



2017

Track & Field Information



MSHSAA
Missouri State High School Activities Association

To: School Athletic Director and Track & Field Coach
From: Don Maurer, MSHSAA
Subject: 2017 Track & Field Information

- The required annual Track and Field Rules Meeting is online and will be available from February 20 through March 20, 2017, for ALL Track and Field coaches to complete.
- The District and Sectional assignments for the Track and Field season are listed on the MSHSAA website (www.mshsaa.org) under “Track and Field.”
- The District meet entry deadline is 4:00 p.m. on the Monday prior to the District (May 1, 2017, for Classes 1-2; May 8, 2017, for Classes 3-4-5).
- **The official entry process is an ONLINE website under DISTRICT ENTRIES**, which a head coach must access. This link will take you directly to the TRXC Timing website.
- There will be no entry forms to mail or fax to the district meet manager; however, coaches must be prepared to provide proof of all performances in case one or more performances are challenged.
- Please refer to your Track and Field Manual (which is located at www.mshsaa.org under “Track and Field”) for further instructions.

Thank you for your assistance and GOOD LUCK!

2017 MSHSAA TRACK AND FIELD RULES MEETING ANNOUNCEMENTS

- 1. 2017 TRACK AND FIELD PRE-MEET NOTES** – Print this document off of the NFHS website in order to get explanations of the 2017 rule changes and points of emphasis. Please go to www.nfhs.org; Athletic and Fine Arts Activities; Track & Field/Cross Country; NFHS Track and Field Pre-Meet Notes 2017.
- 2. JAVELIN** - Beginning with the 2017 season, Javelin is a scored event for all high school track and field meets.
- 3. RECRUITMENT OF OFFICIALS** - We need your help in recruiting new officials and providing them with opportunities to work so they can improve their skills. A brochure to help recruit new officials has been developed by the MSHSAA staff and sent to the athletic administrators of all member senior high schools to be distributed to interested graduating seniors. Student-athletes should be encouraged to become officials.
- 4. INTERPRETERS** - Are available to coaches and officials for track and field rule interpretations. [Harris (SE), Dilday (SW), Whittaker (NE), Symonds (KC) & Thomson (STL)]. Please contact your local rule interpreter before calling the MSHSAA office. If further clarification is needed, the interpreters shall contact the MSHSAA Office.
- 5. RULES MEETINGS REQUIREMENT** - **ALL Officials** must complete the online rules meeting (available at www.mshsaa.org from February 20 through March 20, 2017). The rules meetings for officials are found by logging into your MSHSAA account and selecting “Online Rules Reviews” under Correspondence. If you want your attendance or completion verified to another bordering state association, please notify Pam Martin at the MSHSAA office. **An official not completing this requirement will be placed on probation and will not be permitted to work postseason contests in track and field this school year.**
- 6. MSHSAA GAME OFFICIALS MANUAL** - Officials are reminded to study the MSHSAA Game Officials Manual located at www.mshsaa.org under the officials tab. It contains information you will need to be familiar with such as registration procedures, minimum renewal standards, instructions for game protests, etc. **Please note that the renewal deadline for fall officials is July 1 of each year; spring officials is January 1.** Official’s registration is available online at the MSHSAA website (www.mshsaa.org).
- 7. SPECIAL REPORT FORMS** - Are on the MSHSAA Website. They are to be used to report matters such as officiating procedures, game administration, unsportsmanlike conduct, etc., that need immediate attention. The report may be a complimentary report as well as one to call attention to problems. Officials SHALL penalize and file a special report for all unsportsmanlike conduct. Unsportsmanlike special reports must be filed for all levels of play (junior high, freshman, sophomore, junior varsity and varsity). Under Board of Directors policy, action will be taken against officials who fail to file a report of unsportsmanlike conduct. When unsportsmanlike conduct or misconduct occurs, the school shall forthwith take appropriate action to correct or resolve the matter. Both schools and officials are strongly encouraged to take the time to submit positive reports on outstanding officiating, game administration and good sportsmanship. Note: **All** special reports will be filled out by logging onto the MSHSAA Website (www.mshsaa.org) and filling out the appropriate special report form.
- 8. COACHES' AND OFFICIALS' RESPONSIBILITIES** – Coaches and officials are expected to be professional and business-like toward each other. This type of behavior is to prevail at all times, especially during and after the match. Regardless of the outcome of the match, there is no justification for coaches to ridicule officials. Host schools are to provide security for officials to ensure their safety and well-being. There is to be no admittance to officials' dressing rooms before, during, or after matches unless designated by school authorities. Mutual respect and courtesy shown by both coaches and officials are the keys to providing the proper example and environment for our athletes, students, and fans. If a school is dissatisfied with the work of some official(s), do not hassle them -- simply do not rehire them.
- 9. OFFICIALS** - The required uniform for MSHSAA registered track and field officials includes an all-white officiating shirt (with white or clear buttons and the MSHSAA emblem attached on the left sleeve one inch below the shoulder seam) and black/khaki slacks or black/khaki shorts (all officials at a contest must wear the same color of slacks or shorts). The white shirt may be ordered from “Get Official” online (www.GetOfficial.com) or by calling 877-438-4242 or 816-880-5390 and asking for item #16MO-Official Missouri Shirt. The required shirt is described as the following: Missouri Multisport Official Shirt (#16MO). Short sleeve, golf-style. Color: white with state logo. Sizes: Unisex SM-XXL (size 3X available via special order). Please call for current pricing information. Officials should only wear their MSHSAA patch/emblem when officiating MSHSAA contests.
- 10. 2017 TRACK AND FIELD STATE SERIES** - Classes 1 and 2 – Districts (May 6), Sectionals (May 13), State (May 19-20); Classes 3, 4 and 5 – Districts (May 13), Sectionals (May 20), and State (May 26-27).
- 11. NINTH GRADE BOYS AND GIRLS TRACK MEETS** - Ninth grade boys and girls track meets will follow the same order of events as high school. All heights and sizes of equipment of high school shall be used.

12. 7TH AND 8TH GRADE TRACK AND FIELD MEET ORDER OF EVENTS:

To provide consistency in junior high/middle school track and field meet competitions (7th and 8th grade) the following order of events has been approved. The 7th and 8th graders can participate in a maximum of four (4) events per meet, of which no more than three (3) events can be running events.

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.

13. **SANCTION** -Any time a member school competes in a tournament, or invitational meet, by definition, with an out-of-state school(s) the host school must file sanctioning on the MSHSAA website (www.mshsaa.org) at least 30 days in advance. It is the host school's responsibility to see that the form is completed. If your school is an invited school, you shall take the responsibility to see that the host has had the event sanctioned (Reference By-Law 3.18).

MISSOURI POINTS OF SPECIAL EMPHASIS

1. The district meet entry deadline is 4:00 p.m. on the Monday prior to the meet. The official entry process is an online website, which a head coach must access at www.trxctiming.com. Late entries can be accepted until 4:00 p.m. on the Wednesday prior to the meet. A late-entry penalty fee of \$50.00 per entry shall be charged for late entries.
2. **Protests/Appeals:** A coach first protests in writing to the referee. After the referee has rendered a decision and 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 MSHSAA Board Policy, all protests are to be resolved at the contest and the MSHSAA Board/Staff shall not review protests.
3. A race shall be recalled in the first 100 meters when a competitor falls due to contact with another competitor in the following situations:
 - a. The race is not started in lanes (waterfall start) or;
 - b. Two or more competitors are assigned to a single lane (NF Rule 5-7-6).
4. If the facility layout permits, the MSHSAA State Track and Field Meet procedure for starting the 400 m. dash, 4 x100, 4 x 200, and 4 x 400 m. relays shall be as described below (Note: All of these events use a two, three, or four-turn staggered start).
 - a. The starter shall take a position on the inside of the track at the point where the two equal sides of a 90 degree isosceles triangle intersect. The two equal sides of this triangle shall intersect the starting line of Lane 1 and Lane 8.
 - b. Two assistant starters shall position themselves in front of the starter on the track surface. The first assistant will look down the track at runners in Lanes 1 through 4. The second assistant will look up the track at the runners in Lanes 5 through 8. These assistants shall follow the mechanic of communicating with the starter. This procedure informs the starter that all runners have come to the motionless position. The starter shall rely on these assistants to let him/her know when all are in the set position, prior to firing the gun.
5. In running events contested at district meets as sections against time (300 m. hurdles, 400 m. dash, 800 m. run, 4x100, 4x200, and 4x400), the "fast" section shall be composed of the top seeded entries per lanes available, even if only one entry remains in the "slow" section.
6. The jump-off tie-breaking procedure (per the NFHS Track and Field Rules Book) shall be applied at a sectional meet if less than four competitors clear the opening height in the high jump or pole vault.
7. For the purpose of sectional and state qualifications, the correction of places, scores, and advancements of qualifiers due to the disqualification of ineligible participants at the applicable district or sectional meet shall be made until 4:00 p.m. on Wednesday preceding the next level of competition, provided the fifth-place finisher can be determined.

Points of Emphasis Regarding Missouri Pole Vault Event Administration and National Federation Rules

The following information is provided to assist track and field coaching staffs in understanding and following the new administrative procedures and National Federation Rules for the pole vault event. The MSHSAA Board of Directors has approved the procedure listed in the following information.

Rule 6-5 of the National Federation Track and Field Rules Book, (pages 47-53) shall be followed by all track and field schools regarding the pole vault event.

The following procedure shall be implemented for all interscholastic track and field meets held during the school sport season and shall be implemented in the MSHSAA District, Sectional and State Track and Field Meets.

1. An **ADULT** shall administer the pole vault event competition at all levels in Missouri.
2. When a pole vaulter checks in at the event prior to competition, the head field judge or event judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment as per Rule 6-8-3. A **training pole**, a pole which is not properly marked, or a pole rated below a vaulter's weight shall not be used in warm-up or competition. A tabulation of total legal poles shall be kept by the event judge on the event sheet for each participant. This includes checking:
 - a) The placement of a top hand-hold band.
 - b) Numerical pole ratings in a minimum of 3/4 inch contrasting numbers within or above the top hand-hold band;
 - c) Proper binding of adhesive tape of uniform thickness. The binding should not be on or above the top hand-hold band.
3. It is the responsibility of the head coach to verify the vaulter will use a pole rated at or above the vaulter's weight and that legal poles have been provided for that competition. The head coach shall verify that each pole vaulter shall use the properly rated pole throughout the competition by initialing the event sheet and recording the pole vaulter's weight next to the pole vaulter's name.
4. During competition, prior to each trial, the pole vault event judge will call the pole vaulter's name. An assistant judge will check each vaulter's pole to verify its rating. If the pole vaulter is using the properly rated pole, he may take a trial.
5. When checking for compliance, the one-inch circular band marking the top of the safe hand hold zone must be clearly visible after the pole vaulter places his top hand next to that band. This safe hand hold position by the pole vaulter shall be maintained through the attempt.
6. The assistant event judge shall check the hand hold position at the beginning of the attempt, and the field event judge shall also watch the safe hand hold position through the attempt to judge the legal attempt. Both judges shall judge each attempt.
7. A competitor who uses a pole during warm-up or competition that is either improperly marked or is rated below the vaulter's weight shall be disqualified from the event.

In the opinion of the National Federation Track and Field Rules Committee, there has been an increasing tendency for vaulters to use softer poles (pole rated below the vaulters body weight) which may increase the potential for injury. This rule change represents a desire by the committee to improve the safety of this event. The intent of the action the committee took is to place the responsibility on the coach to verify that the pole vaulter is using a properly rated pole. The committee is confident that coaches will instruct their pole vaulter as to the proper use of the pole to include not using poles rated below the pole vaulter's weight or gripping the pole above the safe hand hold band. Coaches in other sports are asked to verify that their athletes are wearing or using legal or proper equipment, so this is not a new procedure.

POLE VAULT EVENT

Site _____
 Date _____
 Time _____
 Meet Record _____
 NF Record _____

Qualifying Standard _____
 Starting Height _____

Indicates Successful Trial Indicates Failure of Trial
 Passed Trial

KEY
 - Indicates Successful Trial
 - Indicates Failure of Trial

No.	COMPETITOR'S		POLE VAULT			HEIGHT OF BAR						
	Name	School	Vaulter's Weight	Pole Rating	Coach's Initials							
Place	Pts.	Distance/Height	No.	Name	Gr.	School	Official's Signature					
1st							Judge					
2nd							Judge					
3rd							Judge					
4th							Judge					
5th												
6th												
7th												
8th												

(COPY AS NEEDED)

TRXC Timing Online Entry Process

<http://www.trxctiming.com>

The entry process consists of three basic steps:

1. Registering for an account
2. Accessing your roster
3. Entering your meet and managing your entries

* If you are a new coach to the school this year, you will need to have the existing account information (roster and team code) transferred over to your newly established account. You will need to contact TRXC Timing at (314) 522-6176.

1. Registering for an Account:

- a. Click “register” in the upper left-hand corner.
- b. Fill out all required information.
- c. Your e-mail address becomes your “Username,” and the “Password” can be any combination of letters, numbers, or characters. Remember to record your password for future reference.
- d. Select state (Missouri).
- e. Select classification (High School).
- f. Select sport (Track and Field).
- h. Select gender (men or women).
- i. Select the name of your school from the drop-down list.
- j. Click “Add” to receive your assigned team code. (If team code is taken, please contact TRXC Timing at 314-522-6176 to have the schools account transferred over to your account.)
- k. If you coach both genders, click “Add” again to receive your other assigned team code.
- l. Click “Save.”

2. Accessing Your Roster (this can be done two different ways):

- a. If you are **not** currently logged in to the system:
 1. Proceed to the main menu and click “Login.”
 2. Type in your username (e-mail address) and password.
 3. Click “Login.”
 4. Click “Roster” (in the upper left-hand corner).
- b. If you **are** currently logged in to the system:
 1. Click “Roster” (in the upper left-hand corner).
- c. ALL ROSTERS must be updated on the MSHSAA website. You **cannot change** your roster on the TRXC Timing website.

3. Entering Your Meet (you must be logged in per #2 to precede):

- a. Click on “Entry Links” (in the upper left-hand corner).
- b. Select Sport (track and field).
- b. A list of meets will appear.
- c. Select the meet name you want to enter (i.e., Class 1 District 2) by clicking on the Meet Name.
- d. Select gender from the drop-down menu to view specific events (ALL will view men’s and women’s).
- e. Click on the event that you want to enter your athlete(s) in.
- f. Select the name of the athlete from the menu on the left.
- g. Fill out all requested information. Times and marks will auto populate for the athletes current season, (when previous performances have been reported to TRXC Timing).
- h. For current performances that are not part of the athlete’s history - hand-held time is the default for time; you must choose “FAT” to receive credit for an automatic time entered otherwise the time will be rounded to the next higher tenth and .24 will be added.
- i. When previous performances have been reported to TRXC Timing, times and marks will then auto populate for the athletes current season.
- j. For relays: “A” is the only choice for MSHSAA Districts, and names of relay members (4-6) must be selected by clicking on the name and then the right-hand arrow.
- k. Click “Add.”
- l. Click “Return” to return to the events.
- m. Continue through the events until you complete your entries.
- n. On the meet event page, you can print your entries by clicking on “Print” (right-hand corner). The report will be produced in two forms:
 1. By event
 2. By athlete

Jefferson City Hotels

America's Best Value Inn

1624 Jefferson Street
Jefferson City, MO 65109
(573) 634-4220
www.americasbestvalueinn.com

Comfort Suites

4804 Country Club Drive
Jefferson City, MO 65109
(855) 849-1513
www.choicehotels.com

Quality Inn & Suites

1716 Jefferson Street
Jefferson City, MO 65109
(573) 6363-5456
www.choicehotels.com

Baymont Inn & Suites

319 West Miller Street
Jefferson City, MO 65101
(573) 636-5231
www.baymontinns.com

Days Inn

2100 Jefferson Street
Jefferson City, MO 65109
(573) 761-3600
www.daysinn.com

Oak Tree Inn

1710 Jefferson Street
Jefferson City, MO 65109
(573) 636-5456
www.oaktreeinn.com

Best Western Capital Inn

1937 Christy Drive
Jefferson City, MO 65101
(573) 635-4175
www.bestwestern.com/capitalinn

Double Tree by Hilton

422 Monroe Street
Jefferson City, MO 65101
(573) 636-5101
www.jeffersoncitydoubletree.com

Quality Inn & Suites

1716 Jefferson Street
Jefferson City, MO 65109
(573) 6363-5456
www.choicehotels.com

Budget Inn

1309 Jefferson Street
Jefferson City, MO 65109
(573) 636-6167
www.budgetinn.com

Econo Lodge

1926 Jefferson Street
Jefferson City, MO 65109
(573) 636-2797
www.choicehotels.com

Candlewood Suites

3514 Amazonas Drive
Jefferson City, MO 65109
(573) 634-8822
www.candlewoodsuites.com

Fairfield Inn by Marriott

3621 West Truman Boulevard
Jefferson City, MO 65109
(573) 761-0400
www.fairfieldinn.com

Capitol Plaza Hotel

415 West McCarty Street
Jefferson City, MO 65101
(573) 635-1234
www.capitolplazajeffersoncity.com

Hampton Inn

4800 Country Club Drive
Jefferson City, MO 65109
(855) 271-3622
www.hamptoninn3.hilton.com

Cliff Manor B&B Inn

722 Cliff Street
Jefferson City, MO 65101
(573) 635-4208
www.cliffmanor.com

Holiday Inn Express

1716 Jefferson Street
Jefferson City, MO 65109
(573) 634-4040
www.hiexpress.com



Missouri State High School Activities Association

1 N. Keene Street, Columbia, MO 65201-6645 ♦ P.O. Box 1328, Columbia, MO 65205-1328
Phone (573) 875-4880 ♦ Fax (573) 875-1450 ♦ www.mshsaa.org ♦ email@mshsaa.org

Dr. Kerwin Urhahn, Executive Director

Stacy Schroeder, Associate Executive Director

Davine Davis, Assistant Executive Director Kevin Garner, Assistant Executive Director Craig Long, Chief Financial Officer
Don Maurer, Assistant Executive Director Kenny Seifert, Assistant Executive Director Greg Stahl, Assistant Executive Director
Jason West, Communications Director Todd Zell, Assistant Executive Director

2017 State Track and Field Championships Jefferson City High School

As we once again prepare for the Track and Field Championships to take place at Jefferson City High School, please refer to the MSHSAA website (www.mshsaa.org/Activities/Info/TRackField.aspx) for updates on the following:

1. Parking
2. Maps
3. Schedules
4. Seating
5. Tent City
6. Other Information

We look forward to again hosting the championships at this new location!!

“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.”

