16.27	15.57	15.35	15.13
300m IH	43.18	42.29	41.20	40.62	40.13
100m	11.59	11.39	11.23	11.14	11.05
200m	23.46	23.05	22.67	22.46	22.31
400m	52.59	51.72	50.99	50.37	49.81
800m	2:04.81	2:02.49	1:59.84	1:59.10	1:57.26
1600m	4:42.35	4:36.86	4:30.77	4:24.97	4:20.58
3200m	10:32.43	10:17.93	09:56.33	09:42.03	09:32.29
Discus	38.65	41.98	43.78	45.83	46.23
Shot Put	13.44	14.22	14.82	15.57	15.73
Javelin	44.08	45.20	45.93	47.47	49.02
High Jump	1.77	1.84	1.88	1.86	1.91
Long Jump	6.02	6.23	6.41	6.55	6.62
Triple Jump	12.30	12.64	12.95	13.29	13.51
Pole Vault	3.39	3.73	3.92	4.02	4.20
Girls	Class 1	Class 2	Class 3	Class 4	Class 5
100m H	17.01	16.72	16.01	15.62	15.39
300m LH	49.21	48.95	47.83	47.06	46.06
100m	13.22	12.91	12.76	12.52	12.42
200m	27.26	26.59	26.19	25.76	25.63
400m	1:02.40	1:01.14	1:00.26	59.55	58.71
800m	2:28.30	2:26.62	2:24.68	2:20.95	2:19.10
1600m	5:39.27	5:32.26	5:23.46	5:14.75	5:07.96
3200m	12:41.30	12:29.99	12:00.74	11:36.56	11:20.86
Discus	31.79	32.36	33.74	36.04	36.69
Shot Put	10.56	10.62	11.27	11.45	11.80
Javelin	33.02	33.57	35.01	36.30	37.05
High Jump	1.48	1.52	1.53	1.56	1.58
Long Jump	4.76	4.98	5.10	5.18	5.33
Triple Jump	10.12	10.23	10.48	10.82	11.03
Pole Vault	2.53	2.81	2.92	3.13	3.22

APPENDIX E [\(TOC\)](#)

GUIDELINES FOR OFFICIATING POLE VAULT

INSPECTION/SAFETY PROCEDURE:

The Head judge and the assistant judges inspect all the poles during the check in of each athlete. Any questionable pole that does not pass inspection is verified by the Field Event Referee.

Points of emphasis are placed on the following:

- 1-inch legal certified top hand-hold band created by the manufacture and in contrasting colors.
- Max allowable weight for the pole in minimum of ¾-inch manufactures legible numerals within or above the top hand hold band.
- Proper taping of the grip
- Planting end of the pole to follow allowable specifications.

WARM UP PROCEDURE:

Before any athlete can begin warm-up, the coach must certify that the pole meets standards for the weight of the athlete by initialing and writing in the weight of the athlete beside their name. Also, the poles must have passed inspection and be clearly marked by the judges.

COMPETITION:

- During competition the athletes' names are called: UP, ON DECK, ON HOLD.
- The athlete UP adjusts the standard indicator between 45.7 - 80 centimeters depending on their preference for this attempt.
- During this time, the pit workers are adjusting the standards to meet those measurements.
- The assistant judge with the clipboard (which shows the coaches initial and the weight of the athlete) is matching the max allowable weight for the pole with the athlete's weight on the clipboard.
- When the "All Ready" signal from the head judge and the pit workers is given, the assistant judge on the runway informs the athlete that the time clock is starting and they have one minute to initiate the jump to completion.
- Any athlete who wishes to pass should declare their intent when their name is called and before the 1-minute time clock starts.
- To protect competitors, officials and workers, and to better care for poles: someone should be available to catch the pole, after it is released.

Pole Vault Manufacturers Contact List	
Gill Athletics, Inc. www.gillathletics.com	UCS/Spirit http://www.uscspirit.com 800-537-7117
ESSX www.officialsessex.com	Altius Poles www.altiuspoles.com Jeff Erickson 800-374-7653

APPENDIX F (TOC)

JAVELIN CERTIFICATION & MEASUREMENT INFORMATION

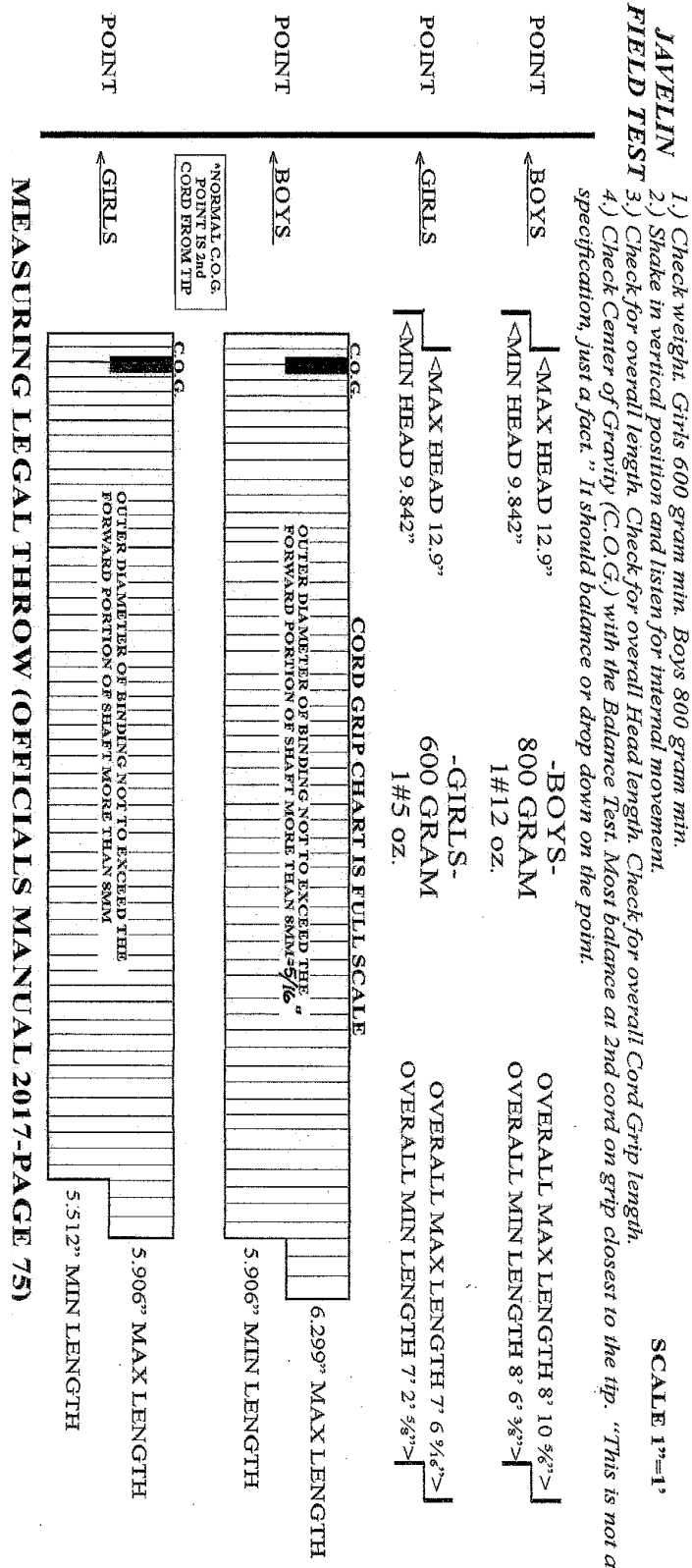
Javelin Field Test

Use this chart as a guide for the process of approving javelins.

It is suggested that you secure an 8' table and place tape at locations, described in the chart and in the Rules book, to check for:

- Overall length
- Overall Head length
- Overall Cord Grip length

Shake the javelin in vertical position and listen for internal movement.



APPENDIX G [\(TOC\)](#)

GUIDELINES FOR PARA-ATHLETE EQUIPMENT & RACING STANDARDS

Racing Events

Athletes will be expected to compete in school issued, or approved uniform. Reasonable accommodations will be made when necessary.

- Manual wheelchairs only for track events, which may be specialized racing chairs or an all sport chair.
- The racing chair may have two large wheels (not to exceed 70cm in diameter) and one small wheel (not to exceed 50cm in diameter)
- The racing chair must be manually propelled by pushing on the wheels or the hand rims. The chair shall not be equipped with gears, levers, or electronic steering.
- All participants must wear a racing helmet that is a hard, protective shell and should meet the safety standards of the American National Safety Institute (ANSI).
- Shoes are not required; however, protective socks are recommended.
- All participants must start each race event using racing gloves.
- Athlete's lower limb(s) must be secured to the track chair. Any touch of the ground by a lower limb, results in disqualification from the event.
- Competitors are responsible for the proper functioning of the competition chair and equipment. Athletes that experience an equipment failure may finish the event, however no event will be delayed or rescheduled if such an incident occurs.
- When a single para-athlete is present for an event, it is permissible (and encouraged) to have the para-athlete compete at the same time as traditional athletes (please see guidelines on conducting)

Field Events

Athletes will be expected to compete in school issued, or approved uniform. Reasonable accommodations will be made when necessary.

- All participants must throw all implements for a "chair" (manual wheelchair, throwing chair, power wheelchair). Scooters and "standing chairs" will not be allowed. Chairs may be designed based on the needs of the athlete.
- The upper most part of the cushion/seat of the chair may not exceed 75cm measured from the ground. The seat of the chair has to be square or rectangular and flat or sloped backward.
- The chair may not have any moving parts.
- No part of the throwing frame or wheelchair may be outside of the circumference of the circle.
- The chair may be considered an extension of the athlete's body. For example: Any part of the chair touching the top of the stop board (shot put), or extending over the ring (discus) or foul line (javelin).
- The athlete's body must remain in contact with the seat during the throw. Met staff will be available to assist the athlete getting to the competition area as well as assisting the athlete in and out of the throwing chair and in and out of the circle.
- Implement Specifications

	<u>Shot Put</u>	<u>Discus</u>	<u>Javelin</u>
Girls	6 lbs.	1 Kg	600 g
Boys	4 Kg	1 Kg	600 g

APPENDIX H [\(TOC\)](#)

RELAY EXCHANGE ZONE CHANGES (2021)

In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long.

All exchange zones for races over 200m will remain at 20m.

Tracks do not need to be repainted or resurfaced to comply with this rule change. The acceleration zone will now be incorporated into the exchange zone. Existing acceleration zone markings or colored tape may be used to denote the beginning of the exchange zone. Only when the incoming runner is running a leg of 200 meters or less is the 30-meter zone in effect. This may impact legs of a medley relay. Competitors do not have to use the entire 30-meter zone.

APPENDIX I [\(TOC\)](#)

Meet Managers, please contact the MSHSAA office if you wish to receive an editable version of any of these schedules.

SINGLE DISTRICT MEET

The following schedule is recommended to the Games Committee and Meet Manager for the successful conduct of Districts. Consultation with MSHSAA staff shall occur if any substantial deviation from the recommended schedule is to be considered.

General Guidelines:

- **Boys shall compete first in Even Years**
- **Girls shall compete first in Odd Years**
- Running Events:
 - Distance/Leg ≥ 800 , Double Waterfall, Single Heat
 - Distance/Leg < 800 , Heats v. Time
 - 4x400m Relay uses 3-Turn Stagger
- Site may adjust times/events to track specifications
- A rolling schedule shall only be used in the case of inclement weather.
- Race time schedule should be adjusted based upon number of heats in an event

Field Events

<u>9:30 AM</u>	<u>11:30 AM</u>	<u>1:30 PM</u>
Shot Put (2 nd)	Javelin (2 nd)	Discus (2 nd)
Triple Jump (1 st)	Discus (1 st)	Shot Put (1 st)
Pole Vault (1 st)	Triple Jump (2 nd)	Pole Vault (2 nd)
Javelin (1 st)	Long Jump (1 st)	High Jump (1 st)
High Jump (2 nd)		Long Jump (2 nd)

Running Events

Start	Gender	Event
10:30 AM	1 st	4x800m Relay
	2 nd	4x800m Relay
11:00 AM	1 st	100/110m Hurdles
	2 nd	100/110m Hurdles
11:25 AM	1 st	100m Dash
	2 nd	100m Dash
11:40 AM	1 st	4x200m Relay
	2 nd	4x200m Relay
12:05 PM	1 st	1600m Run
	2 nd	1600m Run
12:20 PM	1 st	4x100m Relay
	2 nd	4x100m Relay
12:40 PM	1 st	400m Dash
	2 nd	400m Dash
1:00 PM	1 st	300m Hurdles
	2 nd	300m Hurdles
1:20 PM	1 st	800m Run
	2 nd	800m Run
1:30 PM	1 st	200m Dash
	2 nd	200m Dash
1:55 PM	1 st	3200m Run
	2 nd	3200m Run
2:25 PM	1 st	4x400m Relay
	2 nd	4x400m Relay

DOUBLE DISTRICT MEET

The following schedule is recommended to the Games Committee and Meet Manager for the successful conduct of Districts. Consultation with MSHSAA staff shall occur if any substantial deviation from the recommended schedule is to be considered.

General Guidelines:

- **Boys shall compete first in Even Years**
- **Girls shall compete first in Odd Years**
- In double meets:
 - Odd Years → Odd Class goes first
 - Even Years → Even Class goes first
- Running Events:
 - Distance/Leg ≥800, Double Waterfall, Single Heat
 - Distance/Leg <800, Heats v. Time
 - 4x400m Relay uses 3-Turn Stagger
- Site may adjust times/events to track specifications
- A rolling schedule shall only be used in the case of inclement weather.
- Race time schedule should be adjusted based upon number of heats in an event

[A] = 1st District

[B] = 2nd District

Field Events

Pole Vault will ROLL with 30-minute warm-up between events.

8:30 – 10:30 AM

Pole Vault (1st) [A]

11:00 AM – 1:00 PM

Pole Vault (1st) [B]

1:30 – 3:30 PM

Pole Vault (2nd) [A]

4:00 – 6:00 PM

Pole Vault (2nd) [B]

9:00 – 10:30 AM

High Jump (2nd) [B]

Long Jump (1st) [B]

Triple Jump (2nd) [A]

Shot Put (1st) [A]

Discus (2nd) [B]

Javelin (1st) [B]

11:00 AM – 12:30 PM

High Jump (2nd) [A]

Long Jump (1st) [A]

Triple Jump (2nd) [B]

Shot Put (1st) [B]

Discus (2nd) [A]

Javelin (1st) [A]

1:00 – 2:30 PM

High Jump (1st) [B]

Long Jump (2nd) [B]

Triple Jump (1st) [A]

Shot Put (2nd) [B]

Discus (1st) [A]

Javelin (2nd) [A]

3:00 – 4:30 PM

High Jump (1st) [A]

Long Jump (2nd) [A]

Triple Jump (1st) [B]

Shot Put (2nd) [A]

Discus (1st) [B]

Javelin (2nd) [B]

Running Events

10:00 AM	1 st	[A]	4x800m Relay	2:20 PM	1 st	[A]	400m Dash
		[B]	4x800m Relay			[B]	400m Dash
10:30 AM	2 nd	[A]	4x800m Relay	2:40 PM	2 nd	[A]	400m Dash
		[B]	4x800m Relay			[B]	400m Dash
11:00 AM	1 st	[A]	100/110m Hurdles	3:00 PM	1 st	[A]	300m Hurdles
		[B]	100/110m Hurdles			[B]	300m Hurdles
11:25 AM	2 nd	[A]	100/110m Hurdles	3:20 PM	2 nd	[A]	300m Hurdles
		[B]	100/110m Hurdles			[B]	300m Hurdles
11:50 AM	1 st	[A]	100m Dash	3:40 PM	1 st	[A]	800m Run
		[B]	100m Dash			[B]	800m Run
12:05 PM	2 nd	[A]	100m Dash	3:50 PM	2 nd	[A]	800m Run
		[B]	100m Dash			[B]	800m Run
12:20 PM	1 st	[A]	4x200m Relay	4:00 PM	1 st	[A]	200m Dash
		[B]	4x200m Relay			[B]	200m Dash
12:45 PM	2 nd	[A]	4x200m Relay	4:25 PM	2 nd	[A]	200m Dash
		[B]	4x200m Relay			[B]	200m Dash
1:10 PM	1 st	[A]	1600m Run	4:50 PM	1 st	[A]	3200m Run
		[B]	1600m Run			[B]	3200m Run
1:25 PM	2 nd	[A]	1600m Run	5:20 PM	2 nd	[A]	3200m Run
		[B]	1600m Run			[B]	3200m Run
1:40 PM	1 st	[A]	4x100m Relay	5:50 PM	1 st	[A]	4x400m Relay
		[B]	4x100m Relay			[B]	4x400m Relay
2:00 PM	2 nd	[A]	4x100m Relay	6:20 PM	2 nd	[A]	4x400m Relay
		[B]	4x100m Relay			[B]	4x400m Relay

DISTRICT/SECTIONAL COMBO MEET

The following schedule is recommended to the Games Committee and Meet Manager for the successful conduct of a District/Sectional Combo. Consultation with MSHSAA staff shall occur if any substantial deviation from the recommended schedule is to be considered.

General Guidelines:

- **Boys shall compete first in Even Years**
- **Girls shall compete first in Odd Years**
- In a district/sectional combo; district races are run first
- Running Events (District):
 - Distance/Leg ≥800, Double Waterfall, Single Heat
 - Distance/Leg <800, Heats v. Time
 - 4x400m Relay uses 3-Turn Stagger
- Running Events (Sectional) → All Finals
- Site may adjust times/events to track specifications
- A rolling schedule shall only be used in the case of inclement weather.
- Race time schedule should be adjusted based upon number of heats in an event

[A] = District

[B] = Sectional

Field Events

Pole Vault will ROLL with 30-minute warm-up between events.

8:30 – 10:30 AM

Pole Vault (1st) [A]

11:00 AM – 1:00 PM

Pole Vault (1st) [B]

1:30 – 3:30 PM

Pole Vault (2nd) [A]

4:00 – 6:00 PM

Pole Vault (2nd) [B]

9:00 – 10:30 AM

High Jump (2nd) [B]

Long Jump (1st) [B]

Triple Jump (2nd) [A]

Shot Put (1st) [A]

Discus (2nd) [B]

Javelin (1st) [B]

11:00 AM – 12:30 PM

High Jump (2nd) [A]

Long Jump (1st) [A]

Triple Jump (2nd) [B]

Shot Put (1st) [B]

Discus (2nd) [A]

Javelin (1st) [A]

1:00 – 2:30 PM

High Jump (1st) [B]

Long Jump (2nd) [B]

Triple Jump (1st) [A]

Shot Put (2nd) [B]

Discus (1st) [A]

Javelin (2nd) [A]

3:00 – 4:30 PM

High Jump (1st) [A]

Long Jump (2nd) [A]

Triple Jump (1st) [B]

Shot Put (2nd) [A]

Discus (1st) [B]

Javelin (2nd) [B]

Running Events

10:00 AM	1 st	[A]	4x800m Relay	1:30 PM	1 st	[A]	400m Dash
		[B]	4x800m Relay			[B]	400m Dash
10:30 AM	2 nd	[A]	4x800m Relay	1:45 PM	2 nd	[A]	400m Dash
		[B]	4x800m Relay			[B]	400m Dash
11:00 AM	1 st	[A]	100/110m Hurdles	2:00 PM	1 st	[A]	300m Hurdles
		[B]	100/110m Hurdles			[B]	300m Hurdles
11:15 AM	2 nd	[A]	100/110m Hurdles	2:15 PM	2 nd	[A]	300m Hurdles
		[B]	100/110m Hurdles			[B]	300m Hurdles
11:30 AM	1 st	[A]	100m Dash	2:30 PM	1 st	[A]	800m Run
		[B]	100m Dash			[B]	800m Run
11:45 AM	2 nd	[A]	100m Dash	2:40 PM	2 nd	[A]	800m Run
		[B]	100m Dash			[B]	800m Run
12:00 PM	1 st	[A]	4x200m Relay	2:50 PM	1 st	[A]	200m Dash
		[B]	4x200m Relay			[B]	200m Dash
12:15 PM	2 nd	[A]	4x200m Relay	3:05 PM	2 nd	[A]	200m Dash
		[B]	4x200m Relay			[B]	200m Dash
12:30 PM	1 st	[A]	1600m Run	3:20 PM	1 st	[A]	3200m Run
		[B]	1600m Run			[B]	3200m Run
12:45 PM	2 nd	[A]	1600m Run	3:50 PM	2 nd	[A]	3200m Run
		[B]	1600m Run			[B]	3200m Run
1:00 PM	1 st	[A]	4x100m Relay	4:20 PM	1 st	[A]	4x400m Relay
		[B]	4x100m Relay			[B]	4x400m Relay
1:15 PM	2 nd	[A]	4x100m Relay	4:40 PM	2 nd	[A]	4x400m Relay
		[B]	4x100m Relay			[B]	4x400m Relay

SINGLE SECTIONAL MEET

The following schedule is recommended to the Games Committee and Meet Manager for the successful conduct of Sectionals. Consultation with MSHSAA staff shall occur if any substantial deviation from the recommended schedule is to be considered.

General Guidelines:

- **Boys shall compete first in Even Years**
- **Girls shall compete first in Odd Years**
- Site may adjust times/events to track specifications
- A rolling schedule shall only be used in the case of inclement weather.

Field Events

<u>10:30 AM</u>	<u>11:30 AM</u>	<u>1:00 PM</u>
Shot Put (2 nd)	Javelin (2 nd)	Discus (2 nd) Shot Put
Triple Jump (1 st)	Discus (1 st)	(1 st) Pole Vault
Pole Vault (1 st)	Triple Jump (2 nd)	(2 nd) High Jump
Javelin (1 st)	Long Jump (1 st)	(1 st) Long Jump
High Jump (2 nd)		(2 nd)

Running Events (All Finals)

11:00 AM	1 st	4x800m Relay	
11:15	2 nd	4x800m Relay	
11:30	1 st	100m Hurdles	
11:35	2 nd	110m Hurdles	
11:40	1 st	100m Dash	
11:45	2 nd	100m Dash	
11:55	1 st	4x200m Relay	
12:05 PM	2 nd	4x200m Relay	
12:15	1 st	1600m Run	
12:25	2 nd	1600m Run	
12:35	1 st	4x100m Relay	
12:45	2 nd	4x100m Relay	
12:55	1 st	400m Dash	
1:05	2 nd	400m Dash	
1:20	1 st	300m Hurdles	
1:30	2 nd	300m Hurdles	
1:40	1 st	800m Run	
1:50	2 nd	800m Run	
2:00	1 st	200m Dash	
2:10	2 nd	200m Dash	
2:20	1 st	3200m Run	
2:35	2 nd	3200m Run	
2:50	1 st	4x400m Relay	3-Turn Stagger
3:00	2 nd	4x400m Relay	3-Turn Stagger

DOUBLE SECTIONAL MEET

The following schedule is recommended to the Games Committee and Meet Manager for the successful conduct of Sectionals. Consultation with MSHSAA staff shall occur if any substantial deviation from the recommended schedule is to be considered.

General Guidelines:

- **Boys shall compete first in Even Years**
- **Girls shall compete first in Odd Years**
- In double meets:
 - Odd Years → Odd Class goes first
 - Even Years → Even Class goes first
- Site may adjust times/events to track specifications
- A rolling schedule shall only be used in the case of inclement weather.

[A] = 1st Sectional

[B] = 2nd Sectional

Field Events

Pole Vault will ROLL with 30-minute warm-up between events.

8:30 – 10:30 AM

Pole Vault (1st) **[A]**

11:00 AM – 1:00 PM

Pole Vault (1st) **[B]**

1:30 – 3:30 PM

Pole Vault (2nd) **[A]**

4:00 – 6:00 PM

Pole Vault (2nd) **[B]**

9:00 – 10:30 AM

High Jump (2nd) **[B]**

Long Jump (1st) **[B]**

Triple Jump (2nd) **[A]**

Shot Put (1st) **[A]**

Discus (2nd) **[B]**

Javelin (1st) **[B]**

11:00 AM – 12:30 PM

High Jump (2nd) **[A]**

Long Jump (1st) **[A]**

Triple Jump (2nd) **[B]**

Shot Put (1st) **[B]**

Discus (2nd) **[A]**

Javelin (1st) **[A]**

1:00 – 2:30 PM

High Jump (1st) **[B]**

Long Jump (2nd) **[B]**

Triple Jump (1st) **[A]**

Shot Put (2nd) **[B]**

Discus (1st) **[A]**

Javelin (2nd) **[A]**

3:00 – 4:30 PM

High Jump (1st) **[A]**

Long Jump (2nd) **[A]**

Triple Jump (1st) **[B]**

Shot Put (2nd) **[A]**

Discus (1st) **[B]**

Javelin (2nd) **[B]**

Running Events → [A] will run then [B]

11:00 AM	1 st	4x800m Relay	
11:30	2 nd	4x800m Relay	
12:00 PM	1 st	100m Hurdles	
12:10	2 nd	110m Hurdles	
12:20	1 st	100m Dash	
12:30	2 nd	100m Dash	
12:40	1 st	4x200m Relay	
12:50	2 nd	4x200m Relay	
1:00	1 st	1600m Run	
1:20	2 nd	1600m Run	
1:40	1 st	4x100m Relay	
1:50	2 nd	4x100m Relay	
2:00	1 st	400m Dash	
2:10	2 nd	400m Dash	
2:20	1 st	300m Hurdles	
2:30	2 nd	300m Hurdles	
2:40	1 st	800m Run	
2:50	2 nd	800m Run	
3:00	1 st	200m Dash	
3:10	2 nd	200m Dash	
3:20	1 st	3200m Run	
3:50	2 nd	3200m Run	
4:20	1 st	4x400m Relay	3-Turn Stagger
4:30	2 nd	4x400m Relay	3-Turn Stagger



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