

# 2019

## TRACK AND FIELD MANUAL

### MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

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**Revisions to the manual are highlighted in bold *Red print, italics, and underlined.***

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\*\*TERM EXPIRES IN JULY OF YEAR INDICATED

## SECTION 2: PURPOSE AND PHILOSOPHY

- A. PURPOSE OF MANUAL:** This manual has been prepared to provide a better understanding of the administration of MSHSAA sponsored events. It will serve as a guide to the participating schools and will provide for greater consistency. All information will be included in this manual except such supplementary or incidental information as may be included in the MSHSAA Journal. The contents in this manual shall be considered official unless the schools are notified in a Special Bulletin of any changes.
- B. PHILOSOPHY OF INTERSCHOLASTIC ACTIVITIES:** Interscholastic activities are intended to supplement the secondary curricular program. These activities can provide the student with educational experiences and learning outcomes that contribute toward the development of good citizenship. This can be accomplished only when the emphasis is placed upon teaching "through school activities." Interscholastic activities can be justified only when this is its primary philosophy and purpose.
- C. PURPOSE OF DISTRICT AND STATE CONTESTS:** There are two primary purposes that justify and cause district and state events to be desirable. Those purposes are: to provide opportunities to demonstrate before the public the best knowledge, skills and emotional patterns taught through a particular sport; and to evaluate and compare the best of this teaching of knowledge, skills and emotional patterns among schools. Unless these purposes are primary, district and state athletic contests cannot be completely justified.
- D. EDUCATIONAL VALUE:** It is the desire of the MSHSAA Board of Directors that these events be both fun and educational. It is extremely important that players, coaches, and the school community make every effort to enhance -- and keep in proper perspective -- the educational values of these events. Competition merely for "competition's sake" cannot be justified. Only when competition contributes toward worthwhile educational goals can it be considered sufficiently important to be included in the school program.
- E. SUPERVISION OF PLAYERS AND FANS:** The By-Laws of the MSHSAA hold a school responsible, both home and away, for the conduct of its players, students, coaches and fans. Coaches are required to supervise their competitors. A coach's respect for others and for school property is necessary in order to instill in competitors a respect for others and school property. Students staying overnight in hotels or motels in conjunction with any interscholastic athletic contest should be well-chaperoned. The good conduct of students will leave a good impression for the entire school.
- F. GAME OFFICIALS:** A school also should inform its players, students, coaches, and fans of the value game officials play in education through athletics. When informing these people of this, the difference in the purpose of high school and professional sports should be emphasized. Lack of respect for officials should not be tolerated. Booming of officials leads to booming of coaches and competitors, and this has no place in high school athletics. The example set by coaches and others associated with high school sports goes a long way towards eliminating this problem. Athletic administrators are urged to develop a program through any and all communication techniques available to insure that spectators understand that high school athletics are an educational endeavor as opposed to the games being an end in themselves.

## SECTION 3: REGULAR SEASON

**A. Coaches Conduct:** The Missouri State High School Activities Association events are conducted to develop and maintain the highest possible participation standards among students. Interscholastic activities are designed to encourage not only exceptional performances, but also a respect for the activity and the discipline necessary to excel. In order for this to occur, students, coaches, and all participants and observers must continually maintain the highest standards of ethical conduct, integrity, and courtesy. Coaches must read and abide by the regulations contained in this Manual. It is also the responsibility of the coach to communicate this information to the students and expect that they will abide by these rules as well.

- All coaches at all levels must take the online rules review.
- All coaches at all levels (even volunteer coaches) must be approved and entered on the Coaches and Directors page for the school they are working.
- High School teams/Individuals may compete in 13 regular season meets. The school must schedule six (6) meets in order to be eligible to participate in the State series.
- Junior High School teams/Individuals may compete in 10 regular season meets.

**Sanctions:** Anytime a MSHSAA-member school competes in a tournament, by definition, with an out-of-state school(s) or any event co-sponsored by any party other than a MSHSAA-member school (i.e., a university, theme park, shoe company, etc.), a sanction form must be on file in the MSHSAA office at least (30) thirty calendar days prior to the event. It is the event host's responsibility to obtain the sanction; however, each participating MSHSAA member school shall take responsibility to verify that the sponsor has sanctioned the event prior to participation. All sanction applications must be approved by the MSHSAA Office first and will then be forwarded to the NFHS. (MSHSAA By-Law 3.18.7)

**B. Participant Limitations:** The following regulations shall govern participation at all interscholastic track and field meets:

1. A contestant shall not enter nor compete in more than four (4) events track and/or field. Any number of these may be relays. This shall apply for all interscholastic meets as well as the district, sectional and state meets. The coach shall be responsible for adhering to this provision. If a competitor exceeds the participation limits, he/she shall forfeit all individual and team points earned in any event and it shall be considered a violation by the school to be referred to the Board of Directors.
2. In reference to a school participating in more than one meet on the same day, a track and field athlete may not exceed the individual entry limitations outlined in the NFHS Track and Field Rules Book on one calendar day, and may not duplicate events on the same day, even if competing as a junior varsity and varsity competitor on the same day.
3. High School Contestant can officially be entered in:  
Four (4) individual events - NO Relays allowed.  
Three (3) individual events - may be listed on any number of relays but participate on only one (1) relay  
Two (2) individual events - may be listed on any number of relays but participate on only two (2) relays  
One (1) individual event - may be listed on any number of relays but participate on only three (3) relays  
Zero (0) individual events - may be listed on all four (4) relays and may participate on all four relays

Athletes entered in 5 or more individual events will be scratched – from the excess event, starting from the bottom of the order of events and working upward, until they become legal. If the excess event is a field event, the athlete will be scratched from the last occurring field event entered.

**C. Registered Official:** A registered MSHSAA official must be used for all track and field meets. If only one official is used he/she is also the Referee. If multiple official are used one MUST be designated as the meet referee at the beginning of the meet. All starters shall wear a red or orange sleeve on the gun arm, to assist in the visibility for the timers. **All disqualifications must go through the meet referee.**

**D. Uniform Scoring System:** The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District, Sectional, and State meets conducted on an 8-lane track shall score 8 places).

**E.** If an individual contestant arrives at the site of the meet after competition has started, the athlete shall be permitted to compete in any remaining events in which entered provided:  
- the Referee, and the MSHSAA Track Executive, concludes the reasons for the late arrival were beyond control and are established by providing validated proof  
- it does not impact/disrupt the qualifying process of the event

**F.** The use of a wind gauge is an acceptable practice, if it is provided by the individual school and communicated to the host school and the timing company working the meet, in advance.

**G. Eligibility:**

1. **High School:** To be eligible to enter a team or individual in any preliminary or state event, a school must have scheduled at least six of the number of contests permitted under the by-law pertaining to that particular sport. No individual student shall be entered who has not represented his or her school in interscholastic competition in that sport during the season.
2. **Ninth Grade:** Ninth grade students may compete in a maximum of four events; however, only three may be running events (including relays) if the meet is only a ninth grade meet or when competing with seventh or eighth graders.

**H. Seventh and Eighth Grade:** Seventh and eighth grade students may compete in a maximum of four track and field events, with a maximum of three events being running.

**I. Protests and Appeals:** A coach first protests in writing to the referee. After the referee has rendered a decision, if the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the jury of appeals (NF Rule 3-5-2) by the meet referee. By MSHSAA Board policy, all protests are to be resolved at the contest and the MSHSAA Board/Staff shall not review protests.

**J. Meet Procedures – High School:** The order of events for the District, Sectional, and State Track and Field Meets: This should also be followed for the regular season. Other special regulations as listed in the National Federation Track and Field Rules Book shall be followed.

HIGH SCHOOL BOYS EVENTS		HIGH SCHOOL 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

**NOTE:** During the regular season, schools may add adaptive events. These events may be conducted first, or second, in the order of events, i.e., 100m dash adaptive can be scheduled before, or after the 100m dash. At the state meet, the adaptive event will be scheduled first.

**NOTE:** 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.

**NOTE:** Page 23 of this manual provides a Pole Vault Manufacturers Contact List for your convenience.

**Meet Procedures – Junior High School:** The order of events for JHS Track and Field meets is provided below. Other special regulations as listed in the NFHS Track and Field Rules Book shall be followed.

JUNIOR HIGH BOYS EVENTS		JUNIOR HIGH 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./2.744 kg)
	Discus (2 lbs/3.27 oz./1 kg)		Discus (2 lbs/3.27 oz./1 kg)
	Triple Jump		Triple Jump
	Pole Vault		Pole Vault

**NOTE:** The 4 x 800 m Relay was voted at the 2011 Track and Field Advisory Committee meeting as an optional event for Junior High athletes.

**NOTE:** During the regular season, schools may add adaptive events. These events may be conducted first, or second, in the order of events, i.e., 100m dash adaptive can be scheduled before, or after the 100m dash. At the state meet, the adaptive event will be scheduled first.

**NOTE:** 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.

**J. Meet Procedures – Ninth Grade:** Ninth grade competition, both boys and girls, shall follow the high school order of events and the size and weight of throwing implements shall be those used in high school. Seventh and eighth grade boys shall run the 100 Meter High Hurdles (same as the girls senior high school event), utilizing the same spacing and 33 inch hurdles with the understanding that 30 inch hurdles are approved if the 33 inch are not available.

**K. Jewelry /Uniform Rule:** Jewelry may be worn by competitors in Track and Field. By State adoption, Missouri-ran track meets will issue a uniform warning at the coaches meeting at the beginning of the meet. From that point forward, any competitor in violation of this rule will be disqualified from that event. Jewelry considered dangerous and inappropriate (as determined by the meet referee) is prohibited.

1. Headband approved by the games committee. Head Band = Not part of the uniform.
2. The waistband on spandex shorts, **and the collar is not** a part of the uniform; therefore, it will not be checked for logos.
3. Tattoos, whether permanent or temporary, are legal, unless deemed inappropriate by the referee.
4. Watches are legal. However, use of wearable technology for communication between the coach and athlete will result in the athlete being disqualified.

**COMPETITOR'S UNIFORM:** \* 4-3-1 b Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions. All relay team members must wear uniforms clearly indicating, through color, logo and combination of all outer garments that members are from the same team.

Note: In Missouri it has been established that the warning, related to illegal uniforms, is issued during the coaches' meeting.

- L.** Instructions on time limit procedures, how to seed a meet, how to a break tie, and how to measure field events can all be found in the NFHS Rules book and in this manual under the District Instructions on Pages 8-10.
- M.** All track meets should conduct a coaches meeting. The pre-established Games Committee will set opening heights, review time limit procedures. Page 11-13 of the NFHS Rules Book.
- N. Pole Vault Rule:** Refer to Page 23 of this manual for guidelines related to administration of the pole vault, specifically, the 4<sup>th</sup> bullet point under "Competition".

**NOTE: To protect competitors, officials and workers, and to better care for poles: someone should be available to catch the pole, after it is released.**

- O. Para-athlete participation. MSHSAA sponsors a wheel chair division at the state meet, in the following events: **100m, 200m, 400, 800m, 1600m, 3200m, shot put, discus, javelin**  
**An athlete must be entered in at least 1 regular season meet to be eligible to participate in the state meet.**  
**There is no para-athlete competition at the district or sectional meets.**

- P. Competitors should use their own implement, (pole vault, discus, shot put, javelin) unless permission is granted by another competitor.

**Q. District Meet Qualifying Standards: Collection of information and procedures to add extra competitor**

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 on Page 5 of this Manual. If a school has more than two entries in an individual event at the District Meet, then all entries must meet the qualifying standards and all performances must be certified as having been attained in a regular season meet of four (4) or more schools. This certification is to be faxed to Don Maurer (573-875-1450) by 4:00 p.m. on the Monday prior to the meet. The entry should contain the signature of the meet referee or meet manager at the meet where the individual qualified.

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

NOTE: Wheelchair competition can be part of regular season meets and we want to increase the number of participants in wheelchair competition at the state meet. Coaches should also talk with students in your school who are eligible to participate in wheelchair track & field events. A reminder that 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, in the event she/he wishes to compete in at the state meet

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

## 2019 District Qualifying Standards

<b>Boys</b>	<b>Class 1</b>	<b>Class 2</b>	<b>Class 3</b>	<b>Class 4</b>	<b>Class 5</b>
4X800 M Relay	8:40.83	8:31.57	8:18.10	8:06.04	8:02.60
110 M HH	16.77	16.25	15.52	15.22	15.15
100 M	11.67	11.44	11.22	11.08	11.00
4X200 M Relay	1:36.25	1:33.73	1:32.22	1:30.89	1:29.67
1600 M	4:43.43	4:39.17	4:31.46	4:23.83	4:22.66
4X100 M Relay	46.38	45.23	44.12	43.36	42.83
400 M	52.84	51.85	50.84	49.98	49.85
300 M IH	42.98	42.28	40.73	40.26	40.13
800 M	2:04.87	2:02.98	1:59.80	1:58.73	1:57.54
200 M	23.59	23.14	22.7	22.35	22.28
3200 M	10:33.93	10:21.00	10:00.44	9:34.64	9:38.99
4X400 M Relay	3:38.06	3:33.88	3:29.37	3:26.48	3:24.04
Discus	127-00	136-10	144-03	151-02	149-11
Shot Put	44-02 1/2	46-06	48-00 1/2	50-08 1/4	51-11 1/4
Javelin	145-04	143-01	139-07	150-11	161-00
High Jump	5-11 1/4	6-00 3/4	6-02	6-02	6-03
Long Jump	19-07 1/2	20-02 3/4	20-10 3/4	21-04 3/4	21-07 3/4
Triple Jump	40-04 1/2	41-04 1/2	42-05 3/4	43-10 1/2	44-03 1/4
Pole Vault	11-04	12-03 3/4	13-02	13-05 1/2	13-11 1/2
<b>Girls</b>	<b>Class 1</b>	<b>Class 2</b>	<b>Class 3</b>	<b>Class 4</b>	<b>Class 5</b>
4X800 M Relay	10:19.49	10:23.46	10:09.37	9:46.60	9:38.63
100 M HH	17.18	16.81	15.777	15.57	15.52
100 M	13.26	12.97	12.7333	12.49	12.42
4X200 M Relay	1:52.91	1:50.92	1:48.31	1:45.54	1:44.12
1600 M	5:41.05	5:34.56	5:23.42	5:12.34	5:09.31
4X100 M Relay	53.59	52.29	51.1	49.82	49.36
400 M	1:02.55	1:01.35	1:00.02	59.56	58.22
300 M LH	49.43	49.61	47.778	46.92	46.15
800 M	2:30.29	2:25.83	2:24.99	2:20.47	2:20.43
200 M	27.33	26.67	26.08	25.71	25.45
3200 M	12:45.33	12:43.21	11:58.63	11:31.99	11:17.48
4X400 M Relay	4:21.49	4:18.05	4:11.18	4:05.10	4:01.27
Discus	102-11	107-04	111-02	121-03	120-08
Shot Put	33-11	35-01 1/2	36-11 1/4	38-02 3/4	39-01 1/4
Javelin	104-05	111-03	111-04	114-02	119-05
High Jump	4-10 1/2	5-00 1/4	5-00 1/2	5-01 3/4	5-01 3/4
Long Jump	15-04 3/4	16-01 1/2	16-06 1/4	16-11	17-02 3/4
Triple Jump	33-01 1/2	33-07 1/4	34-07 3/4	35-10 1/2	36-04
Pole Vault	8-01 1/2	9-00 1/4	9-04 1/2	10-06 1/2	10-05 1/4

## SECTION 4: DISTRICT MEET INSTRUCTIONS

- A. Deadlines:** The District Meet entry deadline is 4:00 p.m. on the Monday prior to the District Meet. Failure to do so will result in a fine. All entries are blind. The official entry process is an **ONLINE** website, which a head coach must access at [www.trxctiming.com](http://www.trxctiming.com). There is no entry form to mail or fax to the District Meet Manager. Coaches may manage their entries until 4:00 p.m. on Wednesday.

Only performance marks listed on the TRXC Track & Field Performance List will be used as performance marks for district entries. The performance marks, listed on TRXC, are final, and cannot be revised after 4:00 pm on Wednesday, prior to the meet. Due to the nature of Coaches adding performances manually to the performance list, marks found to be entered in error will result in a NT or ND for the athlete seeded mark into districts.

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

Coaches must be prepared to provide proof of all performances in case one or more performances are challenged. The protest period will be from 6:00 p.m. on Wednesday until 12:00 p.m. on Thursday.

- B. Eligibility:** Only those students certified eligible on the school's track and field eligibility roster on the MSHSAA website by the school Athletic Director, Superintendent, or Principal are eligible to compete in the District Meet. Entries submitted after the entry deadline shall not be accepted unless they are received by the meet manager prior to 4:00 p.m. on the Wednesday prior to the meet, and then only if the school pays a late penalty of \$50.00.
- C.** Schools are limited to a maximum of two entries in each individual event and one team in each relay event. However, schools may enter more than two competitors in individual events at the District Meet provided all competitors meet the qualifying minimum performance standards located in this manual. If a school has more than two entries in an individual event at the district meet, then all entries must meet the qualifying standards and all performances must be certified as having been attained in a regular season meet of four (4) or more schools. This certification is to be faxed to Don Maurer (573-875-1450) by 4:00 p.m. on the Monday prior to the meet. The entry should contain the signature of the meet referee or meet manager at the meet where the individual qualified.
- D. Coaches and/or qualified representatives of participating schools are expected to help at the district and/or sectional meets if requested to do so by the meet manager. A school may be asked to run off a particular event (for example, the pole vault, hurdle judge, etc.) and provide enough personnel to do so. If help is needed, district and sectional managers are to notify the schools of their assignments in advance.** Meet managers should attach the administrative procedures, tie-breaking procedures, and NFHS rules for the event to the back of the clipboards provided to each field event judge.
- E. Admission: The admission charged for District Meets is \$5.00 for students and adults. Admission for a combined district/sectional meet is \$6.00. Children five (5) and under are free of charge.**
- F. Pass Lists: The pass list will be part of the district entry procedure on the MSHSAA website.**
- G. Advancers:** All advancers/qualifiers from the District Meet to the Sectional Meet will automatically be forwarded to the online entry website by the District Meet Manager. There will be no Sectional Meet entry form to turn in; however, coaches have from Monday prior to the Sectional meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website.
- H. Uniform Scoring System:** The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District, Sectional, and State meets conducted on an 8-lane track shall score 8 places).
- I.** The Games Committee will set the schedule (based on recommended schedule provided by MSHSAA), the starting heights for the meet. **The schedule cannot be revised to allow an individual athlete to perform at a different time/date, then the time/date established by the games committee.**
- J. Awards:** Plaques will be awarded to the first and second place teams at each District meet. Medals will be awarded to the first four place winners in each event.
- K. Three registered officials shall be hired to conduct the district meet.** The fees are to be paid by MSHSAA out of local site receipts. **One of the officials will be assigned as the Starter/Referee, another as the Assistant Starter and the 3rd shall be the Head Field Event Judge.** The Head Field Event Judge's duties include supervising, inspecting, and administering the field events. This position can serve as an additional recall starter if necessary. The meet manager shall be paid \$95.00.  
**NOTE: Hurdle judges and relay exchange zone judges should be assigned** \*
- When hosting a double meet the expectation is for 4 officials to be hired. (2 for races and 2 for field events)**
- L. Schedules, as established by the Games Committee are to be available to participating schools at least 2 weeks in advance of the meet. Any adjustment made for weather, must be communicated to each participating school be 4:00 pm on the Tuesday before the meet.**
- M.** In even numbered years, girls will compete first on the schedule. In odd numbered years, boys will compete first on the schedule.
- N. All District events should be conducted just as State Meet events are conducted.**



**O. Double Waterfall Start** - In the 4x800, 800, 1600, and 3200 the 1 turn, double waterfall competitor starting positions will be used for the District and State meets. This arrangement is used for entries greater than 8 and less than 25 (this arrangement excludes the Sectional meets). The fastest 1/3 of all entries are placed in the outside waterfall (lanes 5, 6, 7, 8) and the remaining entries are placed in the waterfall that extends across the track (lanes 1 – 8). All locations use the 3M step-up marks. The seeding arrangements for the double waterfall are located on page 11 and 12. The competitors at the waterfall line that extends across the track may break to the inside at any time without fouling. 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. The use of the double waterfall is recommended to be used at regular season meets so the competitors are familiar with this procedure.

**P. Lane Assignments:** Lane assignments for all races shall be determined by the serpentine seed method for all school classifications. One-turn alleys shall be the starting method in the distance races and 4x800 meter relay. When necessary, preliminaries will be conducted in the 100m dash, the 110m High Hurdles (boys), the 100m Hurdles (girls), and the 200m dash.

Preliminaries will be conducted in 2 heats, 4 heats, or 8 heats.

- a. 1-16 athletes: 2 heats, 8 to finals.
- b. 17-32 athletes: 4 heats, 8 to finals.
- c. 33-64 athletes: 8 heats, 16 to semifinals, 8 to finals
- d. 1-8 athletes: Finals Only

**a. Two (2) preliminaries to finals: Two (2) first place finishers, next six (6) fastest times to finals.**

PRELIMINARIES		
Lane	Heat	Heat
1	14	13
2	10	9
3	6	5
4	2	1
5	3	4
6	7	8
7	11	12
8	15	16

**b. Four (4) preliminaries to finals: Four (4) first place finishers, next four (4) fastest times to finals.**

PRELIMINARIES				
Lane	Heat	Heat	Heat	Heat
1	28	27	26	25
2	20	19	18	17
3	12	11	10	9
4	4	3	2	1
5	5	6	7	8
6	13	14	15	16
7	21	22	23	24
8	29	30	31	32

**c. Prelims to Semifinals to Finals.**

**Eight (8) first-place winners and the next eight (8) fastest times (Fail safe Top 2 from each heat)**

Lane	Heat	Heat	Heat	Heat	Heat	Heat	Heat	Heat
1	56	55	54	53	52	51	50	49
2	40	39	38	37	36	35	34	33
3	24	23	22	21	20	19	18	17
4	8	7	6	5	4	3	2	1
5	9	10	11	12	13	14	15	16
6	25	26	27	28	29	30	31	32
7	41	42	43	44	45	46	47	48
8	57	58	59	60	61	62	63	64

SEMIFINALS		
Lane	Heat	Heat
1	6 <sup>th</sup> Fastest Non-Winner	5 <sup>th</sup> Fastest Non-Winner
2	2 <sup>nd</sup> Fastest Non-Winner	1 <sup>st</sup> Fastest Non-Winner
3	6 <sup>th</sup> Fastest First Place	5 <sup>th</sup> Fast First Place
4	2 <sup>nd</sup> Fastest First Place	1 <sup>st</sup> Fastest First Place
5	3 <sup>rd</sup> Fastest First Place	4 <sup>th</sup> Fastest First Place
6	7 <sup>th</sup> Fastest First Place	8 <sup>th</sup> Fastest First Place
7	3 <sup>rd</sup> Fastest Non-Winner	4 <sup>th</sup> Fastest Non-Winner
8	7 <sup>th</sup> Fastest Non-Winner	8 <sup>th</sup> Fastest Non-Winner

Lane	Finals
1	5 <sup>th</sup> Fastest Non-Winner
2	3 <sup>rd</sup> Fastest Non-Winner
3	1 <sup>st</sup> Fastest Non-Winner
4	1 <sup>st</sup> Fastest First Place
5	2 <sup>nd</sup> Fastest First Place
6	2 <sup>nd</sup> Fastest Non-Winner
7	4 <sup>th</sup> Fastest Non-Winner
8	6 <sup>th</sup> Fastest Non-Winner

## Two Alley Waterfall Seeding

To be used for the 800, 1600, 3200, and 4x800  
Regular Season, Districts and State Championships

### Rational

Based on 2/3 of the athletes at the common start/finish line - lanes 1-8  
1/3 of the athletes placed in the second alley – lanes 5 – 8

### Alley Seeding Preference

Alley 2 - Higher Seeds  
Alley 1 - Lower Seeds

### Seeding Position

(Based on 24 Athletes)\*

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

\*Field sizes beyond 24 athletes should be looked at on a case by case basis. However, if you decide to run heats of 25 or greater the athletes seeded position should follow the above format with the seed mark = to the athlete's alley position. **Example** - an athlete with a seed time that places them at 27<sup>th</sup> best seed should be award position 27.

Athletes with a seed mark greater than 24 should be placed on the second row of the assigned alley.

### Seed/Position

Number of Runners	Alley One (Common Start/Finish line) (Lanes 1 -8) Seeded Position	Alley Two (Lanes 5-8) Seeded Positions
5	1,2,3,4,5	Do Not Use
6	4,5,6	1,2,3
7	4,5,6,7	1,2,3,
8	4,5,6,7,8	1,2,3
9	4,5,6,7,8,9	1,2,3
10	4,5,6,7,8,9,10	1,2,3
11	4,5,6,7,8,9,10,11	1,2,3
12	5,6,7,8,9,10,11,12	1,2,3,4
13	5,6,7,8,9,10,11,12,13	1,2,3,4
14	5,6,7,8,9,10,11,12,13,14	1,2,3,4
15	6,7,8,9,10,11,12,13,14,15	1,2,3,4,5
16	6,7,8,9,10,11,12,13,14,15,16	1,2,3,4,5
17	6,7,8,9,10,11,12,13,14,15,16,17	1,2,3,4,5
18	7,8,9,10,11,12,13,14,15,16,17,18	1,2,3,4,5,6
19	7,8,9,10,11,12,13,14,15,16,17,18,19	1,2,3,4,5,6
20	7,8,9,10,11,12,13,14,15,16,17,18,19,20	1,2,3,4,5,6
21	8,9,10,11,12,13,14,15,16,17,18,19,20,21	1,2,3,4,5,6,7
22	8,9,10,11,12,13,14,15,16,17,18,19,20,21,22	1,2,3,4,5,6,7
23	8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23	1,2,3,4,5,6,7
24	9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24	1,2,3,4,5,6,7,8
25	Front Row - 9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25	1,2,3,4,5,6,7,8
26	Front Row - 9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25,26	1,2,3,4,5,6,7,8
27	Front Row - 9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25,26	Front - 1,2,3,4,5,6,7,8 Back Row - 27

### Sectionals Lane Assignments

Lane	Athlete
1	Fifth Fastest Non District Winner
2	Third Fastest Non District Winner
3	Fastest Non District Winner
4	Fastest District Winner
5	Second Fastest District Winner
6	Second Fastest Non District Winner
7	Forth Fastest Non District Winner
8	Sixth Fastest Non District Winner

- Q. Tie Breaking Procedures:** In the event of a tie for 1<sup>st</sup> 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.
1. In the pole vault and high jump (after applying the first two steps of the National Federation tie-breaker system) if the tie still remains, the tie-breaking procedure for first place will be used. Tie breaking competition should be held at the conclusion of the field event.
  2. **If a tie occurs for a running event preliminary race, and 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 event of the meet.**

**R. Scratches:** An athlete may be scratched at the coaches meeting prior to the District meet from an event or events entered. However, if the athlete is not scratched at the coaches meeting, **he/she or coach should report** the scratch to the clerk of the course. 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. (Rule 4.1.3) In either case, this event(s) shall count toward the individual athlete's participation limitation. **DISTRICTS ONLY:** 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. The Games Committee shall deal with emergency situations.

**S. Relay Substitutions and Relay Entries:** A substitution may be made on relay teams in the District, Sectional, and State Meets up to the start of the race, **provided names are listed on the online entry website.** No more than six (6) individuals per relay team may be listed on the online entry website. Only those contestants actually designated as members of the relay to participate will be charged with an event as the relay team reports to the clerk of the course (NF Rule 5-9-10; p. 36). The clerk should designate the order of the runners for the relay. (1<sup>st</sup> leg, 2<sup>nd</sup> leg, 3<sup>rd</sup> leg, 4<sup>th</sup> leg/anchor)

**NOTE: District, Sectional & State Meet: If a relay team does not check in, all runners listed will be attached to the event and all 6 will be disqualified. If athletes report and scratch the team from the relay, only the 4 listed as competitors will be attached to the event.**

1. The District, Sectional and State Meets are considered separate meets. Therefore, when a school qualifies a relay team the **six (6) contestants listed on the online entry website** can change from one level meet to another.
2. **Relay Entries (4x100, 4x200, 4x400, 4x800):** To clarify relay team make-up for the District, Sectional, and State Meets, it must be understood that when a contestant becomes a competitor, the relay will count as one of the contestant's four (4) events.
  - a. A contestant is anyone listed on the online entry website.
  - b. The relay **team** is an entry. Up to six (6) individuals may be listed as contestants to be designated as actual competitors for the specific relay team. (NFHS Rule 5.10.2)
  - c. 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.
  - d. The four (4) designated members of the relay team may be adjusted from heat to heat from those six (6) listed on the online entry website providing the participation limitation rule is not violated.
  - e. It is possible to list a contestant on more than one relay team as indicated in the following illustration.

Number of Individual Events Entered:	Number of Relays Allowed
4 Individual Events	Zero (0) Relays Allowed
3 Individual Events	May be listed on any number of relay teams. May participate on only one (1) relay team.
2 Individual Events	May be listed on any number of relay teams. May participate on only two (2) relay teams.
1 Individual Event	May be listed on any number of relay teams. May participate on only three (3) relay teams.
0 Individual Events	May be listed on all four (4) relay teams. May participate on all four (4) relay teams.

- f) Once the entry deadline passes for scratches (Wednesday at 4:00 p.m.), a contestant cannot be scratched from an individual event to make him/her eligible for another relay.

Penalty: 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. If the excess event is a field event the athlete will be scratched from the last occurring field event entered.

3. Procedure for FAT Malfunction – When advancement is needed from Prelims to Finals – Two Tier Option based on circumstances are to be used, if there is a malfunction related to FAT.
  - a. **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.
  - b. **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) with Sectional winners (4) in the fast heat, placed in lanes 3,4,5,6 based on sectional time and the remaining qualifiers from sectionals will be assigned lanes based on sectional times.
4. **Procedure for FAT Malfunction - Finals**
  - a. **Option 1: Used if a picture or video is available.**
  - b. **Option 2: Re-Run – based on the referee’s decision.**  
If there is no picture or video was available, this could be used for placement of the athletes.

**T. Field Events:** 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. (See NF Rules 6 for regulations).

1. Contestants in the field events are solely responsible for reporting immediately when the event is announced. After being called for each trial, the contestant shall initiate the trial within one minute. A competitor will be charged with an unsuccessful attempt if the competitor does not initiate within one minute. (NF Rules 6-2 p. 41) All athletes entered in field events shall report to the event judge prior to the start of competition. Participants are not required to stay at a field event until the 3<sup>rd</sup> call.

Number of Athletes Competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other FE
More than 3	1	1	1	1	1	1
2 or 3 remaining	3	3	1	3	3	1
1 remaining	5	5	1	5	5	1
Consecutive Trials	2	3	2	2	3	2

**Note: if an athlete passes on 3 consecutive heights, the athlete will be allowed 1 jump without the bar in the high jump and 2 minutes for trial attempts in the pole vault.**

2. Each competitor in the shot put, discus, javelin, triple jump and long jump events shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. The triple jump and long jump shall be run cafeteria style; the shot put and discus will be run in flights, with a maximum of 8 competitors per flight. Competitors must complete their trials within the specified time limit. Finals in the shot put, discus, javelin, long jump, and triple jump will start **immediately** after finalists are declared and announced. Warm-ups are allowed before the start of finals. **All preliminary rounds can be run cafeteria style. The maximum time for field events with 16 competitors is 1.5 hours. For each additional 8 competitors add 15 minutes to the total.**
3. **Discus and Shot Put:** The discus and shot put shall be contested using a sector of 34.92 degrees (NF Rule 6-6-5 and 6-7-5). The shot shall be made of a metal or material not softer than brass (NF Rule 6-7-1). Contestants may use their own implements in competition provided they are inspected and approved by the Inspector of Implements. Implements so approved shall be placed in a pool and may be used by all contestants. A shot not stamped “4K” must be weighed to ensure it is 8.8 pounds. The owner of an implement has the right to deny use of that implement by other competitors.
4. Measurements:
  - a. **Discus:** **Measurements shall be recorded to the nearest lesser inch or centimeter.** Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel, or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
  - b. **Shot Put:** **Measurement shall be recorded to the lesser ¼ inch.** Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel, or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
  - c. **Long Jump and Triple Jump:** **Measurements shall be recorded to the lesser ¼.** tape such as fiberglass, nylon, steel, or certified scientific measurement device (laser). Other scientific measuring devices may be used if approved by Measurements may be made with non-stretchable the games committee.

- d. **Javelin:** Measurements shall be recorded to the nearest lesser inch or even centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). 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. See the diagram, on page 22, regarding the weighing and measuring of the javelin.
5. Nine (9) contestants shall qualify for the finals in the shot put, discus, long jump, triple jump and javelin when eight (8) places are scored. In case of a tie for the ninth (9<sup>th</sup>) (or final qualifying) place, contestants tying for the place will qualify for the finals.
6. Pole Vault: Refer to guidelines on page 22. 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.

**U. Time Limit Procedure for Excused Competitors:** Guidelines for a competitor who has been excused from one event to compete in another at the District, Sectional, or State Meet. Time limit to be determined by the Games Committee.

1. The athlete must notify the event judge that they will be leaving for a running event.
  2. 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.
  3. The athlete is not required to wait until the 3<sup>rd</sup> call for a running event, before being excused.
  4. The judge may allow the athlete to take more than 1 trial out of turn before being excused.
  5. 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. This time will vary in accordance with Rule 6-2-4 of the National Federation Rule Book and be determined by the games committee.
  6. 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.
  7. 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.
  8. Only the FIRST PLACE competitor has the privilege of waiting until all the previous jumps or throws have been completed in the finals.
  9. 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 take into account 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.
- 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.**
10. The starting heights for the pole vault and high jump will be determined by the games committee. The "five active procedure", will be used in conducting the high jump and the pole vault, until there remain less than 9 competitors. Best jumpers will jump last. In the pole vault, an athlete's poles shall be approved by the event judge or field referee before warming-up. **Note NFHS rule 6-5-15 p. 50: "A pole vault competitor(s) who has passed three 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. The competitor(s) shall enter the competition at that height. Such warm-up must be taken at a height change.**
  11. Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted in any field event. Competitors may use chalk or an adhesive or similar substance such as rosin on their hands, or the ole, during competition (NFHS 6-5-19).
  12. Contestants shall be permitted two check-marks (types of allowable material to be determined by the Games Committee) in the jumping events. The marks shall not exceed 6" length in any direction and shall be no closer than 8' from the bar.
  13. 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.
  14. No longer is a jump-off required when less than 4 competitors fail to clear the opening height, as a means of determining the 4 qualifiers in vertical jump events.

## SECTION 5: SECTIONAL MEET INSTRUCTIONS

- A. **Deadlines:** There will be no Sectional Meet entry form to turn in; however, coaches have from Monday prior to the Sectional Meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website ([www.trxctiming.com](http://www.trxctiming.com)).
- B. **Admission:** The admission charged for Sectional Meets is \$7.00 for students and adults. Admission for a combined District/Sectional meet is \$6.00. Children five (5) and under are free of charge.
- C. **Pass Lists:** The pass list will be part of the sectional entry process on the MSHSAA website.
- D. Three registered officials shall be hired to conduct the Sectional meet. The fees are to be paid by MSHSAA out of local site receipts. **One of the officials will be assigned the Referee and another shall be the Head Field Event Judge.** The Head Field Event Judge's duties include supervising, inspecting and administering the field events. This position can serve as an additional re-call starter if necessary. In the absence of a Head Field Event Judge, the Starter-Referee will retain this responsibility at no additional fee.  
**NOTE: Hurdle judges and relay exchange zone judges should be assigned**  
\* When hosting a double meet the expectation is for 4 officials to be hired. (2 for races and 2 for field events)
- E. **Coaches and/or qualified representatives of participating schools are expected to help at the District and/or Sectional meets if requested to do so by the meet manager. A school may be asked to run off a particular event (for example, the pole vault, hurdle judge, etc.) and provide enough personnel to do so. If help is needed, district and sectional managers are to notify the schools of their assignments in advance.** Meet managers should attach the administrative procedures, tie-breaking procedures, and NF rules for the event to the back of the clipboards provided to each field event judge.
- F. Awards: Medals will be awarded to the first four place winners in each event. Sectional meets shall be scored, but no team plaques or trophies shall be awarded.
- G. The Games Committee will set the schedule (based on recommended schedule provided by MSHSAA), the starting heights for the meet. The schedule cannot be revised to allow an individual athlete to perform at a different time/date, then the time/date established by the games committee.
- H. All Sectional events should be conducted just as State Meet events are conducted, as much as possible. Exception: Competitors in the shot put, discus, triple jump, long jump and javelin will be allowed only four throws or jumps. Competition in the long jump, triple jump, shot put, and discus will be conducted in one flight of eight in reverse order of qualification. High jump and pole vault will jump in reverse order of qualification.
  1. Tied qualifying marks are randomly placed. Competition will be adjusted to allow for participation in other events. There will be no preliminaries in these events.
  2. In the pole vault, an athlete's poles shall be approved by the event judge or field referee before warm-up.
  3. Sectional Meets will be seeded with the District winner in Lanes 4 and 5 and the remaining six (6) qualifiers serpentine-seeded based on their times.
  4. Running events 4x800, 1600, 3200, 800 are run out of individual lanes for each competitor, with a one-turn stagger.
- I. **Uniform Scoring System:** The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District, Sectional, and State meets conducted on an 8-lane track shall score 8 places).
- J. **Tie-breaking:** In the event of a tie for 1<sup>st</sup> Place or the last qualifying position (fourth place), apply the National Federation tie-breaker system. If a tie still remains, a run-off, jump-off, or throw-off will be conducted. In the pole vault and high jump, after applying the first two steps of the National Federation tie-breaker system, if the tie still remains, the tie-breaking procedure for first place will be used. The NFHS jump-off tie-breaking procedure shall also be applied if less than 4 competitors clear the opening height in the pole vault or high jump. Tie-breaking competition should be held at the conclusion of the field event or for a running event, 30 minutes following the conclusion of the meet. Managers should allow proper rest in all tie-breaking competitions.
- K. **Scratches:** An athlete may be scratched at the coaches meeting prior to the Sectional Meet from an event or events entered without affecting his/her eligibility in other events in which he/she may be entered. However, if the athlete is not scratched at the coaches meeting, **he/she or coach should report** the scratch to the clerk of the course. 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. No substitution will be allowed in a Sectional Meet.  
  
Note: If an individual contestant arrives at the site of the meet 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.
- L. **Relays:** In relay events, no more than six contestants may be listed on the online entry website, but only those who actually participate will be considered official entries. Any substitutions must come from those names on the online entry (NF Rule 5-10-2 p. 36). NOTE: See information under District Information above. The clerk should designate the order of the runners for the relay. (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> leg, 4<sup>th</sup> leg/anchor)



**NOTE: District, Sectional & State Meet: If a relay team does not check in, all runners listed will be attached to the event. If athletes report and scratch the team from the relay, only the 4 listed as competitors will be attached to the event.**

- M. **Advancers:** All advancers/qualifiers from the Sectional Meet to the State Meet will automatically be forwarded to the online entry website from the Sectional Meet Manager. There will be no State Meet entry form to turn in; however, coaches have from Monday prior to the State meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website. **The contestants' names that are entered on the website by 4:00 p.m. on the Monday before the meet are the names that will be reflected in the Track and Field Program.**
- N. No longer is a jump-off required when less than 4 competitors fail to clear the opening height, as a means of determining the 4 qualifiers in vertical jump events.

## **SECTION 6: STATE MEET INSTRUCTIONS**

- A. There will be no State Meet entry form to turn in; however, coaches have from Monday prior to the State Meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website. **The contestants' names that are entered on the website by 4:00 p.m. on the Monday before the meet are the names that will be reflected in the Track and Field Program**
- B. **Pass Lists:** There is no pass list for the State Track and Field Championships.
1. **All coaches will check in at the lower south gate for a wristband and team packet. Only APPROVED coaches on the MSHSAA website will be allowed entrance to the field. Please have PHOTO ID ready to present.**
  2. Athletes will be dropped off at Tent City.
  3. Superintendents, principals, and athletic directors of qualifying schools can sign in for one pass each at "Will Call" by presenting a picture ID. **These administrators must be listed on the MSHSAA website in order to obtain the pass. If another administrator will be taking the place of the above-mentioned positions, permission must be granted by our office by 4:00 p.m. on the Wednesday before the meet.**
  4. Bus drivers can sign in at the Team Check in Trailer for a pass **after presenting a letter** from the school and picture ID.
  5. Any athletic trainer or physician who desires to work for the meet's sports medicine staff throughout the Championships must call Ben Kuster at (573) 556-5770 to express such interest and, upon approval, obtain a pass/credentials separate from the school's count.
- C. **Admission: Admission for the State Meet is \$8.00 per day for students and adults. Children ages five (5) and under are free of charge. Gates open at 9:30 a.m. daily.**
- D. **Scratches:**
1. 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 until meet time. For substitutions in relays from prelims to finals, refer to NF Rule 5-9-2.
  2. If an individual contestant arrives at the site of the meet 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.
  3. 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
- E. **Uniform Scoring System:** The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District, Sectional, and State meets conducted on an 8-lane track shall score 8 places)
- F. **State Meet Hazardous Weather Plan:**
- a. Meet Management and the Games Committee will use the public address system to announce any delays in competition due to hazardous weather.
  - b. On Friday, all windows of acceptable conditions for competition will be utilized on a delayed basis since lights are available (except possibly in the discus area).
  - c. If any running events on Friday are rescheduled for Saturday, these events will be contested in two sections against time as finals only (no prelims will be run on Saturday). Any held-over Friday running events will be re-seeded on Saturday as a "slow" section followed by a "fast" section, based on **sectional places** first, then times. Friday field events will be re-scheduled on an "as needed" basis prior to the Saturday field events.
  - d. The MSHSAA website and social media will be used to inform the public of schedule changes for Saturday.

- G. Awards:** Trophies will be awarded to the top four place teams and plaques to the first place relay teams in each class. Medals will be awarded to the first eight place winners in each event. **Head coaches of the top four teams will also be awarded a medal.**
- H. Supervision:** The Meet Director and Games Committee shall have general supervision of the meet.
- I. Staging Area and Warm-Up Areas:** (RELAY NOTE: All boys' relay teams will be called for instructions at one time. All girls' relay teams will be called separately from the boys' for instructions at one time. Listen for announcements.)  
 - COACHES ARE NOT ALLOWED IN THE RESTRICTED INFIELD AREA UNLESS THEY ARE ASSIGNED TO HELP ADMINISTER THE MEET.  
 Do not cause an athlete to be disqualified by coaching competitors from anywhere inside the stadium fence, except in the coaches boxes located in the **MARKED** areas, located throughout the stadium, **by signage and yellow fence caps.**  
 \*\*\* - ONLY 1 COACH, PER TEAM, IS ALLOWED IN THE COACHES BOX.  
 \*\*\* - COACHES ARE NOT ALLOWED TO BRING CHAIRS INTO THE STADIUM.
1. 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.
  2. Boys and girls events will be called separately. Competitors should be alert and report immediately to the proper area. An athlete may report early to the bull pen clerk, prior to her/his event.
- J.** All running event starting commands will be made using a voice amplified speaker system. No whistle command.
- K. Field Events:** The regulations outlined for the District and Sectional Meets will also apply at the State Meet. In addition, the following information is provided. (All preliminaries and finals will be held the same day.)
1. The starting heights for the pole vault and high jump will be determined by the Games Committee. As a general rule the top eight heights in the high jump from the sectional meets are determined. The bar is then started 4 inches below the eighth best height. The same procedure is used in the pole vault, the top eight heights from the sectional meets are determined and then the bar is started twelve inches below the eighth best height. Additional adjustments may be made by the Games Committee, with approval of the Meet Referee, in case of inclement weather or other factors.
  2. Implement weighing and inspection will be done at the headquarters tent near the shot put event area by the Head Inspector of Implements. Javelin weighing and inspection will be done at the event site.
  3. The five active procedure will be used in conducting the high jump and the pole vault, until there remains less than 9 competitors. Best jumpers will jump last. In the pole vault, an athlete's poles shall be approved by the event judge or field referee before warming-up. Tied heights in vertical jumped are placed at random.
  4. The shot put, discus and javelin will be run according to NFHS rules. Nine shall qualify to the finals.
  5. The long jump and triple jump will be run cafeteria style. Competitors must complete their preliminary jumps within the specified time limit (1 hour 15 minutes). Contestants in the field events are solely responsible for reporting immediately when the event is announced. After being called for each trial, the contestant shall initiate the trial within one minute. Nine will qualify to the finals; all ninth-place ties advance. Finals in the shot put, discus, javelin, long jump, and triple jump will start immediately after finalists are declared and announced.
  6. Discus and shot put pads are concrete. The discus and shot put shall be contested using a sector of 34.92 degrees. Athletes must compete in official school-issued, or school-approved uniforms.
  7. The runway for the javelin should be 120 feet (36.5 meters) and shall be marked by two parallel lines, 13 feet, 11/2 inches (4 meters) apart and terminated by a foul-line arc with a radius of 26 feet, 3 inches (8 meters).
  7. Gloves are not permitted in any field event.
  8. Discus and Shot Put: Competitors may use rosin, chalk or adhesive on their hands.
  9. **Field Event Check-Markers:** 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. **EXCEPTION: 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.**
- L. Running Events:** 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.
1. Heats will be drawn on the basis of PLACE (first consideration) and TIMES (second consideration) achieved in the sectional meets.
    - a) Lanes shall be assigned in accord with the National Federation Track and Field Rules and as approved by the Track and Field Advisory Committee.
    - b) The seeding of qualifiers from preliminary heats to final heats shall be done in accord with National Federation Track and Field Rules.

2. 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.
  - a) Races run in lanes all the way:
    - (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.
3. **Preliminaries (100, 100H, 110H, 200, 300H, 400, 4x100, 4x200, 4x400):**
  - a. Sectional Winners (4) - Will get Lanes 4 and 5 in the two preliminary heats based on sectional time.
  - b. All others will be seeded based on time (sectional time).
  - c. **Special Note** – Former Rule 5-6-4 has been deleted. It is no longer required that if two contestants from the same team fall within the same heat, the slower contestant is moved to the slower heat.
  - d. The 800 m run will be a final with 16 competitors using 4 alleys with a 1-turn stagger (See Page 7)

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

4. **Finals**
  - a. Heat winners plus next six (6) fastest times.
  - b. Heat winners (2) will get Lanes 4 and 5; all other lanes assigned based on preliminary times.

FINALS	
Lane	Heat #1
1	5 <sup>th</sup> Fastest Non-Winner
2	3 <sup>rd</sup> Fastest Non-Winner
3	1 <sup>st</sup> Fastest Non-Winner
4	1 <sup>st</sup> Fastest Preliminary Winner
5	2 <sup>nd</sup> Fastest Preliminary Winner
6	2 <sup>nd</sup> Fastest Non-Winner
7	4 <sup>th</sup> Fastest Non-Winner
8	6 <sup>th</sup> Fastest Non-Winner

**M. Running Event Information:**

1. Relay cards will not be used; clerks will check names of participants from computer heat sheets containing names listed on the entry form. The clerk should designate the order of the runners for the relay. (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> leg, 4<sup>th</sup> leg/anchor)

**NOTE: District, Sectional & State Meet: If a relay team does not check in, all runners listed will be attached to the event. If athletes report and scratch the team from the relay, only the 4 listed as competitors will be attached to the event.**

2. The 400 m dash, the 4x100 m relay and 4x200 m relay races will be run in lanes all the way.
3. The 800 m, 1600 m run, 3200 m run, and the 4x800 m relay races will be run in **one-turn alleys**.
4. 4x400 m relay will be a three turn staggered start, run in lanes for three turns. First runners will run in lanes all the way, first exchange will be made in same lanes and second runners will remain in their lanes until crossing the break line at the end of the third turn. After crossing the break line, second runners may cut to pole.

**Coaches:** Please be sure your runners are properly coached on this technique. Improper lane changes or interference could result in disqualification. Third and fourth runners will be rolled in according to position on second turn of each runner's leg.

5. Semifinals will be held in other events qualifying eight to the finals by place and time from two heats held on Friday.
  6. Length of spikes, ***for all state qualifying meets***, is to be no more than 1/4 inch or 7 mm.
  7. All running event starting commands will be made using a voice amplified speaker system. No whistle commands.
  8. Gloves are permitted in all relay races.
- O. Dressing Rooms:** Girls and boys locker rooms will be available at the northeast end of the track. You may use your own lock if you wish. Cell phones are prohibited in all locker rooms.
- P. Contestant Numbers:** All competitors shall be required to wear assigned contest numbers on the front and back of the uniform jersey. Exceptions: High jumpers may wear numbers on front or back only. Pole vaulters may wear numbers on back only.
- Q. Medical Coverage:** The Missouri Athletic Trainers Association, coordinated by Mr. Ben Kuster of St. Mary's Sports Medicine and Rehabilitation (573-556-5770; FAX 573-634-7425), will provide medical assistance as necessary. Hospital and ambulance services are on call within two blocks of the stadium.
- R. Emergency Weather Procedure:** Emergency procedures will be posted on the MSHSAA website and at the venue.
- S. Awards:** Trophies will be awarded to the first, second, third, and fourth place teams and plaques to the first place relay teams in each class. Medals will be awarded to the first eight place winners in each event. These will be presented at the conclusion of each event Saturday and for those events which conclude on Friday. Listen for announcements. Coaches shall remind their athletes of this procedure.
- T. Results:** Results for all events, including qualifiers for finals shall be posted on the wall in the concourse area under the and on the MSHSAA website.
- U. Motel Room Availability:** See Jefferson City Convention and Visitors Bureau (800-769-4183) website for hotel information. <http://www.visitjeffersoncity.com/stay.php>

Procedure for FAT Malfunction – When advancement is needed from Prelims to Finals – Two Tier Option based on circumstances are to be used, if there is a malfunction related to FAT.

Option 1 - is 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.

Option 2 - is 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) with Sectional winners (4) in the fast heat, placed in lanes 3,4,5,6 based on sectional time and the remaining qualifiers from sectionals will be assigned lanes based on sectional times.

Procedure for FAT Malfunction – Finals – based on the referee's decision.

Option 1 - If a picture or video is available.

Option 2 – Re-Run – based on the referee decision – if no picture or video was available this could be used for placement of the athletes.

**APPENDIX 1**

**DISTRICT QUALIFYING MINIMUM STANDARDS  
MEET PERFORMANCE CERTIFICATION (DISTRICT ENTRY PROCEDURE)  
MSHSAA TRACK AND FIELD HANDBOOK**

If a school has more than two (2) entries in an individual event at the District Meet, then all entries must meet the Qualifying Standards and all performances must be certified as having been achieved in a regular season meet of four (4) or more teams.

Date of Meet: \_\_\_\_\_  
Host Location: \_\_\_\_\_  
Number of Participating Schools: \_\_\_\_\_  
Name of Event: \_\_\_\_\_  BOYS  GIRLS  
Class: \_\_\_\_\_  
Qualifying Standard: \_\_\_\_\_

**Converted Hand-Held times must first be rounded UP to the next 1/10<sup>th</sup> and then converted by adding 0.24.**

FAT Time Achieved: \_\_\_\_\_  
Hand-Held Time Achieved: \_\_\_\_\_  
Plus Rounded up to the Next 1/10<sup>th</sup>: \_\_\_\_\_  
Plus Adding 0.24: \_\_\_\_\_  
Official Performance Achieved: \_\_\_\_\_  
    FAT: \_\_\_\_\_  
    Hand-Held: \_\_\_\_\_  
Athlete's Name: \_\_\_\_\_  
Athlete's School: \_\_\_\_\_  
Submitting Coach's Signature: \_\_\_\_\_  
Meet Referee or Manager Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

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Hand-Held Example:

Hand-held time achieved: 10.42  
Plus rounded up to next 1/10<sup>th</sup>: 10.50  
Plus adding 0.24: 0.24  
Official Converted Time: 10.74

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**This certification must be emailed to Don Maurer ([don@mshsaa.org](mailto:don@mshsaa.org))  
no later than 4:00 p.m. on Monday prior to the District Meet.**

**APPENDIX 2**

**Javelin Field Test**

Used 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:

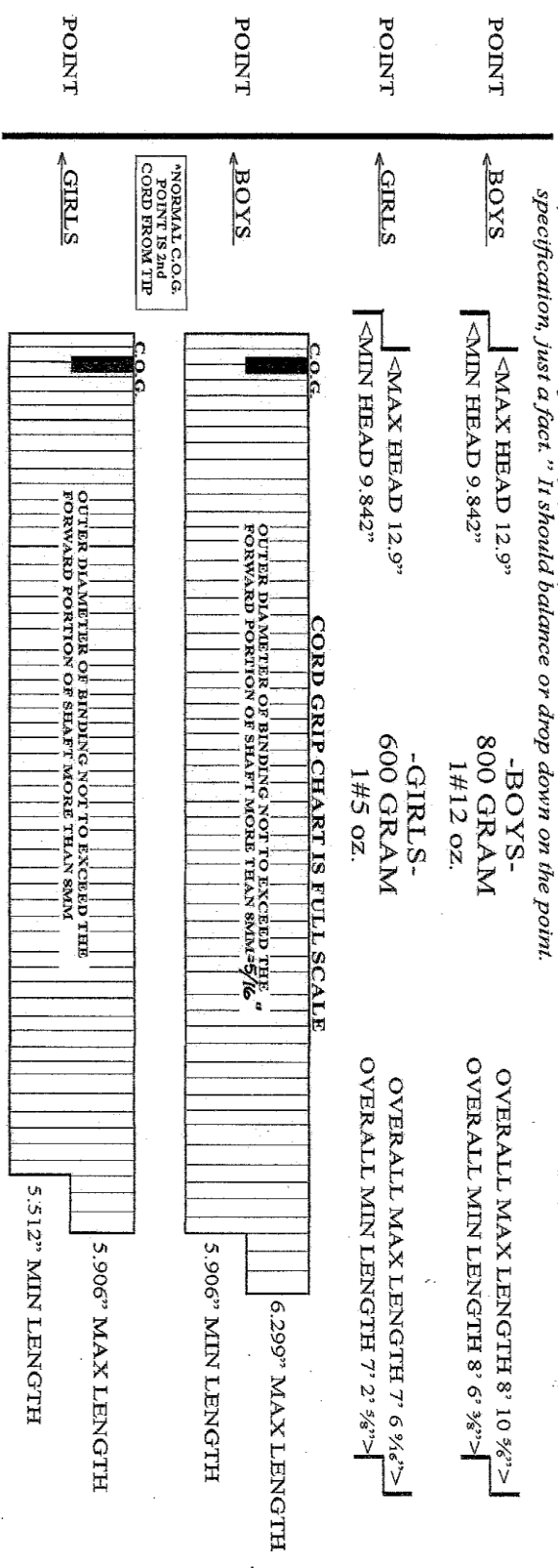
- Overall length
- Overall Head length
- Overall Cord Grip length

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

**JAVELIN FIELD TEST**

- 1) Check weight. Girls 600 gram min. Boys 800 gram min.
- 2) Shake in vertical position and listen for internal movement.
- 3) Check for overall length. Check for overall Head length. Check for overall Cord Grip length.
- 4) Check Center of Gravity (C.O.G.) with the Balance Test. Most balance at 2nd cord on grip closest to the tip. "This is not a specification, just a fact." It should balance or drop down on the point.

SCALE 1"=1'



## **SAFETY GUIDELINES FOR OFFICIATING HIGH SCHOOL 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.
- The max allowable weight for the pole in a minimum of 3/4 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 18 –31.5 inches 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.
- 

**NOTE: 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](http://www.gillathletics.com)

**UCS/Spirit**  
<http://www.uscspirit.com>  
800-537-7117

**ESSX**  
[www.officialessex.com](http://www.officialessex.com)

**Altius Poles**  
[www.altiuspoles.com](http://www.altiuspoles.com)  
Jeff Erickson  
800-374-7653

## APPENDIX 4

### Para Athlete Throwing Implements Specifications:

	Shot Put	Discus	Javelin
Girls	2.74 Kg (6lbs.)	1 Kg	600 g
Boys	4 Kg	1 Kg	600 g

## APPENDIX 5

### Track & Field Rules Interpreters

C. Don Harris  
Cape Girardeau  
Cell: 573-290-5720  
[fb5575@charter.net](mailto:fb5575@charter.net)

Emry Dilday  
Springfield  
Cell: 417-350-6064  
[emrydilday@sbcglobal.net](mailto:emrydilday@sbcglobal.net)

Jim Thomson  
St. Louis  
Home: 314-644-2128  
[jimkathythomson@aol.com](mailto:jimkathythomson@aol.com)

Ron Whittaker  
Mexico  
Cell: 573-473-5252  
[ronwhittaker@charter.net](mailto:ronwhittaker@charter.net)

Matt Symonds  
Maryville  
Evening: 660/541-4517  
[msymond@nwmissouri.edu](mailto:msymond@nwmissouri.edu)

MHSAA Executive for Track & Field  
Don Maurer  
Columbia  
573-875-4880 ext. 135  
[don@mshsaa.org](mailto:don@mshsaa.org)



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# LIGHTNING AND HEAT SAFETY INFORMATION

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## LIGHTNING SAFETY National Athletic Trainers' Association Guidelines



1. Formalize and implement a comprehensive, proactive lightning-safety policy or emergency action plan specific to lightning safety. The components of this policy should include the following:
  - An established chain of command that identifies who is to make the call to remove individuals from the field or an activity.
  - A designated weather watcher (i.e., a person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous).
  - A means of monitoring local weather forecasts and warnings.
  - A listing of specific safe locations (for each field or site) from the lightning hazard.
  - The use of specific criteria for suspension and resumption of activities (refer to recommendations 4, 5, and 6).
  - The use of the recommended lightning-safety strategies (refer to recommendations 7, 8, and 9).
2. The primary choice for a safe location from the lightning hazard is any substantial, frequently inhabited building. The electrical and telephone wiring and plumbing pathways aid in grounding a building. This is the reason it is safer to remain indoors during thunderstorms. It is important not to be connected to these pathways while inside the structure during ongoing thunderstorms.
3. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows closed. Convertible cars and golf carts do not provide protection from lightning danger. It is important not to touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
4. Seeking a safe structure or location at the first sign of lightning or thunder activity is highly recommended. By the time the flash-to-bang count approaches 30 seconds (or is less than 30 seconds), all individuals should already be inside or should immediately seek a safe structure or location. To use the flash-to-bang method, the observer begins counting when a lightning flash is sighted. Counting is stopped when the associated bang (thunder) is heard. Divide this count by 5 to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of 30 seconds equates to a distance of 6 miles (9.66 km).
5. Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest (regardless of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.
6. Once activities have been suspended, wait at least 30 minutes after the last sound of thunder or lightning flash before resuming an activity or returning outdoors. A message should be read over the public address system and lightning-safety tips should be placed in game programs alerting spectators and competitors about what to do and where to go to find a safer location during thunderstorm activity.
7. Extremely large athletic events are of particular concern with regard to lightning safety. Consider using a multidisciplinary approach to lessen lightning danger, such as integrating weather forecasts, real-time thunderstorm data, a weather watcher, and the flash-to-bang count to aid in decision making. **If available, other tools should be utilized (i.e., internet access via mobile device monitoring the**

**environmental conditions) in making a well-informed decision on delaying events and/or practices.**

8. Avoid being in contact with, or in proximity to, the highest point of an open field or on the open water. Do not take shelter under or near trees, flag poles, or light poles.
9. Avoid taking showers and using plumbing facilities (including indoor and outdoor pools) and land-line telephones during thunderstorm activity. Cordless or cellular telephones are safer to use when emergency help is needed.
10. Individuals who feel their hair stand on end or skin tingle or hear crackling noises should assume the lightning-safe position (i.e., crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered). Do not lie flat on the ground.
11. Observe the following basic first-aid procedures, in order, to manage victims of lightning strike:
  - Survey the scene for safety. Ongoing thunderstorms may still pose a threat to emergency personnel responding to the situation.
  - Activate the local emergency management system.
  - Move the victim carefully to a safer location, if needed.
  - Evaluate and treat for apnea and a systole.
  - Evaluate and treat for hypothermia and shock.
  - Evaluate and treat for fractures.
  - Evaluate and treat for burns.
12. All persons should maintain current cardiopulmonary resuscitation (CPR) and first-aid certification.
13. All individuals should have the right to leave an athletic site or activity, without fear of repercussion or penalty, in order to seek a safe structure or location if they feel they are in danger from impending lightning activity.