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2020 NSAA State Track and Field Championships

Pre Meet Information (updated 3.23.20)

From: Nate Neuhaus, NSAA Assistant Director
Dates: May 22 & 23, 2020
Location: Omaha Burke Stadium in Omaha, Nebraska

2020 NSAA Track and Field Manual

More detailed information regarding the 2020 NSAA State Track and Field Championships can be found on pages 19 - 33 of the 2020 NSAA Track and Field Manual.

Qualifying for the 2020 NSAA State Track and Field Championships

Please refer to pages 16 - 18 of the 2020 NSAA Track and Field Manual for the standards for qualifying for the NSAA State Track and Field Championships. The additional qualifier standards are also listed. Qualifiers for the State Track and Field Championships are based on the results from the District Track and Field Meets in each class who have met qualifying standards as stated in the 2020 NSAA Track and Field Manual.

2020 District Track and Field Meet Results

The NSAA will not mail out results from the District Track and Field Meets. Results from the District Track and Field Meets will be available on the NSAA Homepage (www.nsaahome.org) in the Track section under Districts. Results for Classes A and D will be posted on Wednesday night – May 13th. Results for Classes B and C will be posted on Thursday night – May 14th. ***All coaches should check the District Track and Field Meet results from your assigned District and let the NSAA know as soon as possible if you see an error that needs to be corrected.***

NSAA Web Site – 2020 NSAA State Track and Field Championship Information

The NSAA staff will process the District results by Class and then will assign the State Championships based on those results. When the NSAA staff has the State Championships set up for a particular Class, it will then be posted. Please be patient as this does take the NSAA staff some time to make sure everything is correct. NSAA State Track and Field Championship information (entries, heat and lane assignments, and additional qualifiers) for Classes A and D should be posted late Thursday afternoon – May 14th and Classes B and C on Friday late afternoon – May 15th. ***Please notify the NSAA as soon as possible if you see an error; name of an athlete spelled incorrectly, wrong grade listed, etc.***

The State Meet starting heights for the High Jump and the Pole Vault will be posted on Saturday afternoon – May 16th.

Heat and Lane and Flight Assignments

Please refer to pages 27, 28 & 29 of the 2020 NSAA Track and Field Manual for information regarding the Heat and Lane assignments for the NSAA for the State Track and Field Championships.

Team Packets

- 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 – After 7:30 A.M (South Entrance - Burke Stadium) (NSAA Building)**
 - **Saturday, May 23 – After 7:30 A.M (South Entrance - Burke Stadium) (NSAA Building)**
- 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.
- Report to the NSAA Building at the south end of the track with concerns regarding your team packet.

Coaches' Passes

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

Contestants' Passes

- The Friday pass will admit contestants to the grandstand and those in uniform to the infield.
- The Saturday pass will admit contestants to the grandstand.
- 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. Managers' passes are good only for the grandstands.

Team Parking

The number of team parking permits that each school receives is based off of the number of qualifiers they have for the State Meet. 1-5 qualifiers = 1 permit; 6-10 qualifiers = 2 permits; 11+ qualifiers = 3 permits. The team parking lots are located east of Burke stadium. A team parking permit(s) does not guarantee a team a parking spot in the team parking lot. **Handicap parking spaces are available on the east side of the stadium. A Handicap Parking Permit is required to utilize these spaces. Team vehicles and vehicles without a Handicap Parking Permit, parked in these spaces, will be towed at the owner's expense.**

FREE Shuttle Bus Service

A **Free Shuttle Bus Service** will be offered again this year on both Friday and Saturday of the State Track and Field Meet from Westroads Shopping Mall. We encourage all schools, spectators and meet officials to utilize this service. The FREE Shuttle Bus Service will start at 7:00 A.M. each day at Westroads. The Shuttle Bus Service will be used at Boys and Girls Town if the weather causes some field events to be moved indoors. Again this year, spectators may purchase their tickets at the Westroads Ticket Booth by Shuttle bus stop.

Practice Facilities

No teams are permitted to workout at Omaha Burke Stadium on Thursday, May 21. The field house at Boys Town is available from 9 am to 8 pm on Thursday, May 21 and Friday, May 22.

Tickets

Admission Prices

Friday:	\$9.00 Adults	
	\$6.00 Students	(5 years of age – 12 th Grade)
Saturday:	\$9.00 Adults	
	\$6.00 Students	(5 years of age – 12 th Grade)

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

PURCHASE ONLINE TICKETS - <https://gofan.co/app/school/NSAA>

Enforcement of Rules

Each year certain rules pertaining to unsportsmanlike conduct and/or equipment are ignored or haphazardly enforced 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 NSAA and NFHS rules are strictly enforced.

NFHS and NSAA

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 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 bungee cord will not be used in warm-up.
 - 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 16th. 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 (boy or girl) 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 vault and meet officials is prohibited. Once coaches enter the coaches' box, please remain in the area until your vaulter 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 5, Section 5.6 of the NFHS Case Book.

NSAA Track and Field Approved Rulings –

➤ **Scratches -**

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

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

**** Each contestant must officially become a competitor (See Rule 4, Section 1 – Art. 1 & 2). If said competitor wishes to forego competition within a given event, the event administrator, e.g. starter, field event judge, may "dismiss" the competitor from that event. But said dismissal is allowed only after the competitor has abided by the established procedures for reporting to the event. Failure to report or check into the event with the clerk / judge will result in disqualification from further participation in the**

meet. **NOTE: Regarding Rule 4, Section 2, Art. 2 – “Dismissal” from an event does not alter the entry limitations for the competitor.**

➤ **Relay Teams -**

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

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

Jury of Appeals –

The Jury of Appeals shall serve as the final board of appeal and shall consist of three individuals as selected by the State Track and Field Games Committee.

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

Field Event Locations –

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

Field Events –

- When competitors are excused to compete in another event, they must report back to the event judge within 10 minutes after the completion of the athlete's participation in the event they were excused to compete in.
- If the Head Field Event Judge/Referee rules that the delay is reasonable and beyond the control of the competitor, he shall direct the event judge to alter the order of competition to include the competitor when he/she is available.
- The event judge may choose to permit a competitor to take preliminary or final trials in succession before being excused to compete in another event.
- Admission will be charged for the shot put and for the discus venues at the State Meet. Admission will be charged at the Boys Town indoor facility if State Meet field events are moved indoors because of inclement weather.

Track and Field Facility –

- All races around one or more curves will be run counter-clockwise.
- Direction of races on the straightaway will be determined by the Games Committee.
- Team tents are not allowed inside Omaha Burke Stadium. **Team tents can be set up on Thursday AFTER 4 PM 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 and/or for items lost or stolen.

Inclement Weather Procedures –

- The State Track and Field Championship Games Committee will make all decisions regarding inclement weather.
- Coaches, athletes, spectators and meet workers will be notified by the public address announcers as to what the plans are for the State Track and Field Meet events during inclement weather.
- 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.

- In order to scratch out of an event, if it is moved to Boys Town, the athlete's Head Track and Field Coach must sign off on a scratch card along with the Meet Director. This scratch needs to be done at the NSAA Information Building on the South end of Burke Stadium.

NSAA Information Building –

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

Callam Photography –

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

Awards –

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

Gold Medal Competition –

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

REMINDERS FOR 2020

The afternoon session (3200m Relay) will begin at 3:00 PM. No change to the field event start times.

EXHIBITION – UNIFIED TRACK EVENTS (FRIDAY, MAY 22)

Long Jump	1:30 PM
100m	2:00 PM
4x100m Relay	2:10 PM

EXHIBITION – WHEELCHAIR EVENTS (SATURDAY, MAY 23)

800M	9:30 AM
200M	3:25 PM

Admission will be charged for the shot put and for the discus venues at the State Meet.

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

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

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

The 2020 NSAA State Track and Field Games Committee will meet on Saturday – May 16 to set the opening heights for pole vault and high jump. The official rules from the Games Committee will be in your team packet that you pick up when you check-in. Please make sure you look at all of the information in your team packet and share that information with your other coaches and members of your team as there will be some new rules in place for competition and warm-up at the State Meet.

Girls Pole Vault will be on the East side of the infield on a raised portable runway.

Pole Vault Coaches Box will be used for both Boys and Girls.