



**Track  
& Field  
Manual**



**NEBRASKA SCHOOL ACTIVITIES ASSOCIATION**  
**500 Charleston, Suite #1, Lincoln, Nebraska 68508**  
**<http://www.nsaahome.org>**

This TRACK & FIELD MANUAL has been prepared and designed to provide general information for use in the administration of NSAA track & field competition. It will serve as a guide to the participating schools and will provide greater consistency throughout the state. The regulations in this manual shall be considered official unless the schools are notified of a change. **Changes, additions and clarifications to the 2020 Manual are highlighted in yellow.**

Please notice that all Approved Rulings and Interpretations regarding track and field are now published in this Track & Field Manual.

All coaches and athletic directors are urged to read this manual thoroughly and to save it for future reference.

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## **NSAA MISSION STATEMENT**

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association for the following purposes:

- To formulate and make policies which will cultivate high ideals of citizenship, fair competition, sportsmanship and teamwork which will complement the member schools' curriculum programs.
- To foster uniformity of standards in interscholastic activity competition
- To organize, develop, direct and regulate an interscholastic activity program which is equitable and will protect and promote the health and physical welfare of all participants.

## **CHANGES, UPDATES AND CLARIFICATIONS TO THE 2020 TRACK AND FIELD MANUAL ARE HIGHLIGHTED IN YELLOW**

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## 2020 NFHS Rules Changes & Rationale

**4-6-5g, 8-6-1e:** Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

**Rationale:** The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

**5-3-3 & 4, 5-10-6 thru 11:** Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**Rationale:** In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**6-2-6:** Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

**Rationale:** This change promotes a more organized and efficient warm-up period.

**6-3-2-b-4-a:** This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

**Rationale:** The committee established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

**6-9-5:** The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

**Rationale:** Clarifies the language of the 2019 rule change for long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

## 2020 NFHS MAJOR EDITORIAL CHANGES

**5-11-1** A relay team shall pass their baton in accordance with the rules.

**Rationale:** Clarifies that a team finishes the race with the same baton that it used at the start of the race.

## 2020 NFHS EDITORIAL CHANGES

5-1-5, 6-8-10d

## 2020 NFHS POINTS OF EMPHASIS

- 1 – Meet Administration
- 2 – Exchange Zone
- 3 – Assisting Injured Athletes

### KEY DATES

Start of Spring Practice	- Week 35, Monday, March 2, 2020
First Spring Contest	- Week 37, Thursday, March 19, 2020
NSAA District Entry Deadline	- Not Applicable (District Host will set deadline)
District Meet (Class A & D)	- Week 45, Wednesday, May 13, 2020
District Meet (Class B & C)	- Week 45, Thursday, May 14, 2020
State Meet	- Week 46, Friday, May 22 & Saturday, May 23, 2020

### NSAA and NFHS Policy Statement on Steroids

The Nebraska School Activities Association (NSAA) and the National Federation of State High School Association (NFHS), strongly oppose the abuse of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks.

The NSAA and the NFHS support prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.

### NSAA Point of Emphasis on Pole Vault

***A point of emphasis is to be communicated to all track and field coaches and administrators regarding the pole vault, stressing that NFHS rules require vaulters be placed on vaulting poles for warm-up and competition that are rated at or above the vaulter's actual weight.*** This expectation results from a concern about legal liability and reports of some vaulters in Nebraska being equipped with poles that are rated less than the vaulter's actual weight. Coaches must sign the pole vault verification card for all competitions, verifying the vaulter's weight and the weight rating of the pole being used.

**The NSAA Board of Directors will reserve the option to spot check weights through weigh-ins for vaulters if there are concerns about compliance with this rule.**

### Warning about the Inherent Dangers of Track and Field

Schools, coaches, student athletes and parents should be aware that track and field, like all sports, will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in this sport, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The NSAA encourages student athletes in all activities, and their parents, to discuss risks and risk minimization with coaches, school administrators and state high school association officials.

# NSAA BYLAWS GOVERNING ALL ACTIVITIES

## 2.11 PENALTIES

- 2.11.1 **School Violations.** For violation by a member school of any of the provisions of the Constitution, Bylaws, or rules adopted by the Representative Assembly or approved by the member schools or the Board of Directors, the Board of Directors or Executive Director may impose, but not be limited to, one or more of the following penalties:
- 2.11.1.2 Issue a private or public reprimand to the school.
- 2.11.1.3 Recommend that the responsible school official receive a private or public reprimand.
- 2.11.1.4 Enforce the forfeiture of one or more contests in team or individual sports.
- 2.11.1.5 Enforce the forfeiture of points scored by students in individual competition.
- 2.11.1.6 A student or staff member may be reprimanded, placed on probation, or suspended from participation for one or more contests.
- 2.11.1.7 Recommend that the school declare the guilty student ineligible for up to ninety school days or the remainder of the school year.
- 2.11.1.8 Place the school on probation for a period not to exceed one calendar year.
- 2.11.1.9 Suspend a school for part or all of the season of an activity.
- 2.11.1.10 Expel the school from Association membership for a period not to exceed one calendar year.
- 2.11.2 **Student Violations.** If a student violates any of the provisions of the Constitution, Bylaws, or Approved Rulings during the course of an Association-sponsored district contest, playoff, or state contest, the Board of Directors or Executive Director may suspend the student from further competition for any portion or all of the remainder of the sub-district, district, playoff, or state contests.
- 2.11.3 **Participant Ejections from Athletic Contests.** Any participant ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.
- 2.11.4 **Coach Ejections from Athletic Contests.** Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible to coach the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.
- 2.11.5 **Investigation.** Prior to the assessment of any penalty, the Executive Director will gather data in order to establish intent, fault, and the effect an ineligible participant had on any interschool contest. These factors shall be weighed in determining the severity of the penalty assessed. The Executive Director's decision may be appealed to the Board of Directors.
- 2.11.6 **Institution Control.** If the said violation is brought to the attention of the Board of Directors as a result of self-policing by the offending school, the Board of Directors shall issue the highest of commendations to the administration of the school for its efforts in enforcing the Constitution.

## Student/Team Membership Requirements

- 2.2.1 To be a participant in any NSAA activity at either the varsity or non-varsity levels of competition, an individual must be a bona fide student of a member high school. Exempt-school or home-school students, unless enrolled in a minimum of twenty credit hours of schoolwork, at least ten of those credit hours in the member high school, are not eligible to represent a member school in NSAA activities, regardless of the level of participation or competition.
- 3.3.7 Eligibility for District / State Competition
1. In all athletic activities, teams wishing to enter a subdistrict, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the subdistrict, district, or state contest.
    - a. Exceptions to the requirements for a team that has not participated in at least five interschool varsity contests would be considered if the team was unable to participate if weather conditions forced a cancellation of scheduled contests. Other extenuating circumstances would be considered by the Executive Director on a case-by-case basis.
  2. In order to participate in a district or state tournament, a student is required to have been a member of the school's team for at least twenty school days prior to the first day of the subdistrict, district, or state tournament.
    - a. Exceptions to the requirements for a student who is not a member of the school team for twenty school days would be considered if an individual was unable to participate because of illness, injury, or

transfer from another high school. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.

3. To be eligible to participate in a sub-district, district, and/or state contest, a student shall have been a member of a school's team and shall have been available to participate in at least eighty percent (80%) of the school's scheduled interschool contests and not have missed more than twenty percent (20%) of the school's scheduled contests because of participating in non-high school competition.
  - a. Exceptions to the requirements for a student who has not been available to participate in at least 80% of the school's varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.
  - b. When determining whether a student has been available for 80% of the school's varsity interschool contests, one would divide the number of varsity interschool contests for which the student was available by the school's total number of varsity interschool contests; all decimals .1 or above would be rounded up to the next higher whole number.
  - c. The term "available to participate" means that the student was a bona fide member of the team, eligible to participate for the school at some level of competition in the sport, not suspended from participation in activities for violation of school, team, or NSAA rules, and not involved in outside participation activities (exception: Olympic Development Program or national team activities as approved by the NSAA.)
4. For situations pertaining to eligibility to participate in district or state contests that are not specifically addressed by these guidelines, the Executive Director shall have the authority to waive membership and participation requirements on a case-by-case basis.

### **Approved Rulings and Interpretations for 3.11.1 – 3.11.12**

During a sports season, a school shall not permit a student who is not a member of the high school's team, an adult, a college student, or alumni to participate in any practice session, drill, scrimmage, or game in which a school team is involved (e.g., boys' soccer team member cannot participate with girls' soccer team members, etc.). This does not prevent a coach from being involved for the primary purpose of teaching or demonstrating a skill, method, or technique.

### **3.5 PARTICIPATION ON NON-HIGH SCHOOL TEAMS AND IN NON-HIGH SCHOOL COMPETITION**

- 3.5.1 Any student who participates in any athletic contest other than as a representative of his/her high school during the season of the sport involved becomes ineligible to represent his/her school in that sport for one or more contests or the remainder of the season.
- 3.5.2 **Individual Instruction.** During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach at times other than scheduled high school practice sessions, but such instructions shall not interfere with, nor be substituted for the high school coaching, practice sessions, or contest.

### **Approved Rulings and Interpretations for 3.5.2**

- 3.5.2 During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as a part of a college or university recruiting visit, however, are not permitted.

## **PROTESTS**

- 3.12.4 **Protests.**
  - 3.12.4.1 Protests based upon the eligibility of players will be considered by the Executive Director and Board of Directors.
  - 3.12.4.2 Protests based upon play situations and situations which involve judgment on the part of game officials will not be considered.

### **NSAA Policy on Anonymous Calls and Communications**

The Nebraska School Activities Association expects individuals with complaints and reports regarding member schools to duly identify themselves. Anonymous letters, electronic mail, and phone calls directed to the NSAA shall be forwarded by the NSAA Executive Director to the school administrator of the school in question, with no further action being taken by NSAA unless a violation is subsequently reported by the member school.

## NSAA Sportsmanship Guidelines and Ejections

1. Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.
2. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA webpage.
3. A participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim.
4. Enforcement of the “sit-out rule” is expected to begin immediately, regardless whether it is regular-season or tournament play.
5. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
6. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.
7. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.
8. Coaches who are ejected for unsportsmanlike conduct may not coach in any contest or be present at the contest site during the time of their “sit-out” suspension. Coaches who are ejected will also be required to successfully complete the NFHS online course “**TEACHING AND MODELING BEHAVIOR**” within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Sportsmanship online course before being able to coach the following season or year.
9. Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at other levels during the interim. Coaches may not be present at the contest site during the time of their “sit-out” suspension. Any coach ejected a second time will also be required to successfully complete the NFHS online course “**FUNDAMENTALS OF COACHING**” within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Fundamentals of Coaching online course before being able to coach the following season or year.
10. If the ejection takes place in the final game of the season, the suspension will carry over to the following season of the same sport.
11. When schools have students or coaches with multiple ejections, the school shall submit to the NSAA a written management plan on how they plan to remediate the problem.
12. Officials will be expected to file with the NSAA an ejection report for any ejection of a player or coach from a contest online. Any unusual situation that occurs prior to, during, or after a contest should also be reported.
13. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.
14. Officials are asked to be specific in listing the reason(s) for an ejection.
15. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
16. There is no appeal process for ejections for unsportsmanlike conduct.
17. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).

## **RULES MEETINGS**

The NSAA presents rules meetings in order to inform and educate coaches, officials, and judges about NFHS playing rules and rules changes, NSAA guidelines and approved rulings, and to discuss health and safety issues related to activities participation.

### **Approved Rulings and Interpretations for 2.12**

All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Failure to do so will result in possible late fees and suspension penalties.

Online rules meetings are initially offered at no cost to coaches or officials, followed by a period with a \$25 "Late" Fee, followed by a period with a \$50 "Delinquent" Fee. The following sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the "Delinquent" Fee period.

**Absence from the required rules meeting OR FAILURE TO COMPLETE THE ONLINE RULES MEETING by March 10<sup>th</sup> will result in the following sanctions:**

#### **First Offense in Three-Year Period**

The head coach will be suspended from coaching in any competition in that activity until

- (1) The head coach COMPLETES THE NSAA'S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$100; and
- (2) The head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school's administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

#### **Second and Subsequent Offenses in Three-Year Period**

The head coach will be suspended from coaching in all NSAA end-of-season play (subdistricts, districts, playoffs, and state competition).

- (1) The head coach COMPLETES THE NSAA'S ONLINE RULES MEETING OFFERED AT THE LATE FEE of \$200; and
- (2) The head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school's administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

#### **Online Track & Field Rules Meetings**

<b>February 14 to February 29</b>	<b>No charge</b>
<b>March 1 to March 7</b>	<b>"Late" Fee of \$25</b>
<b>March 8 to March 10</b>	<b>"Delinquent" Fee of \$50</b>

## **NSAA BYLAWS**

- 3.11.10 **TRACK**
- 3.11.10.1 Boys and Girls Track and Field shall be conducted during the spring sports season.
- 3.11.10.2 The track and field season shall begin the first day of practice as permitted by NSAA rules and shall end with the state meet.
- 3.11.10.3 National Federation track and field rules shall govern the track and field athletics of this Association except that the order and number of events shall be determined by the Executive Director.
- 3.11.10.4 Participation in interschool track and field competition by any school student shall be limited to a total of nine meets involving four or more teams. This would not include district or state competition.
- **The nine meet total includes Varsity and Sub-Varsity contests. Not nine of each.**
  - **Athletes are limited to one meet per day.**
  - **"Champion Invitationals," "Best of," and "Special Select" meets count as a meet and as a part of the individual student's nine meet limit.**

**The penalty for exceeding contest limitations by a school or an individual shall be the exclusion from competition in the district and/or state competition. Exhibition or unattached participation in interschool high school competition in attempt to circumvent the game, match or meet limitation shall not be permitted.**



## NSAA APPROVED RULINGS

1. An individual shall be disqualified from further competition during the district or state meet if the athlete is scratched from an individual track or field event after the official scratch-and-add deadline.
  - a. For the state meet, this is any time after an individual has qualified for the state meet in an individual event.
  - b. Any exceptions to this Approved Ruling must be approved by the NSAA in advance.
2. The use/possession of smokeless tobacco by competitors is prohibited. Violation will result in disqualification from the event. Contestants officially become competitors when they report to the clerk of course or field event judge for an event in which they are entered.
3. Each district meet shall use a camera or video recorder to assist the finish judge or the referee if there is a disagreement among pickers. This is an aide to the judge or referee and is not the final decision. At all district track and field meets, in case of inclement weather or equipment failure, the Head Finish Judge shall determine if video is to be used.
4. Adds and Scratches: The addition of a participant in any event will be permitted in cases where the participant is already entered on the District roster and providing no additional heat is required.
5. If during a track and field meet, an event(s) is a part of the order of events and individuals participate in the event, the event(s) must be scored and points must be counted toward the team totals.
6. All scheduled and postponed regular season varsity contests must be played prior to the start of District or State Competition. Once District or State Competition begins, no regular varsity contests shall be permitted.
7. Height progression. The pole vault and high jump will be advanced 6 inches and 2 inches, respectively, until seven competitors or less are left in the competition. They will then progress at 4-inch and 1-inch intervals, except at all district meets the state qualifying mark will be inserted into the progression. For example, if the state meet automatic qualifying mark in the girls pole vault is 9'8" and there are seven or fewer competitors left in the competition at 9'6", the progression will be 9'6", 9'8"[automatic qualifying mark], 9'10", 10'2", 10'6", and so on.
8. State Track and Field Meet. The Association 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. The State meet will be scored on an eight-place basis: Places to count 10-8-6-5-4-3-2-1.

### Approved Rulings and Interpretations for 3.12.2

Schools are expected to utilize track starters that are registered with the Association for all varsity level meets.

## NSAA ATHLETIC BYLAWS

- 3.1.1.2 The division of sports seasons shall be as follows: No school shall register more than one varsity team per sport and no student shall participate simultaneously in more than one sport per season.
- 3.2.3 **Organized Practice.** No organized practice in any sport shall be held during the "school year, out of season" period. An organized practice shall be defined as:
  - Track and Field.** An organized practice shall mean more than three students under direct supervision of a sponsor. If more than one group is practicing at the same time, it shall be called an organized practice.
- 3.6 **ALL STAR COMPETITION**
  - 3.6.1 No member school shall permit its students to neither compete in any all-star contest nor be a member of any all-star team. No athletic team from any member school shall compete against any all-star team. A student violating this rule shall be declared ineligible for all interscholastic competition for a period of one year from the date of last offense.
  - 3.6.2 A member school, a conference of member schools, or a league of member schools shall not conduct or promote all-star contests during the school year. A member school may petition the Executive Director for a waiver of the all-star rule for individuals provided the school season for the sport has been completed and the student has completed his/her eligibility in that sport.
  - 3.6.3 A member school, a conference of member schools, or a league of member schools may sponsor All-Star competition which

involves graduated seniors. Member schools may permit the use of their facilities, equipment, and provide uniforms for such competition.

3.6.4 The term "all-star" is defined as a player or players chosen on the basis of their individual accomplishments or reputation gained while competing in interschool competition. YMCA, YWCA, AAU, USVBA, etc. teams which are organized between sports seasons by individuals or clubs, or individuals selected through a designated try-out session shall not be considered as all-star competition.

### 3.3.8 **Out-of-State Contests:**

- 3.3.8.1
- a. Students participating in interscholastic contests, whether held in or out of the state, must qualify for participation under the rules and regulations of his/her respective state association.
  - b. Members of the NSAA may compete with schools outside the state, provided the out-of-state school is a member in good standing in its own state association.
  - c. Refer to Section 1.8.5 for procedure to follow when competing in interstate competition.

## **Summer Activities**

### **Approved Rulings and Interpretations for 3.2.7**

Applicable to Coaches During the Summer

The "school year, out-of-season" period begins on the date of the official start of fall activities. Summer activities are regulated between the Tuesday following Memorial Day and July 31. Between the end of the summer activities period and the start of the school year, out-of-season period (August 1 through the official start of fall practices), the following shall apply:

- (1) The organized practice rule shall be in effect
- (2) Conditioning programs may be held
- (3) Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics
- (4) No school-sponsored clinics or camps may be held.

**NSAA Catastrophic Insurance does not cover coaches/students/schools during the summer activities period.**

3.2.7.1 **Allowable Summer Activities:** During the summer a member school may organize the following:

3.2.7.2 **Summertime School-Sponsored Camps/Clinics:** A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days over a period of 21 consecutive calendar days starting with the first date of the camp/clinic.

- a. Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.
- b. Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.
- c. The use of school facilities and equipment is permitted in accordance with local school board policy.

## **Unattached Participation**

The following guidelines should be followed in allowing out-of-season participation by students in meets or events which are not sanctioned or sponsored by the Nebraska School Activities Association and its member schools.

- a. Contestants shall not use any school uniform or be identified with the school.
- b. Contestants shall not use school equipment.
- c. The school shall provide no resources for the participants, or release coaches on school time to transport participants to or from the event, or to coach out-of season athletic events.

## **NFHS and NSAA Rules**

2019 National Federation of State High School Associations (NFHS) Track and Field Rules and Nebraska School Activities Association (NSAA) rules and regulations shall govern all track and field competitions.

### **NFHS Shot Put and Discus Throwing Sectors**

The 34.92° throwing sector shall be used for all shot put and discus events.

## DISTRICT TRACK AND FIELD MEETS

### Admission Prices

Admission prices for all NSAA District Track and Field Meets shall be \$4.00 for students and \$5.00 for adults per session.

1. A District Track and Field Meet ticket may be sold at the following prices:

Single Session - Students \$4.00, Adults \$5.00  
Using the single session admissions as a base, Meet Directors may establish prices for a District Meet ticket or multi-session ticket depending on their time schedule.

2. **RECEIPTS:** As the host of the NSAA District Track & Field Meet, you will receive the entry fees from the teams entered: Class A--\$100.00, B--\$50.00, C--\$50.00, D--\$50.00 per boys' team and per girls' team. It will be your responsibility to hire the starter(s) and referee.

- a) Officials Fees (Per Starter):

- Starter Fee - \$240.00 (maximum allowable per starter)
- Starter Mileage (One-way miles X \$1.00 per starter)
- Referee Fee - \$120.00 non-NSAA Registered (maximum allowable)--\$200.00 NSAA Registered (maximum allowable)
- Referee Mileage (One-way miles X \$1.00)

- b) Catastrophic insurance deduction, ten percent of gross receipts.

- c) Distribution of Receipts

- 25% to NSAA of Balance.
- 75% to Host School of Balance.
- Each school may be assessed a proportional part of the expenses.
- These expenses may not be listed as tournament expenses.

If there is a track rental from an outside school and/or rental of an Automatic Timing device from an outside entity, you should notify participating schools of a possible surcharge prior to the meet.

- d) The financial report should be completed immediately following the close of the championship; that financial report will be provided in an electronic format for subdistrict and district directors.

### District and State Track and Field Meet Regulations

1. District qualifying meets shall be held in all classes to determine the qualifiers for the state meet.
2. Dates: District meets will be held during Week 45.
  - a. Class A and Class D will be held Wednesday, May 13.
  - b. Class B and Class C will be held Thursday, May 14.
3. **All District host sites (A, B, C, D) shall use fully automatic timing (FAT) systems for district competition.**

### Handicap Accessibility

Facilities must provide reasonable accommodations for special needs.

## Classification

Boys and girls Track & Field is divided into four classes for competition as follows:

- 2.13.2 In all athletics, with the exception of football, Class A will be classified based on a total enrollment of 850 or above. The total enrollment figures shall be doubled for unisex schools.

**\*\*NOTE** - Beginning in the 2020-2021 school year, Class A will be classified on a two-year basis and all other classes will be classified yearly.

1. Classification is based on combined boy and girl enrollment, grades 9-11, with the enrollment of unisex schools doubled.
2. The top 92 schools will be split into Class A and Class B.
  - Schools with total enrollment of 850 and above will be in Class A.
  - The remaining schools in be in Class B.

3. The next 88 largest schools shall be Class C. (88 boys, 88 girls)

4. The remaining schools are placed in Class D.

**Note:** Breaking ties when the three year average is the same:

If schools are tied in enrollment for the last position or positions of a class, the following tie-breaker will be applied:

- a. The first tie-breaker will be a three-year average of enrollment which includes the year on which the current year's classification is based and the two previous years. The higher three-year average will be in the larger class.
- b. If the tie still exists, then the school with the higher immediate previous year's enrollment will be placed in the larger class.
- c. If a tie still exists, it will be decided by a coin flip in the NSAA office.

## District Assignments

1. **Class A has four districts. Class B has six districts. Class C has nine districts. Class D has nine districts.**
2. If a school decides not to compete after district assignments are made, no change will be made in district assignments. If two or more schools decide not to compete, or two or more schools close, consolidate, or enter into a cooperative agreement, the districts may be adjusted to restore a near equal number of schools or to take advantage of a reduction in travel distance.
3. If a school(s) decides to participate in an activity after district assignments are completed, the school(s) will be assigned to a district with the fewest number of schools unless the travel distance is too great. If the travel distance is too great, the school(s) will be assigned to the nearest district.
4. **Class A (33 Schools) (1 District of 9 schools & 3 Districts of 8 schools)**
  - a. Class A is assigned to four districts using a left to right method based on enrollment.
  - b. Single gendered schools will be paired together when needed.
5. **Class B (59 Schools) (1 District of 9 schools & 5 Districts of 10 schools)**
  - a. Schools are assigned to a district according to the school's geographical location. Available sites and facilities are also considered.
  - b. Beginning with the school located the farthest west; schools to the east are added until the pre-determined number of schools which are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a meet site can be decreased. This sequence continues until all schools are assigned to districts.
  - c. Single gendered schools will be paired together when needed.
6. **Class C (88 Schools) (7 Districts of 10 schools & 2 Districts of 9 schools)**
  - a. Schools are assigned to a district according to the school's geographical location. Available sites and facilities are also considered.
  - b. Beginning with the school located the farthest west; schools to the east are added until the predetermined number of schools which are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a meet site can be decreased. This sequence continues until all schools are assigned to districts.
7. **Class D (99 Schools) (9 Districts of 11 schools)**
  - a. Schools are assigned to a district according to the school's geographical location. Available sites and facilities are also considered.
  - b. Beginning with the school located the farthest west; schools to the east are added until the predetermined number of schools which are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a meet site can be decreased. This sequence continues until all schools are assigned to districts

## District Information

All district track & field meets shall be conducted by 2020 National Federation of State High School Association (NFHS) Track and Field Rules and Nebraska School Activities Association (NSAA) rules and regulations.

1. Adds and Scratches: The addition of a participant in any event will be permitted in cases where the participant is already entered on the District eligibility list and providing no additional heat is required.
2. Awards. Medals and plaques will be shipped directly from Awards Unlimited. The plaques and medals should be examined for possible damage or shortage as soon as they are received.
  - In case of a tie for the team championship, a duplicate plaque will be ordered, and the runner-up plaque should be returned to the NSAA office. If there is a tie for the runner-up place, a duplicate plaque will be ordered. This does not apply to individual events.
3. Disqualification Report. The link for the NFHS Track Violation Report Form is located under the "Regular Season" header of the Track and Field page on the NSAA website.
4. Distance Races. In the distance races, if the participants are required to stay in lanes or alleys around the curve and then cut for the pole, they should be allowed to cut for the pole at a marked spot just as they finish the curve.
5. Places to be Reported. Meet directors are required to submit district results to the NSAA. Places to be reported for each event are indicated on the district result entry form via your AD Login page.
6. **Qualifying from Prelims to Finals:**
  - All Classes (Fully Automatic Timing)**
    - When running two heats, the first and second place runners and the next four fastest times will qualify for the finals.
    - When running three heats, the first place runner and the next five fastest times will qualify for the finals.
    - When running four heats, the first place runner and the next four fastest times will qualify for the finals.
    - When running five heats, the first place runner and the next 3 fastest times will qualify for the finals.

## District Entries and District Roster Form

**\*\*\*If the district host uses an online entry form and requires each school to submit entries via the web, schools are not required to submit district entries via the NSAA Website.\*\*\***

1. Regulations: Entry regulations shall be the same as for regular season track and field meets.
  - The NSAA District Track and Field Entry and the District Roster form are accessed and submitted on-line. Go to the NSAA web site ([www.nsaahome.org](http://www.nsaahome.org)) and click on "School Login." Enter your pass code, go to Select an Activity, and select Track & Field from the drop down menu. Select your school name next to Boys Track Entry Forms and Girls Track Entry forms. You can e-mail these to the District Director by clicking on email/printer friendly version. You may make changes to this form up until the due date. After that, you will need to contact the NSAA. On or before the entry deadline, e-mail your entry and mail your entry fee to the director of your district meet.
  - An individual may be entered in only FOUR EVENTS to include relays and all individual events.
  - If a competitor scratches from an individual event after the meet begins, the competitor shall be disqualified from further competition.
2. **Dates: Submitting entries to the NSAA is necessary only if the district host requires it.**
3. Entry Fees: The entire amount of the entry fee is to be sent to the director of your meet. It will be applied to the cost of conducting the meet. The following amounts per team (boys' team and girls' team) have been set as the entry fee for schools in each class regardless of the number of competitors entered: Class A--\$100.00; Class B--\$50.00; Class C--\$50.00; Class D--\$50.00.
4. Submitting Times: In order to assist the district host in arranging the program, be sure to give the best time of record from the current year as requested on the entry blank. The time or distance submitted must have been made during interschool competition. Times must be the result of an actual distance race, which means that relay splits shall not be used. It is recommended that the results be from a major meet.
  - **If changes are to be made in the time or distances because of improved performances in competition made after the district entry was submitted, these changes must be in possession of the host of your district meet prior to the making of heat and lane assignments.**

- **The addition of a participant in any event will be permitted in cases where the participant is already entered on the District roster and providing no additional heat is required.**
- **The district host is responsible for establishing the entry process and deadlines for submitting district entries. The district host will provide these expectations to participating schools in the pre-meet information.**
- **District Entry procedure:**
  - **Initial entries submitted (Deadline to be set by district host).**
  - **District host provides participation report to schools for confirmation.**
  - **District hosts should allow a final scratch and add / replace opportunity on the day of the meet. (Deadline to be set by district host).**

## Equipment

It is recommended that meet directors furnish official standard equipment for the shot and discus wherever possible. If these implements are provided for the meet, all contestants in these events are required to use the implements furnished. In case it is not feasible to furnish these implements, provision should be made for weighing in and checking the specification of shots and discuses before their use in the meet is permitted.

## Field Events

1. The field events should start at least one hour before the track events and run through to completion.
  - a. Where two meets are being held at the same location, it shall be the duty of the meet director to determine the order by classes.
  - b. Field events competition shall be conducted according to Rule 6 of the NFHS Track and Field Rules Book.
2. **Shot Put and Discus:** Athletes will be placed in flights, with the best competitors in the last flight. (Flights will have the best performance listed first.) Competitors will each take two consecutive throws. After everyone in the flight has completed the two consecutive throws, each competitor will get one additional throw. Eight individuals shall qualify for the finals.
  - a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last.
  - b. The head judge may change the order of competition in prelims or finals to accommodate those who may be excused to participate in other events. Any reasonable request for a change in order should be granted. The judge may choose to permit a competitor to take his/her preliminary trials in succession.
3. **Long Jump and Triple Jump:** Athletes will be placed in flights with the best competitors in the last flight. Flights will have the best performance listed first. Each competitor will take one jump at a time until everyone in that flight has completed his/her three preliminary jumps. Eight individuals shall qualify for the finals.
  - a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last.
  - b. The head judge may change the order of competition in prelims or finals to accommodate those who may be excused to participate in other events. Any reasonable request for a change in order should be granted. The judge may choose to permit a competitor to take his/her preliminary trials in succession.
4. **Pole Vault and High Jump:** Starting heights should be determined from district entries. Continuing flights of five will be used in the high jump and pole vault, with the best competitors jumping last.
  - a. Height progression. The pole vault and high jump will be advanced 6 inches and 2 inches, respectively, until seven competitors or less are left in the competition. They will then progress at 4- and 1-inch intervals, except at all district meets the state qualifying mark will be inserted into the progression. For example, if the state meet automatic qualifying mark in the girls pole vault is 9'8" and there are seven or fewer competitors left in the competition at 9'6", the progression will be 9'6", 9'8"[automatic qualifying mark], 9'10", 10'2", 10'6", and so on.
  - b. **Rule 6-5-5.** Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 3-10-1. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of ¾ inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand hold band.

- c. The coach shall verify the vaulter will use a pole rated at or above the vaulter's weight and that legal poles have been provided for that competitor. This verification will be done by signing the "Event Entry Card."
- 5. Rule 2 Section 2 of the NFHS Track and Field Rules Book will be followed in determining the scoring of ties.
- 6. Rule 6 Section 3 of the NFHS Track and Field Rules Book will be used for breaking ties.

## Meet Director's Authority

- 1. Authority: The director of the meet is granted full authority for the conduct and management of the meet and is responsible for carrying out the rules and regulations.
- 2. The meet director and/or his/her designee shall be responsible for handling unsporting conduct by a spectator(s) and other matters outside the competition rules.
- 3. Emergency Postponement: Inclement weather and/or poor track and field conditions may force the postponement of a district track and field meet. The meet director (WITH PERMISSION FROM THE NSAA EXECUTIVE DIRECTOR) has the sole authority for the postponement and rescheduling of such meet.
  - a. In determining whether to postpone or to hold the meet as scheduled, the director should consider the following factors:
    - 1) the weather and road conditions at the site of the meet
    - 2) existing weather and road conditions at the locations of the schools which are to compete that day
    - 3) road conditions between the meet site and the competing schools
    - 4) by contacting the weather bureau, attempt to determine what the weather conditions will be immediately prior to, during, and following the meet.
  - b. If, after considering the various factors, the meet director determines that competition is to go on as scheduled, all schools are to be notified early enough to allow each team sufficient time to travel to the meet site. Once the decision has been made to hold the event as scheduled, and any team has begun to travel, the meet shall be held.
  - c. **If the meet director feels a postponement is necessary, he/she must receive permission from the NSAA Executive Director before postponing the day's activities. Once the meet has been postponed, the director shall be responsible for setting the new time, date, and site, if necessary, for the continuation of the meet. The previously agreed upon schedule may have to be changed in order to complete the meet by the required dates.**
  - d. Neither meet receipts nor funds from the NSAA are to be used to reimburse any school for additional expenses incurred because of a postponed meet.

## Media – Student Media, Media Credentials, & Broadcasting

All media operations (admission, access and accommodations) for **Regular Season** contests are at the Host School discretion.

The NSAA Media Manual outlines policies for Media Credentials, Student Media, Broadcasting Policies and other specifics surrounding NSAA post-season contests.

Post-season contests include: Districts, Sub-Districts, Playoffs and State Championships.

The Media Manual is posted on the NSAA website's Media Page. <http://nsaahome.org/media-info/>

## Officials

1. Each district shall have a minimum of the following designated officials: Meet Director, Referee, and Starter.
2. Other officials needed for the conduct of a large meet include:

Assistant Starter	Head Field Judge	Meet Announcer
Clerk of Course	Head Finish Judge	Scorer
Finish Line Recorder	Head Umpire & at least four assistants	Wind Gauge Operator

## Order of Running Events

- All districts shall use this order of running events, with the girls' events being run first.
- All preliminaries except 400 meter dash, 800 meter run, 1600 meter run, 3200 meter run and all relays.
- Starting time may be set by the meet director, providing the schools are so notified.

## Scoring

All district meets will be scored on a six-place basis; places to count 10, 8, 6, 4, 2, and 1.

## District Track & Field Schedule

(Recommended Schedule of Events for a 1:00 pm start)

### Field Events:

1:00 pm girls' pole vault, boys' high jump, boys' long jump, girls' triple jump, boys' discus, girls' shot put  
 2:30 pm boys' pole vault, girls' high jump, girls' long jump, boys' triple jump, girls' discus, boys' shot put

### Running Events:

2:00 pm 3200 meters relay (finals)	5:00 pm 100 girls high hurdles
2:30 pm 100 girls high hurdles	5:15 pm 110 boys high hurdles
2:45 pm 110 boys high hurdles	5:25 pm 100 meters
3:00 pm 100 meters	5:40 pm 800 meters run
3:20 pm 400 meters (finals)	6:00 pm 300 hurdles
3:40 pm 3200 meters run (finals)	6:25 pm 200 meters
4:10 pm 200 meters	6:35 pm 1600 meters run
	6:55 pm 400 meters relay
	7:10 pm 1600 meters relay

\*\*\*Break\*\*\*

Please note that race times are approximate. We will not begin an event more than 15 minutes ahead of schedule unless weather conditions dictate otherwise.

## Plaques and Medals

1. A plaque is provided by the NSAA for the team champion and runner-up.
2. Medals are provided for the first six places in individual events and for each member of the first six relay teams.



## Qualifying for the NSAA State Track and Field Meet

### Class A. There will be **FOUR** Class A district meets.

- **INDIVIDUAL RUNNING EVENTS:** The winners of the first FOUR places in each event will qualify for the state meet, plus the next EIGHT fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **RELAY EVENTS:** The winners of first, second and third places in each event will qualify for the state meet, plus the next FOUR fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **FIELD EVENTS (LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS):** The first FOUR places in each event shall qualify for the state meet, plus the next EIGHT best performances of the non-qualifiers across all districts. In the case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (POLE VAULT, HIGH JUMP):** The first FOUR places in each event shall qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2020 NSAA Class A District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.
- Athletes placing first, second, third or fourth must have cleared 9' 6" or higher to qualify in the boys' pole vault and 6' 6" or higher in the girls' pole vault.
- Regardless of place would mean that in RELAY events at district meets, any relay team who finished 4<sup>th</sup> -7<sup>th</sup> place in their district meet could qualify for the state track meet if their time was one of the four fastest times of non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.
- Regardless of place would mean in the individual running events with preliminaries and finals, the next 8 fastest times of the non-qualifiers may come from "finals" competition only. This means in the events with preliminaries and finals, 5<sup>th</sup>-8<sup>th</sup> place could qualify for the state track meet if their district finals time was one of the next 8 fastest time of the non-qualifiers from all districts submitted. In the individual running events that are run as "finals only", 5<sup>th</sup>-12<sup>th</sup> place could qualify for the state track meet if their district finals time was one of the next 8 fastest times of the non-qualifiers from all districts submitted.
- In the event the FAT timing system would fail in any district in any running event, any individual running event would qualify the top 6 places and any relay event would qualify the top 4 places. This would pertain only to those events where the FAT failed. In the event of a tie for the last qualifying spot, none of those tied shall qualify in that event.

### Class B. There will be **SIX** Class B district meets.

- **INDIVIDUAL RUNNING EVNETS:** The winners of the first THREE places in each event will qualify for the state meet, plus the next SIX fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **RELAY EVENTS:** The winners of first and second places in each event will qualify for the state meet, plus the next FOUR fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **FIELD EVENTS (LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS):** The first THREE places in each event will qualify for the state meet, plus the next SIX best performances of the non-qualifiers across all districts. In case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (POLE VAULT, HIGH JUMP):** The first THREE places in each event will qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2020 NSAA Class B District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.
- Athletes placing first, second, or third must have cleared 9' 6" or higher to qualify in the boys' pole vault, and 6' 6" or higher in the girls' pole vault.
- Regardless of place is to mean that in relay events, any team who finished 3<sup>rd</sup> – 6<sup>th</sup> in their respective district meet could qualify for the state track meet if their time is one of the four fastest times of the non-qualifiers

from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.

- Regardless of place would mean in the individual running events with preliminaries and finals, the next 6 fastest times of the non-qualifiers may come from “finals” competition only. This means in the events with preliminaries and finals, 4<sup>th</sup>-8<sup>th</sup> place could qualify for the state track meet if their district finals time was one of the next 6 fastest time of the non-qualifiers from all districts submitted. In the individual running events that are run as “finals only”, 4<sup>th</sup>-9<sup>th</sup> place could qualify for the state track meet if their district finals time was one of the next 6 fastest times of the non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.

### **Class C. There will be NINE Class C district meets.**

- **INDIVIDUAL RUNNING EVENTS:** The winners of the first TWO places in each event will qualify for the state meet, plus the next SIX fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **RELAY EVENTS:** The winners of FIRST place in each event will qualify for the state meet, plus the next SEVEN fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **FIELD EVENTS (LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS):** The first TWO places in each event will qualify for the state meet, plus the next SIX best performances of the non-qualifiers across all districts. In case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (POLE VAULT, HIGH JUMP):** The first TWO places in each event will qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2020 NSAA Class C District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.
- Athletes placing first or second must have cleared 9’6” or higher to qualify in the boys’ pole vault and 6’6” or higher in the girls’ pole vault.
- Regardless of place is to mean that any competitor in an individual running event who finishes 3<sup>rd</sup> through 8<sup>th</sup> in their respective district meet could qualify for the state meet if their time is one of the six fastest times of the non-qualifiers from all districts submitted.
- Regardless of place is to mean that any relay team who finishes 2<sup>nd</sup> through 8<sup>th</sup> in their respective district meet could qualify for the state meet if their time is one of the seven fastest times of the non-qualifiers from all districts submitted.

### **Class D. There will be NINE Class D district meets.**

- **INDIVIDUAL RUNNING EVENTS:** The winners of the first TWO places in each event will qualify for the state meet, plus the next SIX fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **RELAY EVENTS:** The winners of FIRST place in each event will qualify for the state meet, plus the next SEVEN fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
- **FIELD EVENTS (LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS):** The first TWO places in each event will qualify for the state meet, plus the next SIX best performances of the non-qualifiers across all districts. In case of a tie for the last qualifying spot, all of those tied shall qualify.
- **FIELD EVENTS (POLE VAULT, HIGH JUMP):** The first TWO places in each event will qualify for the state meet, plus all who equal or exceed the additional qualifier mark at the 2020 NSAA Class C District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.
- Athletes placing first or second must have cleared 9’6” or higher to qualify in the boys’ pole vault and 6’6” or higher in the girls’ pole vault.

- Regardless of place is to mean that any competitor in an individual running event who finishes 3<sup>rd</sup> through 8<sup>th</sup> in their respective district meet could qualify for the state meet if their time is one of the six fastest times of the non-qualifiers from all districts submitted.
- Regardless of place is to mean that any relay team who finishes 2<sup>nd</sup> through 8<sup>th</sup> in their respective district meet could qualify for the state meet if their time is one of the seven fastest times of the non-qualifiers from all districts submitted.

### **Ties.**

Individuals tied for the district’s last state qualifying spot in races of 200 meters or less must compete for that qualifying spot in a run-off. Only the winner of the run-off will qualify for the state meet. In all other individual events those individuals tied in the district meet or in time comparisons for the state meet will not qualify unless the tied individuals ran in the same race, and one was picked ahead of the other.

- In the field events, those tied for the last qualifying spot shall qualify if places cannot be determined by using the tie breaker rule for field events.
- Relay teams tied for the fastest time will not qualify for the state meet.
- Ties in time comparisons for the relay qualifiers will be broken by giving preference to the team(s) with the highest place in head to head competition. If the tie for qualifying still exists, those teams tied will not qualify.

### **Additional Qualifiers.**

- If there is a tie for an extra qualifying spot, those individuals tied will not qualify unless the tied individuals ran in the same race, and one was picked ahead of the other.
- There are no additional qualifiers in the relays.
- In addition to the regular qualifiers in boys' Pole Vault and High Jump, all qualify who equal or exceed the additional qualifier mark at the 2020 NSAA District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.

#### **BOYS FIELD EVENTS**

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
<u>Pole Vault</u>	13-2	13-0	13-5	12-6
<u>High Jump</u>	6-3	6-3	6-1	6-0

- In addition to the regular qualifiers in girls' Pole Vault and High Jump, all qualify who equal or exceed the additional qualifier mark at the 2020 NSAA District Track Meet. The additional qualifier mark is determined by using the average height of 8<sup>th</sup> place at the State Meet for the past 3 years.

#### **GIRLS FIELD EVENTS**

	<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
<u>Pole Vault</u>	10-0	10-0	9-10	9-0
<u>High Jump</u>	5-1	5-1	5-0	4-11

# 2020 State Track and Field Championships

## Admission Prices

**\*\*Tickets will be sold on Friday for the Saturday session.\*\***

Friday--	ADULTS--\$9.00	STUDENTS--\$6.00
Saturday--	ADULTS--\$9.00	STUDENTS--\$6.00

Admission will be charged for the shot put and for the discus venues at the State Meet. Also, admission will be charged at the Boys Town indoor facility when State Meet field events are moved indoors because of inclement weather.

## Awards

1. 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.
2. 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 gold medal. You must be declared the event winner in your class to be considered for the GOLD MEDAL.
3. All State champions in an event shall be presented their medals at the same time in front of the viewing public. After these presentations, the overall gold medal shall be awarded.

## Coaches' Passes

1. 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.
2. 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: 1-5 qualifiers = 3 passes; 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

1. The Friday pass will admit contestants to the grandstand and those in uniform to the infield.
2. The Saturday pass will admit contestants to the grandstand.
3. In order to gain admittance to the infield on Saturday, a contestant must have a Saturday pass and his/her name and number in the program as a Saturday competitor in the jumping, vaulting, 1600 meter, 800 meter, or on the sheet which gives the Saturday qualifiers.

## NSAA Championship Participation Certificates

NSAA State Participation Certificates will be accessible and printed by each member school having students who have qualified for the NSAA State Championship in that activity program.

The NSAA State Participation Certificates link can now be found at the bottom of your school AD's page identified as: **NSAA State Participation Certificates**.

## Enforcement of Rules

1. Each year certain rules pertaining to unsportsmanlike conduct and uniforms/equipment are ignored by coaches and meet officials during the regular track and field season. This type of neglect places a competitor at a disadvantage and in some cases has resulted in disqualification in the district and state meets when the rules are strictly enforced.
2. 2020 National Federation of State High School Associations (NFHS) and the Nebraska School Activities Association (NSAA) rules and regulations will be used to conduct the 2020 NSAA State Track and Field Meet.

## 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 Zones:** 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. The competitors are responsible for furnishing their own tape and removing it when it is no longer needed. No focal point markers are allowed.
5. **Height Progression:** The Pole Vault and High jump will be advanced 6-inches and 2-inches, respectively, until **seven** competitors or less are left in the competition. They will then progress at 4-inch and 1-inch intervals.
  - 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:** The first 20 minutes will be without the bungee cord or the bar. The next 20 minutes the bungee cord may be placed at the starting height, or 12" or 24" inches above the starting height. The last 20 minutes 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.
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 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. **Starting Blocks:** Gill Blocks with option of Moye Extender will be provided.
17. **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 16<sup>th</sup>. The Games Committee can adjust the starting heights during the State Meet.
18. **Shot Put and Discus:** No focal points markers are allowed.
19. **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.
20. **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.
21. **Pole Vault Coaches’ Box:** Each school that qualifies a vaulter will be permitted one coach in the coaches’ box area located in the infield during warm-up AND competition. Entrance to the infield will be at the SOUTH GATE. A pass will be issued to each coach at the NSAA building located at the south end of the track. Passes will be issued 90 minutes prior to the start of 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 event and meet officials is prohibited. Once coaches enter the coaches’ box, please remain in the area until your athlete has been eliminated. Coaches will be required to leave the area once their athlete has been eliminated.
22. **Long Jump & Triple Jump Coaches’ Box:** Each school that qualifies a jumper will be permitted one coach in the coaches’ box area located along the inside of the fence. Coaches will be allowed in the coaches’ box area only during the flight in which their athlete is competing. Entrance to the coaches’ box area will be through the gate located adjacent to the coaches’ box. A marshal will check passes and allow coaches into the area prior to each flight. 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.
23. **High Jump Coaches’ Box:** Each school that qualifies a jumper will be permitted one coach in the coaches’ box area located along the inside of the fence during warm-up AND competition. 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. A marshal will check passes and allow coaches into the area when the warm-up time begins. 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. Once coaches enter the coaches’ box, please remain in the area until your athlete has been eliminated. Coaches will be required to leave the area once their athlete has been eliminated.
24. **Super Alleys:** The 800m run, 1600m run, 3200m run and 3200m Relay will use the super alley (DOUBLE WATERFALL) start.
25. **FAT Operator:** The FAT operator may recall a race.
26. 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:*  
**For 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.

27. 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.

## Field Events

1. 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 are excused to compete in.
2. If the Head Field Event Judge rules that the delay is reasonable and beyond the control of the competitor, he/she shall direct the event judge to alter the order of competition to include the competitor when he/she is available.
3. 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.

## 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. (Distances from board to pit; 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. **BOYS Pole Vault will be held on the permanent runway on the east side. GIRLS Pole Vault will be held on a raised portable runway on the east side of the infield.**

## Inclement Weather Procedures

The State Track and Field Meet Games Committee will make all decisions regarding the State Track and Field Meet in case of inclement weather.

1. Coaches, athletes, spectators and meet workers will all be notified by the public address announcers as to what the plans are for the State Track and Field Meet events during inclement weather.
2. Some field events may 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.
3. 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.

## 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.

## NSAA Information Building

An NSAA-staffed information building will be located at the south end of the stadium complex. Questions concerning number assignments, lost numbers, relay cards, or written appeals should be brought to this area. Any questions or problems you might have in regard to the State Track and Field Meet should be brought to the NSAA staff person on duty. **Only school personnel will be allowed to submit concern.**

## Jury of Appeals

1. The Jury of Appeals will be appointed by the NSAA State Track and Field Games Committee.
2. A referee's decision may be appealed to the Jury, which will either confirm the referee's ruling or render the final decision.
3. All appeals to the Jury must be presented in writing on an NSAA Appeals form that will be available in the NSAA information Tent.
4. Appeals must be based on a misapplied or misinterpreted rule.
5. Judgment decisions may not be appealed.

## NSAA Approved Rulings

Scratches: Any contestant who qualifies for the State Track and Field 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.

1. 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.
2. Relay Teams. Personnel of relay teams may be changed from those who ran at the District Meet.
3. Any other exceptions to the NSAA Track and Field Approved Rulings must be approved by the NSAA in advance.

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.



## Reimbursements

1. Mileage. Mileage reimbursements will be based on the number of participants (qualifiers, number on roster) and one coach. (Note: Student Managers will not be included.) A school's mileage reimbursement will be figured using the following formula: [(#miles **one way** x # trips) – 50 miles] x appropriate amount listed below:

Amount per mile	Number of participants/coaches
\$0.85	1-6
\$1.70	7-12
\$2.55	13-18
\$3.40	19-24
\$4.25	25-30
\$5.10	31+

2. Lodging. If lodging is used, \$15 per participant and one coach will be paid based on the following criteria: (Note: **Times listed are scheduled competition start times.**)
  - ◆ Night before competing—a) Before 10:00 a.m., 76 + miles away; b) Between 10:00 a.m. and 3:00 p.m., 150+ miles away; c) At or after 3:00 p.m., 250+ miles away
  - ◆ Night of (still competing in State Meet)—\*\*76+ miles away
  - ◆ Final Night (Day eliminated)—\*\*5:00 p.m. or later, 200+ miles away.

## Track Facility

1. All races around one or more curves will be run counter-clockwise
2. Direction of races run on the straightaway will be determined by the Games Committee.
3. **Team tents are not allowed inside Omaha Burke Stadium. Team tents can be set up on Thursday night (AFTER 4 O'CLOCK) and be left up during the duration of the State Track and Field Meet. The NSAA and Omaha Public Schools (OPS) are not responsible for the security of these tents.**

## 2020 STATE TRACK AND FIELD MEET EVENTS

### Site, Dates, and Time Schedule

The 2020 Boys' and Girls' State Track and Field Championships will be held at Burke Stadium, 12200 Burke Blvd., Omaha, NE on Friday, May 22 and Saturday, May 23.

#### Friday May 22 -- Preliminaries except 3200 meter events.

Class D and Class B. The first running event will begin at 9:00 A.M., with the girls' Class D events being run first, followed by the girls' Class B, boys' Class D, and boys' Class B events. The schedule will progress in this order through all of the scheduled events. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

9:00 A.M.	3200 Meter Relay Finals
9:55 A.M.	100 Meter High Hurdles
10:15 A.M.	110 Meter High Hurdles
10:35 A.M.	100 Meter Dash
11:15 A.M.	400 Meter Dash
11:55 A.M.	3200 Meter Run Finals
12:55 P.M.	300 Meter Low Hurdles
1:15 P.M.	300 Meter Int. Hurdles
1:35 P.M.	200 Meter Dash

#### Friday May 22 -- Preliminaries except 3200 meter events.

Class C and Class A. The first running event will begin at 3:00 P.M. with girls' Class C events, followed by girls' Class A, boys' Class C, and boys' Class A. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

3:00 P.M.	3200 Meter Relay Finals
3:55 P.M.	100 Meter High Hurdles
4:15 P.M.	110 Meter High Hurdles
4:35 P.M.	100 Meter Dash
5:15 P.M.	400 Meter Dash
5:55 P.M.	3200 Meter Run Finals
6:55 P.M.	300 Meter Low Hurdles
7:15 P.M.	300 Meter Int. Hurdles
7:35 P.M.	200 Meter Dash

#### Saturday May 23 -- All Finals.

All Classes. The first running event will begin at 9:30 A.M. with the girls' Class D 800 meter run. It will be followed by girls' C, B, and A. The boys' four classes will then follow in the same order. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

9:30 A.M.	800 Meter Run
10:45 A.M.	400 Meter Relay
12:00 Noon	100 Meter High Hurdles
12:15 P.M.	110 Meter High Hurdles
12:30 P.M.	100 Meter Dash
12:55 P.M.	400 Meter Dash
1:45 P.M.	1600 Meter Run
2:55 P.M.	300 Meter Low Hurdles
3:10 P.M.	300 Meter Int. Hurdles
3:25 P.M.	200 Meter Dash
3:55 P.M.	1600 Meter Relay

**Friday and Saturday - Field Events.**

<b>Event</b>	<b>Boy/Girl</b>	<b>CLASS A</b>	<b>CLASS B</b>	<b>CLASS C</b>	<b>CLASS D</b>
<b>Long Jump</b>	◆ Boys	3:00 p.m. Sat.	8:30 a.m. Sat.	10:30 a.m. Sat.	1:00 p.m. Sat.
	*Girls	3:00 p.m. Fri.	11:00 a.m. Fri.	5:30 p.m. Fri.	9:30 a.m. Fri.
<b>Triple Jump</b>	◆ Boys	6:00 p.m. Fri.	9:00 a.m. Fri.	3:00 p.m. Fri.	12:00 noon Fri.
	*Girls	11:00 a.m. Sat.	1:30 p.m. Sat.	8:30 a.m. Sat.	3:30 p.m. Sat.
<b>Shot Put</b>	◆ Boys	5:30 p.m. Fri.	9:00 a.m. Fri.	3:30 p.m. Fri.	11:00 a.m. Fri.
	*Girls	1:00 p.m. Sat.	11:00 a.m. Sat.	3:00 p.m. Sat.	8:30 a.m. Sat.
<b>Discus</b>	◆ Boys	11:00 a.m. Sat.	1:00 p.m. Sat.	8:30 a.m. Sat.	3:00 p.m. Sat.
	*Girls	3:00 p.m. Fri.	12:00 noon Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
<b>High Jump</b>	◆ Boys	3:00 p.m. Fri.	12:00 noon Fri.	5:30 p.m. Fri.	9:00 a.m. Fri.
	*Girls	3:00 p.m. Sat.	8:30 a.m. Sat.	1:00 p.m. Sat.	10:30 a.m. Sat.
<b>Pole Vault</b>	◆ Boys	9:00 a.m. Sat.	9:00 a.m. Fri.	3:30 p.m. Fri.	1:00 p.m. Sat.
	*Girls	3:30 p.m. Fri.	9:00 a.m. Sat.	1:00 p.m. Sat.	9:00 a.m. Fri.

## Heat and Lane Assignments

### 100-200-400 Meter Dashes, 300 Meter Hurdles, 100 Meter Hurdles & 110 Meter Hurdles:

#### Class C and Class D will have three preliminary heats.

The first place winner in each heat and the next five fastest times will qualify for the finals in the state meet.

**\*\*NOTE – If the fully automatic timing system is not functional and manual timing is implemented, the first and second place finisher from each heat and the two fastest thirds will qualify for the finals.**

- The winners of the district qualifying meets will be assigned to heats, with the fastest winner in heat I, the second fastest winner in heat II, the third fastest winner in heat III, the fourth fastest winner in heat III, the fifth fastest winner in heat II, etc.
- The second places in the district meets will then be placed in the same manner that the winners were placed. The second places and additional qualifiers will follow where the previous place left off.

#### Heat 1 to Include

1<sup>st</sup> Fastest District Winner  
6<sup>th</sup> Fastest District Winner  
7<sup>th</sup> Fastest District Winner  
3<sup>rd</sup> Fastest 2<sup>nd</sup> Place Finisher  
4<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
9<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
1<sup>st</sup> Fastest Additional Qualifier  
6<sup>th</sup> Fastest Additional Qualifier

#### Heat 2 to Include

2<sup>nd</sup> Fastest District Winner  
5<sup>th</sup> Fastest District Winner  
8<sup>th</sup> Fastest District Winner  
2<sup>nd</sup> Fastest 2<sup>nd</sup> Place Finisher  
5<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
8<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
2<sup>nd</sup> Fastest Additional Qualifier  
5<sup>th</sup> Fastest Additional Qualifier

#### Heat 3 to Include

3<sup>rd</sup> Fastest District Winner  
4<sup>th</sup> Fastest District Winner  
9<sup>th</sup> Fastest District Winner  
1<sup>st</sup> Fastest 2<sup>nd</sup> Place Finisher  
6<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
7<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
3<sup>rd</sup> Fastest Additional Qualifier  
4<sup>th</sup> Fastest Additional Qualifier

#### Class B will have three preliminary heats.

The first place winner in each heat and the next five fastest times will qualify for the finals in the state meet.

**\*\*NOTE – If the fully automatic timing system is not functional and manual timing is implemented, the first and second place finisher from each heat and the two fastest thirds will qualify for the finals.**

- The winners of the district qualifying meets will be assigned to heats, with the fastest winner in heat I, the second fastest winner in heat II, the third fastest winner in heat III, the fourth fastest winner in heat III, the fifth fastest winner in heat II, and the sixth fastest winner in heat I.
- The fastest second place winner will be placed in heat II, second fastest in heat III, the third fastest in heat I, the fourth fastest in heat I, the fifth fastest in heat III and the sixth fastest in heat II.
- The fastest third will be placed in heat III, the second fastest in heat I, the third fastest in heat II, the fourth fastest in heat II, the fifth fastest in heat I, and the sixth fastest in heat III.
- **The 6 additional qualifiers will be placed the same way as the district winners above.**

#### HEAT 1--To include

1<sup>st</sup> Fastest District Winner  
6<sup>th</sup> Fastest District Winner  
3<sup>rd</sup> Fastest 2<sup>nd</sup> Place Finisher  
4<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
2<sup>nd</sup> Fastest 3<sup>rd</sup> Place Finisher  
5<sup>th</sup> Fastest 3<sup>rd</sup> Place Finisher  
1<sup>st</sup> Fastest Additional Qualifier  
6<sup>th</sup> Fastest Additional Qualifier

#### HEAT 2--To include

2<sup>nd</sup> Fastest District Winner  
5<sup>th</sup> Fastest District Winner  
1<sup>st</sup> Fastest 2<sup>nd</sup> Place Finisher  
6<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
3<sup>rd</sup> Fastest 3<sup>rd</sup> Place Finisher  
4<sup>th</sup> Fastest 3<sup>rd</sup> Place Finisher  
2<sup>nd</sup> Fastest Additional Qualifier  
5<sup>th</sup> Fastest Additional Qualifier

#### HEAT 3--To include

3<sup>rd</sup> Fastest District Winner  
4<sup>th</sup> Fastest District Winner  
2<sup>nd</sup> Fastest 2<sup>nd</sup> Place Finisher  
5<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
1<sup>st</sup> Fastest 3<sup>rd</sup> Place Finisher  
6<sup>th</sup> Fastest 3<sup>rd</sup> Place Finisher  
3<sup>rd</sup> Fastest Additional Qualifier  
4<sup>th</sup> Fastest Additional Qualifier

### **Class A will have three preliminary heats.**

The first place winner in each heat and the next five fastest times will qualify for the finals in the state meet.

**\*\*NOTE – If the fully automatic timing system is not functional and manual timing is implemented, the first and second place finisher from each heat and the two fastest thirds will qualify for the finals.**

- The winners of the district qualifying meets will be assigned to heats, with the fastest winner in heat 1, the second fastest winner in heat 2, the third and fourth fastest winners in heat 3.
- The fastest second place finisher will be placed in heat 2, the second and third fastest second place finishers will be placed in heat 1, the fourth fastest second place finisher will be placed in heat 2.
- The first and second fastest third place finishers will be placed in heat 3, the third fastest third place finisher will be placed in heat 2, the fourth fastest third place finisher will be placed in heat 1.
- The first fastest fourth place finisher will be placed in heat 1, the second fastest fourth place finisher will be placed in heat 2, the third and fourth fastest fourth place finishers will be placed in heat 3.
- The first, fourth and seventh fastest additional qualifiers will be placed in heat 2; the second, third and eight fastest additional qualifiers will be placed in heat 1; the fifth and sixth fastest additional qualifiers will be placed in heat 3.

#### Heat 1 to Include

1<sup>st</sup> Fastest District Winner  
2<sup>nd</sup> Fastest 2<sup>nd</sup> Place Finisher  
3<sup>rd</sup> Fastest 2<sup>nd</sup> Place Finisher  
4<sup>th</sup> Fastest 3<sup>rd</sup> Place Finisher  
1<sup>st</sup> Fastest 4<sup>th</sup> Place Finisher  
2<sup>nd</sup> Fastest Additional Qualifier  
3<sup>rd</sup> Fastest Additional Qualifier  
8<sup>th</sup> Fastest Additional Qualifier

#### Heat 2 to Include

2<sup>nd</sup> Fastest District Winner  
1<sup>st</sup> Fastest 2<sup>nd</sup> Place Winner  
4<sup>th</sup> Fastest 2<sup>nd</sup> Place Finisher  
3<sup>rd</sup> Fastest 3<sup>rd</sup> Place Finisher  
2<sup>nd</sup> Fastest 4<sup>th</sup> Place Finisher  
1<sup>st</sup> Fastest Additional Qualifier  
4<sup>th</sup> Fastest Additional Qualifier  
7<sup>th</sup> Fastest Additional Qualifier

#### Heat 3 to Include

3<sup>rd</sup> Fastest District Winner  
4<sup>th</sup> Fastest District Winner  
1<sup>st</sup> Fastest 3<sup>rd</sup> Place Finisher  
2<sup>nd</sup> Fastest 3<sup>rd</sup> Place Finisher  
3<sup>rd</sup> Fastest 4<sup>th</sup> Place Finisher  
4<sup>th</sup> Fastest 4<sup>th</sup> Place Finisher  
5<sup>th</sup> Fastest Additional Qualifier  
6<sup>th</sup> Fastest Additional Qualifier

## **Lane Assignments--Preliminaries and Finals:**

Fastest time in the district or preliminaries assigned to lane 4.  
Second fastest time in districts or prelims assigned to lane 5.  
Third fastest time in district or prelims assigned to lane 3.  
Fourth fastest time in districts or prelims assigned to lane 6  
Fifth fastest time in districts or prelims assigned to lane 2  
Sixth fastest time in districts or prelims assigned to lane 7.  
Seventh fastest time in districts or prelims assigned to lane 1  
Eighth fastest time in districts or prelims assigned to lane 8.  
In case of identical times, the higher place will take precedence.

### **400 Meter Relay, 1600 Meter Relay.**

Two sections against time. The qualifier's times from districts the basis for assignment to sections. The fastest qualifiers will be assigned to second section.

### **3200 Meter Relay**

One section, to be run in super alleys. Positions are assigned as follows:

- Alley 1 (Lanes 1-8) to include the 6<sup>th</sup> fastest time to the 16<sup>th</sup> fastest time. #6 will have the inside position.
- Alley 2 (Lanes 5-8) to include the 1<sup>st</sup> fastest time to the 5<sup>th</sup> fastest time. #1 will have the inside position.

## **800 Meter Run**

Two sections against time. The qualifier's times from districts as the basis for assignment to sections.

The fastest qualifiers will be assigned to second section.

To be run in Super Alleys. Alley positions in each section are assigned as follows:

- Alley 1 (Lanes 1-8) to include the 5<sup>th</sup> fastest time to the 12 fastest time. #5 will have the inside position.
- Alley 2 (Lanes 5-8) to include the 1<sup>st</sup> fastest time to the 4 fastest time. #1 will have the inside position.

## **1600 Meter Run & 3200 Meter Run**

One section, to be run in 2 super alleys. Positions are assigned as follows:

- Alley 1 (Lanes 1-8) to include the 9<sup>th</sup> fastest qualifier to the 24<sup>th</sup> fastest qualifier. #9 will have the inside position.
- Alley 2 (Lanes 5-8) to include the 1<sup>st</sup> fastest qualifier to the 8<sup>th</sup> fastest qualifier. #1 will have the inside position.

## **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 any relay race at the State Meet.

## **Team Packets**

1. Packets will be available for Coaches to pick up:
  - **Thursday, May 21 – 4:00 P.M. to 7:00 P.M. - WEST SIDE OF BURKE STADIUM**
  - **Friday, May 22 – South Entrance of Burke Stadium (NSAA Building)**
  - **Saturday, May 23 – South Entrance of Burke Stadium (NSAA Building)**
2. Each contestant in the state meet will be required to wear a number on the back of his/her track and field shirt. A number will be assigned in advance to those who qualify; a program, the numbers, and pins will be included in each school packet.

## **Shoes**

Concrete footing will be used for the shot and discus in the state meet. The regular track surface will be used for the runways in the high jump, long jump, triple jump and pole vault. Short, indoor spikes which will not penetrate the surface more than one-quarter inch or rubber-soled shoes must be used in all track and field events. If competition is moved to Boys Town, spikes are not allowed in the Palrang Field House.

## **State Meet Regulations for Field Events**

1. **Flights:** Athletes will be placed in flights according to district performance. The best performances will be placed in the last flight with the best qualifying performance listed first within the flight. Competitors are not allowed to change flights.
2. **Shot and Discus:** In the preliminaries competitors will each take two consecutive throws. After everyone in the flight has completed the two consecutive throws, each competitor will get one additional throw. **9 competitors shall qualify for the finals**
  - a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation so that the best qualifier will have the opportunity to compete last.
  - b. The following throwing implements are available for use in the State Track Meet. **DO NOT BRING YOUR OWN SHOT OR DISCUS TO BURKE STADIUM.**

c. Available Shots

AVAILABLE SHOTS	
BOYS	GIRLS
12 lb. Cast Iron	4 kg (95 mm) Stainless Steel
12 lb. (103 mm) Stainless Steel	4 kg (100 mm) Lathe Turned
12 lb. (108 mm) Lathe Turned	4 kg (104 mm) Lathe Turned
12 lb. (109 mm) Lathe Turned	4 kg (105 mm) Lathe Turned
12 lb. (115 mm) Lathe Turned	4 kg (109 mm) Lathe Turned
12 lb. (117 mm) Lathe Turned	
Allowable size range (98.4 mm – 117.5 mm)	Allowable size range (95 mm – 110 mm)

d. Available Discus

AVAILABLE DISCUS	
BOYS (Rim Weight)	GIRLS (Rim Weight)
Pacer Carbon (91%)	Polanik Carbon Blue (85%)
Denfi Jurgen Schulte Ultimate Spin (85%)	Denfi Space Traveler Blue (85%)
Denfi Space Traveler (85%)	UCS Orange Flyer (84%)
Polanik Carbon Red (85%)	Denfi Jurgen Schulte Ultimate Spin (84%)
Nelco Olympian Blue (83%)	Nelco Ultima (83%)
Stackhouse Olympian Blue (83%)	Nelco Olympian Blue Super Spin (83%)
UCS Orange Flyer (83%)	Stackhouse Blue (83%)
	Blazer Yellow (83%)
Denfi Springco Yellow (83%)	Denfi Jurgen Schulte White (83%)
Denfi Springco Black (83%)	Gill Carbon Black (80%)
Cantbrian Black (82%)	Nelco Red (80%)
OTE VHM Red (82%)	Pacer Gold (78%)
Pacer Saturn II Gold (81%)	Denfi Black (77%)
Gill Blue (75%)	Denfi Yellow (77%)
Blazer Top Fly Blue (75%)	OTE VHM (76%)
Nelco Red Low-Spin (75%)	OTE High Moment (76%)
Gill Hollow Wood (74%)	
Denfi Rubber	Blazer Top Fly Blue (75%)
OTE High Moment (78%)	Nelco Red Low Spin (75%)
Blazer Wood (75%)	Gill Hollow Wood Star (65%)
	Denfi Rubber

3. **Long Jump and Triple Jump:** Each competitor will take one jump at a time until everyone in that flight has completed three preliminary jumps. **9 competitors shall qualify for the finals.** In the finals of these events competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last. In the triple jump the take-off boards are set at 26', 31' and 36' to the pit. The take-off boards will be of a textured surface. Runways are 125 feet.
4. **Pole Vault and High Jump:** Starting heights will be determined by the Games Committee and posted to the NSAA website on the Saturday following the districts meets, May 16<sup>th</sup>. Continuing flights of five will be used in the high jump and pole vault with the best competitors listed last.

5. **Height Progression:** The pole vault and the high jump will be advanced 6 and 2 inches respectively, until 7 competitors or fewer are left in competition. They will then progress at 4-inch and 1-inch intervals until one competitor is left.
6. **Field Events:**
  - a. 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 are excused to compete in.
  - b. If the Head Field Event Judge rules that the delay is reasonable and beyond the control of the competitor, he/she shall direct the event judge to alter the order of competition to include the competitor when he/she is available.
  - c. 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.

### **State Meet Regulations for 400 Meters and Longer**

1. **400 Meter Dash.** Start and finish on the west side. Start from stagger and stay in lanes the entire distance.
2. **800 Meter Run.** Start and finish on the west side. Start from super alleys around first curve then cut for the pole.
3. **1600 Meter Run.** Start and finish on the west side. Start from super alleys around first curve then cut for the pole.
4. **3200 Meter Run.** Start and finish on the west side. Start from super alleys around first curve then cut for the pole.
5. **400 Meter Relay.** Start and finish on the west side. Start from stagger and stay in lanes the entire distance.
6. **1600 Meter Relay.** Start and finish on west side. Start from three-curve stagger. The first runner will stay in his lane all the way. The second runner will run in his lane around the first curve then cut for the pole. All other exchanges shall be on the basis of the first off the last curve.
7. **3200 Meter Relay.** Start and finish on west side. Start from super alleys around first curve then cut for the pole.

### **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. During the awards ceremony, will be Callam Photography taking photos of the medalists on the awards stand as well as champion and runner-up team photos.

### **Timing**

Fully automatic time will be used. Times will be recorded in 1000th's in all track events. Thousandths will be used to break ties. The State Meet the games committee has approved Finish Lynx fully automatic timing system as 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 places and times.

### **NSAA Track and Field Records Procedure**

1. In an effort to develop uniformity and consistency in conducting high school track and field meets and to establish an accurate record of metric performances throughout the track and field season, the Nebraska School Activities Association has established a procedure by which records will be maintained.
2. For years the NSAA's recognized state records had to be set at the state championship meets. Now, under the rules of a program approved by the NSAA Board of Directors, state records can be set during the regular season. The state meets will have state meet records, and these performances will be considered for the state records as well.
3. The program covers all four classes and went into effect during the 1979 track and field season.

### **Requirements**

1. Track and field events must be conducted in metric distances to be considered.
2. Performances will be considered only from meets involving four or more schools and conducted according to National Federation-NSAA track and field rules. Performances must be certified on an NSAA official record application.
3. National Federation Track and Field Rule 9-1 shall be followed. Among these requirements are: Anemometer on sprint races and long/triple jumps, and certification that the facility meets National standards.  
**NOTE:** Beginning in 1995, no record can be granted unless the time is recorded by FAT (fully automatic timing) or the manual time, with the differential equation included, exceeds the currently listed State Record and was recorded by at least three watches. Hand held times shall be rounded up to the slower 1/10<sup>th</sup> of a second before adding the conversion factor of .24 seconds, between fully automatic timing (FAT) and manual timing (MT), which must be used when converting times (i.e., MT+ .24=FAT). Applications for records must be submitted to the NSAA office within the calendar year of the performance.



## Responsibilities

1. The school which the athlete represents is responsible for submitting the record application to the NSAA prior to the deadline (December 31). The meet director must help in completing the record application; however, the individual representing the athlete's school must accept the responsibility of seeing that the form is submitted to the NSAA office.
2. The school will be notified that the application has been received and approved.
3. Do not submit any applications unless all the above requirements are met. An anemometer must be in operation for all races of 200 meters or less and for the long and triple jumps.
4. A Track and Field Record Application is located online at [nsaahome.org](http://nsaahome.org) under Track and Field.
5. For example, the State records for the boys in the 220 Yard Dash are:

Class A-- :21.6	Class B-- :21.4
Class C-- :22.0	Class D-- :22.3

Application can be made for any 200-meter performance by an athlete in each of these classes, if his 200-meter time equals or is better than the record listed above.

6. State meet records for boys and girls track and field are listed in the NSAA Record Book and are posted online at [nsaahome.org](http://nsaahome.org) under Other Information--Publications and Order Forms.

## Standards

1. The Nebraska School Activities Association will follow the NFHS policy on track and field transition from yards to meters for record purposes.
2. Records for field events will be recorded in the English measurement.
3. In all running events where the metric race is shorter than its yard counterpart (such as 200 meters instead of 220 yards), the current NSAA yard record will remain as the record until the record time is beaten by an athlete running the metric distance.

## Fan/Spectator Support Items

In the Chart below, ONLY those items marked “Yes” will be allowed as fan/spectator support items at all NSAA Sub-District, District, State Playoffs and State Championships.

Sportsmanlike vocal cheering and support from the team bench area are encouraged. The items indicated on this page are for use by fans/spectators.

**Prohibited items:** Confetti/shredded paper, powder (baby, talc, etc.), Laser light/pointer, flashing objects, miniature sports balls, objects or candy thrown into the crowd, Artificial noise makers, (included but not limited to horns, cow bells, bells, buzzers, clickers, thunder sticks, rattles, instruments not part of a band), whistles, air horns, sirens, cannons/muskets/guns/fireworks, live animals

**Regulations listed are subject to facility restrictions.**

<b>SPORT</b>	<b>BA</b>	<b>BB</b>	<b>CC</b>	<b>FB</b>	<b>GO</b>	<b>SO</b>	<b>SB</b>	<b>SW</b>	<b>TE</b>	<b>TR</b>	<b>VB</b>	<b>WR</b>
Balloons	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
One School Banner per school	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hand held signs	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Megaphones (school recognized cheerleaders only)	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	No	Yes	Yes
Shirts on student spectators (required) AR 3.3.11	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Shirts on general spectators	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Team Introduction Run-throughs or Break Away Banners	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pompoms, spirit towels	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Prerecorded music that has been approved by the Host Administration may be played during pre-contest warm ups provided that a high school band is not available to play during that time.	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	No	No	Yes	Yes
School bands	Yes	Yes	Yes	Yes	NA	Yes	Yes	Yes	Yes	NA	Yes	Yes
Carried school flags <b>(Running/taunting prohibited)</b>	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

### UNMANNED AERIAL VEHICLE (DRONE) POLICY

- The use of unmanned aerial vehicles (UAVs), also known as drones, is prohibited for any purpose by any person at any NSAA post-season tournament venue.
- For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. This prohibition applies to all fields of play, courts, arenas, mats, gym floors or pools and includes a ban on the entire facility being used as a part of the NSAA event. This includes the spectator areas and parking areas.
- Tournament management shall refuse admission or entry to anyone attempting to use a UAV. If necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV.
- An exemption to this policy, in writing, may be made in specific cases for NSAA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the NSAA.

**Key:** BA-Baseball, BB-Basketball, CC-Cross Country, FB-Football, GO-Golf, SO-Soccer, SB-Softball, SW- Swimming & Diving, TE-Tennis, TR-Track & Field, VB-Volleyball, WR-Wrestling, NA-Not Applicable