

## SECTIONAL NOTES 2019

1. Please go to [www.ahsaa.com](http://www.ahsaa.com) and click on School Resources; Publications/Forms; 2018-19 Sports book; Outdoor Track & Field
2. Top 5 individuals and Top 5 relay teams (except 4x400) qualify for State PLUS four statewide wildcards **based on state minimums**. 4x400 is Top 2 PLUS 8 State Wildcards. After section meets are completed, qualifying standards are applied to determine qualifiers for the state meet. PLEASE review minimums:

### FIELD EVENTS

	<u>Javelin</u>		<u>Discus</u>		<u>Triple Jump</u>		<u>Long Jump</u>		<u>Shot Put</u>		<u>High Jump</u>		<u>Pole Vault</u>	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
1A	65'	115'	65'	90'	26'	34'	13'	17'	26'	34'	4'02"	5'04"	7'00"	9'00"
7A	85'	130'	80'	115'	29'	40'	15'	19'	29'	40'	4'08"	5'08"	8'06"	11'06"

### RUNNING EVENTS

	<u>300 Hurdles</u>		<u>400 Meters</u>		<u>800 Meters</u>		<u>1600 Meters</u>		<u>3200 Meters</u>		<u>4x400m Relay</u>		<u>4 x 800m Relay</u>	
	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
1A	60.00	52.00	72.00	60.00	2:55	2:25	6:40	5:45	14:00	12:00	4:50	4:00	12:30	10:15
7A	53.00	45.00	62.00	53.00	2:30	2:05	5:45	4:45	12:45	10:30	4:40	3:40	10:45	8:50

3. All pole vault athletes MUST be weighed in and on the proper pole to compete.
4. All throwing implements will be weighed and kept for competition. Illegal implements will be impounded.
5. All athletes must be in a school issued uniform for ALL events! Track uniforms cannot display other sports names example: SS Football. Disqualification can result from the event due to improper uniform.
6. All coaches MUST wear their wristband for BOTH days to gain entry. Wristbands will NOT reissued.
7. There will be a \$25 protest fee that must be filed within 30 minutes of notification of disqualification (appealable offenses are misapplications of NFHS / AHSAA rules).

**8. No ATHLETE or COACH will be allowed on the interior of the track once the meet starts.**

**\*\*THIS IS A RESTRICTED AREA\*\***

ONLY athletes that have been called for an event can stay in the clerks paddock area at the end of the track. Athletes will also exit the track through the clerks paddock area to collect their gear and leave.

**One coach from each team will be allowed in the LJ, TJ, HJ, SP, Discus, Jav & PV coaching boxes.**

9. Warm-ups can be done on SSSS cross country course and trail outside of track.
10. Check in @20 minutes and final call 10 minutes before event. Event will then be closed and athlete will be scratched. All events will start at scheduled time.
11. **Three attempts in field event prelims: Top 9 advance to finals for three additional attempts.**
12. **No one is allowed on the track during a running event that is not currently in race.**
13. **\*\*In case of inclement weather ----the Schedule of events will be on a ROLLING SCHEDULE!**
14. **In case of severe weather, all athletes will move across street into the gym or JH/FC.**

**For more information:      Coach Ron Peters**  
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