



**INFORMATION FOR COACHES**  
**2024 NSAA State Track and Field Championships** (updated 5.11.24)

**Games Committee:**

Nate Neuhaus  
 Dr. John Krogstrand  
 Tim Kwapnioski  
 Tim Bond  
 Bob White  
 Karen Schlueter  
 Michelle Peters  
 Greg Conn

Meet Director (NSAA)  
 Meet Director (Omaha Public Schools)  
 Referee  
 Head Field Event Referee  
 Lincoln High School  
 Beatrice High School  
 Mitchell High School  
 Wausa High School

**STARTING HEIGHTS**

<i>Boys</i>	<i>Class A</i>	<i>Class B</i>	<i>Class C</i>	<i>Class D</i>	<i>Girls</i>	<i>Class A</i>	<i>Class B</i>	<i>Class C</i>	<i>Class D</i>
High Jump	5-10	5-10	5-10	5-9	High Jump	5-0	4-11	4-9	4-8
Pole Vault	11-6	12-0	11-6	11-0	Pole Vault	9-0	9-0	8-6	8-0

***\*\*The State Track and Field Games Committee can adjust the starting heights during the State Meet.***

**WARM-UP HEIGHTS**

**Boys High Jump**

**Girls High Jump**

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>1st 15 min.</b>	5-8	5-8	5-8	5-7	4-10	4-9	4-7	4-6
<b>Next 10 min.</b>	5-10	5-10	5-10	5-9	5-0	4-11	4-9	4-8
<b>Last 5 min.</b>	Heights determined by the event judge				Heights determined by the event judge			

## Coaches' Passes

- Coaches' passes will be distributed according to the number of contestants (boys and girls) a school qualifies. Schools qualifying 1-5 individuals will be given 3 coaches' passes. An additional pass will be granted for each additional five qualifiers or fraction thereof, with a maximum of 5 passes.
- Example: **Class A** for each boys' and girls' team: 1-5 qualifiers = 3 passes. **Classes B, C, D** if only boys' or girls' team qualifies: 6-10 qualifiers = 4 passes; 11+ qualifiers = 5 passes. Classes B, C, D if both boys and girls qualify (combined total): 1-5 qualifiers = 3 passes; 6-10 qualifiers = 4 passes; 11+ qualifiers = 5 passes.

## Contestants' Passes

- The pass will admit contestants into the venue.
- To gain admittance to the infield, a contestant must have his / her contestant number.
- Each contestant at the State Track & Field Championships will be required to wear their assigned contestant number on the FRONT of their uniform top.

## Team Parking

The number of team parking permits that each school receives is determined by the number of qualifiers.

1-5 qualifiers =	1 permit
6-10 qualifiers =	2 permits
11+ qualifiers =	3 permits

The team parking lots are located east of Burke stadium. A team parking permit(s) does not guarantee a team a parking spot in the team parking lot.

**Handicap parking spaces are available on the east side of the stadium. A Handicap Parking Permit is required to utilize these spaces. Team vehicles and vehicles without a Handicap Parking Permit, parked in these spaces, will be towed at the owner's expense.**

## SHUTTLE BUS SERVICE

A **Free Shuttle Bus Service** will be offered again this year on Wednesday, Thursday, Friday, and Saturday of the State Track and Field Championships. Spectators are encouraged to consider using the shuttle service. The shuttle service will start each day at 11:00 A.M. and run until the completion of the final event. The shuttle will pick up and drop off in the parking lot at the Westroads Mall. The pick up and drop off area at Burke Stadium is the south entrance. The shuttle service will be used at Boys Town if necessary.

## Practice Facilities

No teams are permitted to workout at Omaha Burke Stadium starting on Tuesday, May 14. The outdoor facility and the field house at Boys Town are available from 9:00 am to 8:00 pm on Tuesday, May 14 through Friday, May 17. **SPIKES ARE PROHIBITED IN THE FIELD HOUSE.**

## Games Committee

The Games Committee for the State Track and Field Meet shall include the Meet Director(s), the Head Referee, the Head Field Event Referee, and a selection of head track coaches from across the state. This committee will be responsible for the overall administration of the state meet.

### Games Committee Rules

1. **Acceleration Markers:** Teams may use flat spot markers, not to exceed 12" in diameter. Teams may use their own markers or those provided by the meet administration. Tape or chalk cannot be used.
2. **Announcements:** Only emergency announcements will be made over the public address system.
3. **Headwear:** The wearing of decorative headwear / caps while competing is prohibited. Adornments on helmets used for pole vaulting is also prohibited. Headbands may be worn by track & field competitors but must be unadorned. A single manufacturer's logo/trademark/reference is permitted on the headband/headwear/cap.
4. **High Jump:** Only tape may be used for marks on the high jump apron. No focal point markers are allowed.
5. **Height Progression:** The Pole Vault and High jump will be advanced 6-inches and 2-inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined.
  - Rule 6.5.16 – The judges shall place the crossbar at the starting height as determined by the games committee. When only one competitor remains in the competition and has been determined to be the event winner, the competitor may determine successive heights of the crossbar.
6. **Official "Call":** There will be only one official call for competitors to report for an event. This call will be approximately 15 minutes prior to the scheduled beginning of the event. The time schedule in the program is approximate; however, no running event will start more than 15 minutes ahead of the printed schedule. Field events will not start ahead of the scheduled time unless approved by the Games Committee. As soon as an event is completed, the next will start. It is the responsibility of the competitor to be present when the event is ready to start.
7. **Spikes:** Shoe spikes are allowed but cannot exceed ¼ inch in length in all events at Omaha Burke during the State Track & Field Championships. The penalty for use of illegal spikes is event disqualification. No spikes are allowed at Boys Town Facilities. **\*\*NOTE – Each individual district host has the authority to determine the length of spikes allowed during district competition.**
8. **Warm-up:** There shall be a minimum of 30 minutes warm-up allowed between classes in the shot put, long jump, and high jump; and 45 minutes for the triple jump and discus. A minimum of 60 minutes will be allowed between classes in the pole vault. Any athlete who has not entered the competition and has been off of the pole vault runway for one hour or more will be allowed an additional two-minute warm-up but shall enter the competition at that height. The competitor will have choice of bar or not.
  - a. **Pole Vault:** During the initial warm-up period, the runway will be open without a bungee cord or bar. Forty minutes prior to the start of the event, the bungee cord may be placed at the starting height, or 12" or 24" inches above the starting height. At twenty minutes prior to the start of the event, the bar will be placed at height(s) determined by the event judge.
  - b. **High Jump:** The first 15 minutes the bar will be placed 2 inches below the starting height. The next 10 minutes the bar will be placed at the starting height and the last 5 minutes the height(s) will be determined by the event judge.
  - c. **Discus:** There will be at least a 10 minute warm-up period in the competition ring between flights.
9. **Aerosol Sprays:** The use of aerosol sprays or other adherent material on implements, shoes, or throwing surfaces is prohibited in all field events, except the pole vault. In the pole vault, they may be used on the hands and the pole.
  - **The use of chalk is permitted.**
10. **Official Time / Video:** Finish Lynx fully automatic timing system is the official timing device. The timing device operator shall be responsible for the operation of the finish timing device. The chief finish evaluator shall be responsible for evaluation and interpretation of the official pictures/video and determine the finish. This Finish Lynx system is the only video system approved by the Games Committee.
11. **Electronic Devices:** NFHS Rule 3-2-8: Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.
  - a) Electronic devices shall not be used to transmit information to the competitor during the race or trial.
  - b) Electronic devices shall not be used for any review of an official's decision.
  - c) State associations may also have policies in place to further address the use of electronic devices.

#### PENALTIES:

- 1) A competitor shall be disqualified from the event.

- 2) Team personnel (e.g., coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct.

**Athletes and coaches are reminded that the use of electronic devices and/or wireless communication devices such as cell phones, pagers, radios, music devices with headsets (iPods) and any other type of electronic device and/or wireless communication device is prohibited while the athlete is warming-up or competing and/or while they are in the warm-up or competition areas. The competition areas are as follows: Inside the fence that surrounds the track; inside the fence that surrounds the discus areas; inside the fence that surrounds the shot put areas.**

12. **Infield Entrance:** Contestants must enter the track infield through the south or north gates. Pole vaulters are encouraged to use the SOUTH gate to bring in their vault poles for better accessibility. Only those contestants in uniform with an official number will be allowed onto the infield. Managers' passes are good only for the grandstands.
13. **Direction of Competition:** The direction that the events will be conducted is determined by the Games Committee.
14. **Flights:** Competitors are not allowed to change field event flights. In those field events where competitors are placed in flights, competitors with the best performance will be placed in the last flight. Within each flight the best performances will be listed first. In the high jump and pole vault with continuing flights, the best performers will be listed last.
15. **Official Implements:** Competitors will not be allowed to bring their own shot, discus, relay batons or starting blocks inside the stadium or into the practice areas. The implements for the shot put and the discus for warm-up and for competition are provided by the NSAA and are the only implements that can be used.
16. **Runways:** The use of chalk on runways is prohibited.
17. **Starting Blocks:** Gill Blocks with option of Moye Extender will be provided.
18. **Starting Heights:** The starting heights in the pole vault and the high jump are set by the Games Committee on the Saturday following the district meets, May 14<sup>th</sup>. The Games Committee can adjust the starting heights during the State Meet.
19. **Shot Put and Discus:** No focal points markers are allowed.
20. **Relay Batons:** The NSAA will supply all of the batons for each of the relay races in the State Track and Field Meet. Schools will not be allowed to use their own relay baton for practice or competition at the State Meet. School batons are prohibited in the practice area, the check in area and the competition area.
21. **Dismissal from Competition:** Each contestant must officially become a competitor (See Rule 4, Section 1 – Art. 1 & 2). If said competitor wishes to forego competition within a given event, the event administrator, e.g., starter, field event judge, may “dismiss” the competitor from that event. But said dismissal is allowed only after the competitor has abided by the established procedures for reporting to the event. Failure to report or check into the event with the clerk / judge will result in disqualification from further participation in the meet. NOTE: Regarding Rule 4, Section 2, Art. 2 – “Dismissal” from an event does not alter the entry limitations for the competitor.
22. **Pole Vault Coaches’ Box:** Each school that qualifies a vaulter will be permitted one coach in the coaches’ box area located on the infield. Entrance to the coaches’ box will be through the south gate. A pass will be included in the team packet for those schools with athletes competing in the event. Coaches must keep the pass visible and remain in the coaches’ box area at all times. Coaching from outside the coaches’ box area will result in immediate dismissal. Communication with other athletes not competing in the vault and meet officials is prohibited. Coaches will be required to leave the area once their athlete has been eliminated.
23. **Long Jump & Triple Jump Coaches’ Box:** Each school that qualifies a jumper will be permitted one coach in the coaches’ box area located on the infield. Entrance to the coaches’ box area will be through the south gate. A pass will be included in the team packet for those schools with athletes competing in the event. Coaching from outside the coaches’ box area will result in immediate dismissal. Communication with other athletes not competing in the event and meet officials is prohibited. Coaches will be required to leave the area when the flight is completed.
24. **High Jump Coaches’ Box:** Each school that qualifies a jumper will be permitted one coach in the coaches’ box area located on the infield. Entrance to the coaches’ box area will be at the north gate. A pass will be included in the team packet for those schools with athletes competing in the event. Coaching from outside the coaches’ box area will result in immediate dismissal. Communication with other athletes not competing in the event and meet officials is prohibited. Coaches will be required to leave the area once their athlete has been eliminated.
25. **Super Alleys:** The 800m run, 1600m run, 3200m run and 3200m Relay will use the super alley (DOUBLE WATERFALL) start.
26. **FAT Operator:** The FAT operator may recall a race.
27. In the instance, during any running event session, when the fully automatic timing system is no longer functional and is irreparable in a reasonable allotment of time; the meet referee, in concert with the meet administrator, may command the running events to continue without pause. Said procedure can ONLY proceed if 1) a camera image is available, 2) a/any method of initiating/stopping the timing device is functional, and 3) the recorded time/image may be saved. *NOTE: The Lynx fully automatic timing (FAT) systems will generally record times ONLY to the tenth of a second when a manual starting technique is employed. If this protocol is implemented:*  
**Establishing meet records, personal records, and/or Gold Medal performances.** Any recorded performances that are limited to one-tenth of a second recording will be rounded to the slower time by 24 one-hundredths of a second.  
**For placing/scoring within-class,** ALL times will be recorded to the nearest one-tenth of a second (Rule 3, Section 9, Article 8 – NFHS Rule Book). Any ties will be reconciled in accordance with Rule 5, Section 8, Articles 3 & 4 of the NFHS Rules Book and with Rule 5, Section 5.6 of the NFHS Case Book.

28. In the instance, during any running event session, when the fully automatic timing system is no longer functional WITHOUT EITHER: 1) a camera image, or 2) a/any method of initiating/stopping the timing device, or 3) any means of saving recorded images/times: the meet referee, in concert with the meet administrator, may command an alternative method of determining results to be implemented. This method may include the use of hand-held stop watches and the use of personal observation to distinguish among place winners. All “manual” times will be rounded to the nearest one-tenth of a second (Rule 3, Section 9, Article 8 – NFHS Rule Book). Any ties will be reconciled in accordance with Rule 5, Section 8, Articles 3 & 4 of the NFHS Rules Book and with Rule, Section 5.6 of the NFHS Case Book.

### **NSAA Track and Field Approved Rulings –**

#### ➤ **Scratches -**

Any contestant who qualifies for the state track meet in an individual event may not be scratched from that event to participate on a relay team. Any contestant who does scratch from an individual event will be disqualified from further competition. (Exception is listed under Inclement Weather Procedures) (\*\*Dismissal procedure is listed below and in the Games Committee Rules)

If, because of injury or illness, which is certified by a doctor, a competitor is forced to scratch from an event in which he/she has qualified, the competitor must have permission from the doctor before taking part in any further competition. Under no circumstances will a competitor be allowed to scratch from an event and compete later in the same session.

**\*\* Each contestant must officially become a competitor (See Rule 4, Section 1 – Art. 1 & 2). If said competitor wishes to forego competition within a given event, the event administrator, e.g. starter, field event judge, may “dismiss” the competitor from that event. But said dismissal is allowed only after the competitor has abided by the established procedures for reporting to the event. Failure to report or check into the event with the clerk / judge will result in disqualification from further participation in the meet. NOTE: Regarding Rule 4, Section 2, Art. 2 – “Dismissal” from an event does not alter the entry limitations for the competitor.**

#### ➤ **Relay Teams -**

Personnel of relay teams may be changed from those who ran at the District Meet.

- Any other exceptions to the NSAA Track and Field Approved Rulings must be approved by the NSAA in advance.

### **Jury of Appeals –**

The Jury of Appeals shall serve as the final board of appeal and shall consist of three individuals as selected by the State Track and Field Games Committee. Members of the 2024 Jury of Appeals are Randy Cordes, Doug Martin, John Farrand, and Charlie Gordon.

The referee's decision involving misapplied or misinterpreted application of the rules may be appealed to the jury for a final decision. Decisions involving judgment calls by meet officials MAY NOT BE APPEALED. All appeals must be made on an NSAA Appeals Form. These forms are available at the NSAA building at the south end of the track.

### **Field Event Locations –**

The Discus will be held on the Burke soccer field northwest of the stadium. The Shot Put will be held northeast of the stadium by the Burke tennis courts. The Triple Jump will be held on the infield on the west side. The foul lines to the landing pit are 26', 31' and 36'. The Long Jump will be held on the infield on the east side. The High Jump will be held on the infield on the north end. The Pole Vault will be held on the infield on the east side.

### **Field Events –**

- When competitors are excused to compete in another event, they must report back to the event judge within 10 minutes after the completion of the athlete's participation in the event they were excused to compete in.
- If the Head Field Event Judge/Referee rules that the delay is reasonable and beyond the control of the competitor, he shall direct the event judge to alter the order of competition to include the competitor when he/she is available.

- The event judge may choose to permit a competitor to take preliminary or final trials in succession before being excused to compete in another event.
- Admission will be charged for the shot put and for the discus venues at the State Meet. Admission will be charged at the Boys Town indoor facility if State Meet field events are moved indoors because of inclement weather

### **Track and Field Facility –**

- *All races around one or more curves will be run counter-clockwise.*
- *Direction of races on the straightaway will be determined by the Games Committee.*
- *Team tents are not allowed inside Omaha Burke Stadium.*
- *Tents can be set up on Tuesday after 4:00 PM.*
- *The NSAA and Omaha Public Schools (OPS) are not responsible for the security of these tents and/or for items lost or stolen.*

### **Inclement Weather Procedures –**

- The State Track and Field Meet Games Committee will make all decisions on how to best conduct the State Track and Field Meet in case of inclement weather.
- Coaches, athletes, spectators and meet workers will be notified by the public address announcers as to what the plans are for the State Track and Field Meet events during inclement weather.
- The high jump and pole vault could be moved to the indoor facility (Palrang Field House) at Boys Town. If this happens, a shuttle will be set up by the south entrance to the stadium to transport the athletes to Boys Town.
- In order to scratch out of an event, if it is moved to Boys Town, the athlete's Head Track and Field Coach must sign off on a scratch card along with the Meet Director. This scratch needs to be done at the NSAA Information Building on the South end of Burke Stadium.

### **NSAA Information Building –**

The NSAA staffed information building is located at the south end of the stadium. Questions concerning number assignments, lost numbers, relay cards, or written appeals should be brought to this building. Any questions or problems you might have in regard to the State Track Meet should be brought to the NSAA staff person on duty. **All inquiries must be submitted in writing by the school's coach or administrator.**

### **Callam Photography –**

The Nebraska School Activities Association has contracted with Callam Photography who will be photographing participating students throughout the State Meet. These action shots will be posted on their website, <http://callamsportsphoto.com>, the week following the state meet. Callam cannot guarantee that they will be able to photograph all participants in action during the NSAA State Track and Field Meet. Callam will also be taking photos of the medalists on the awards stand as well as champion and runner-up team photos.

### **Awards –**

- The NSAA will provide a team trophy to the winner and runner-up of each class. Medals will be provided for the eight place winners in each event. Scoring for both individual and relay events will be 10-8-6-5-4-3-2-1. The coach of the Championship team shall receive an award.
- Gold Medal –After comparing the first place performances in each class (A, B, C and D), the individuals and relay teams with the best winning performances in each event will receive gold medals. If the event winners in two or more classes have identical performances, each will receive a medal. *You must be declared the event winner in your class to be considered for the GOLD MEDAL.*

### **Gold Medal Competition –**

After comparing the first-place performances in each class (A, B, C, and D), the individuals and relay teams with the best winning performances in each event will receive gold medals. If the event winners in two or more classes have identical performances, each will receive a gold medal. You must be declared the event winner in your class to be considered for the GOLD MEDAL.

# ***REMINDERS FOR 2024***

## **STATE CHAMPIONSHIP - UNIFIED SPORTS, TRACK AND FIELD (THURSDAY, MAY 16)**

<b>Shot Put</b>	<b>1:30 PM</b>
<b>Long Jump</b>	<b>2:50 PM</b>
<b>4x100m Relay</b>	<b>2:10 PM</b>
<b>100m</b>	<b>3:35 PM</b>

## **EXHIBITION – WHEELCHAIR EVENTS**

<b>800M</b>	<b>DATE AND TIME - TBD</b>
<b>200M</b>	<b>DATE AND TIME - TBD</b>

**Admission will be charged for the shot put and for the discus venues at the State Meet. All admission will be ticketless.**

Online Tickets may be purchased through GoFan, [by clicking HERE](#).

Online tickets must be on your phone, either through the app or your email for redemption

**NO PRINTED TICKETS ALLOWED.**

***For our fans without mobile devices, a ticket kiosk will be located at the main entrances (North, South, East & West). These kiosks are debit/credit ONLY – NO CASH!***

For technical issues when purchasing tickets through GoFan, contact [GoFan Customer Support](#)

For questions regarding tickets, please contact Megan Huber, [mhuber@nsaahome.org](mailto:mhuber@nsaahome.org)

**Relay warm-ups on the track and the infield are prohibited. Batons are not permitted in the track area.**

**The NSAA will supply ALL of the batons for each of the relay races at the State Track and Field Meet. Schools will not be allowed to use their own relay baton for any relay race at the State Meet this year. Do not bring your school relay baton to the check-in area.**

**The Nebraska School Activities Association has contracted with Callam Photography who will be photographing participating students throughout the State Meet. These action shots will be posted on their website, <http://callamsportsphoto.com>, the week following the state meet. Callam Photography cannot guarantee that they will be able to photograph all participants in action during the NSAA Track and Field Meet Championship.**

**The 2024 NSAA State Track and Field Games Committee will meet on Saturday – May 11 to set the opening heights for pole vault and high jump. The official rules from the Games Committee will be in your team packet that you pick up when you check-in. Please make sure you look at all of the information in your team packet and share that information with your other coaches and members of your team as there will be some new rules in place for competition and warm-up at the State Meet.**