



**NSAA Track and Field
2021 B-3 District Track Meet
Information Packet
May 13th, 2021**

Hosted by Fairbury High School

**Beatrice, Crete, Fairbury, Lincoln Christian,
Malcolm, Milford, Norris, Seward, Waverly, York**



FAIRBURY B-3 District Track INFO LETTER

1501 9TH STREET
FAIRBURY, NE 68352
402-729-6116

CONTACT INFO: David Davis (Activities Director)
Cell: 402-616-2337
Email: ddavis@fairburyjeffs.org

Fairbury High School is pleased to be hosting the 2021 B-3 District Track Meet on Thursday, May 13th, 2021. We look forward to providing you, your athletes and fans with a quality experience. Detailed information regarding the meet is being emailed .

TEAMS: Beatrice, Crete, Fairbury, Lincoln Christian, Malcolm, Milford, Norris Seward, Waverly, York.

LOCATION: Fairbury High School Athletic Complex

OFFICIALS: Starter – Steve Borer Referee – Gerald Rempe

JURY OF APPEALS: Meet Director, Meet Referee, AD's or Head Coaches from two Schools Not involved in the dispute.

ENTRY FEE: \$50 per boys' team and per girls' team, payable to Fairbury High School

SCHEDULE: The meet will be held on Thursday, May 13th 2021 with at 9:30 am scratch meeting in the press box at the Athletic Complex. Field events will begin at 10 am and Running events will begin at 1:30 pm. There will be one break from approximately 4 pm to 4:40 pm. A rolling schedule will be used during the final track session. A time schedule is enclosed.

Entries: Please use the following link to input your entries into Black Squirrel:
Entry Link: <https://www.vbmeets.com/31322>
Entry deadline is May 12th at 11 am.

Live Results can be found at:
Live Results Link: <http://bst.anet.live/cbjyiy>

Coaches' Meeting:

- Workers:** Fairbury High School and the community of Fairbury will provide all of the field event judges. A listing of assignments is provided
- Admission:** NSAA Event - \$5 adults and \$4 students
- PassList:** Four Administrator passes will be allowed per school. Please Send names Administrator attendance to David Davis at ddavis@fairburyjeffs.org
- Hospitality:** Doughnuts and Coffee will be on hand at the beginning of the meet. Cold Drinks will also be available in the Red Shed at the North end of the Track. Dinner will be Served during the Break.
- Locker Rooms:** No Locker rooms are available. Please come to the meet dressed. Restroom facilities are available at the Athletic Complex.
- Restricted Areas:** After the completion of the field events, all non-event coaches, non-participants and spectators are to be in the grandstand seating area or outside of the track oval. **Only meet officials and participating athletes** are allowed in the staging area or the track and on the infield or near the start/finish lines. Please communicate this request to your coaches and fans. Non-compliance will be addressed one time on the P.A. system and then an administrator from your school will be asked to remove the offender.
- Track Surface:** Newly refinished runways and jump areas : Rubberized polyurethane, 1/8" spikes only. Shot and disc – Cement ring located north of the Complex.
- Competition Area:** Defined as any area on or inside the Fairbury Sports Complex or inside the Warning Flags on the Shotput/Discus areas.
- Shot/Discus:** Athletes competing in these events may use their schools' implements, if they have been weighed in and approved by the meet referee. The digital scales used for weigh-ins will be available in the Red Garage in between the Shot and Discus facilities from 8:30 am to 9:00 am. Please make sure the implements are clean and ready to weigh. We will not clean any implement prior to weighing it. All implements must meet the specifications for use as detailed in the NFHS rulebook.
- Scoring:** **10-8-6-4-2-1**
- Awards and Presentations:** NSAA medals to all 6 individual places and relays
NSAA plaques for District Championship and Runner-Up.

- Team Camps:** Team camp areas may be set up OUTSIDE the track complex on the field North of the track. NO TEAM camps will be allowed near the track oval, in the upper level, or in the stadium seating area or on the football field.
- Bus Parking:** Due to limited Parking on campus, bus parking will be at American Lutheran Church which is at 12th and Hubble St. Please drop off coaches and athletes at the North East corner of the school.
- Concessions:** Concessions will be available from the stand on the west side of the Stadium.
- Packets:** All medals and printed results will be available at the conclusion of the meet. Coaches may pick them up at the press box.
- Housekeeping:** Everyone is asked to throw away their trash. This includes the camp areas and the spectator areas. Coaches are asked to make a final walk through before departing.

B-3 District Track and Field
Schedule of Events
May 13th, 2021

9:15am - Coaches Meeting in the Press Box

10:00 am – Field Events

Girls PV, Boys HJ, Boys LJ, Girls TJ, Boys SP, Girls Discus

11:30 am

Boys PV, Girls HJ, Girls LJ, Boys TJ, Girls SP, Boys Discus

Running Events (Girls followed by Boys)

1:30 pm – 3200 meter Relay	(finals)
2:00 pm – 100 girls high hurdles	(prelims)
2:15 pm – 110 boys high hurdles	(prelims)
2:30 pm – 100 meter dash	(prelims)
2:45 pm – 400 meter dash	(finals)
3:15 pm – 3200 meter run	(finals)
3:40 pm – 200 meter dash	(prelims)
4:00 – Break	
4:45 – 100 girls high hurdles	(finals)
5:00 – 110 boys high hurdles	(finals)
5:10 – 100 meter dash	(finals)
5:25 – 800 meter run	(finals)
5:45 – 300 meter hurdles	(finals)
6:10 – 200 meter dash	(finals)
6:20 – 1600 meter run	(finals)
6:40 – 400 meter relay	(finals)
7:00 – 1600 meter relay	(finals)

7:20 - Presentation of Team Trophies

Girls Long Jump/Triple Jump:

Tammi Mans	Main Field Event Judge
Shane Haley	Spotter
Emily Wendland	Marker/Raker
Emily Manning	Raker

Boys Long Jump/Triple Jump:

Jay Gerths	Main Field Event Judge
Raven Gerths	Spotter
	Marker/Raker
Joy Barton	Raker

High Jump:

Johnna Austin	Main Field Event Judge
Taylor Biehl	Spotter
Emily Winter	Bar Placer

Mary Ann Johnson	Bar Placer
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Vault:

Rod Edson	Main Field Event Judge
Mike Fisher	Spotter
	Bar Placer

	Bar Placer
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Shot:

Steve Vonderfecht	Main Field Event Judge
Rod Beranek	Spotter/Marker
	Shot Shagger
	Shot Shagger

Disc:

Thomas Dux	Main Field Event Judge
John Novotny	Spotter/Marker
	Disc Shagger
	Disc Shagger
	Disc Shagger

Layton Sisters and Karly McCord	Hip Number Tent
	Hospitality Room

Steve Borer	Starter
Gerald Rempe	Meet Referee
David Davis	Meet Director
Derek Anderson	Clerk of Start
Dawn Jobman	Announcer

**** We ask that all Busses Park at the American Lutheran Church to conserve parking spaces at the school lot for patrons.



Additional NSAA Information included for District Track

2021 NSAA DISTRICT TRACK & FIELD MEET

NFHS AND NSAA SPORTSMANSHIP & UNIFORM MESSAGE

The National Federation of State High School Associations (NFHS) and the Nebraska School Activities Association (NSAA) require that Track and Field Meet Officials enforce the sportsmanship rules for both coaches and contestants. Acts meant to demean or intimidate opposing contestants, teams, spectators, and meet officials are not in the highest ideals of interscholastic education and will not be tolerated.

Coaches,

It is your responsibility to ensure that all of your competitors are legally equipped and uniformed according to the National Federation of State High School Associations rules.

All of your team members and coaches are expected to exhibit good sportsmanship and abide by all of the NFHS and NSAA rules.

REMINDERS:

- Athletes must wear school-approved track and field uniform
- Relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform that members are from the same team.
- Pole vaulters must use a vaulting pole rated for their weight

Coach's Signature: _____

School: _____

Date: _____

NFHS – NSAA APPEAL PROCESS

1. What is Subject to Appeal?

- Appeals regarding misapplication of the rules must be filed within 30 minutes after the announcement of event results.
- Appeals dealing with correction of clerical or team scoring errors may be corrected up to 48 hours after conclusion of the meet.
- Appeals dealing with correction of meet results involving an ineligible participant may be made at any time when discovered.
- Correction of meet results involving an ineligible participant which may be made at any time when discovered.
- Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

2. What is Not Subject to Appeal?

- Any judgment decision pertaining to violations or alleged violations of the rules.
- A decision made by the finish judges or timers that does not involve a misapplication of a rule or the terms and conditions of competition.
- Whether a start is fair or legal.

3. The Appeal Process:

- The Head Coach first protests to the Meet Referee.
- If the Head Coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, then a written appeal should be made to the Jury of Appeals.
- The appeal must be made in writing by the Head Coach at the NSAA headquarters at the south end of the track. The written appeal must be completed on the NSAA State Track and Field Meet Appeal Form.
- Must include the class, competitor's name, school and number, as well as the event involved.
- The specific rule in question.
- A brief description of the situation or ruling being appealed.
- The completed form must then be submitted to the NSAA for the State Track and Field Jury of Appeals to make a ruling.
- The NSAA State Track and Field Jury of Appeals shall serve as the final board of appeals.



**NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
DISTRICT TRACK MEET APPEAL FORM**

Directions to Coaches: This form must be completed in writing if you feel that a rule has been misapplied or misinterpreted. Judgment decisions may not be appealed. If your appeal concerns a judgment decision, this appeal will be considered **VOID**.

Complete the form and hand it to the **JURY OF APPEALS** for their consideration and study.

Date _____
(month-day-year)

CLASS (circle one)			
A	B	C	D

Circle One--	
BOYS	GIRLS

Names, Schools, and Numbers of Contestants Involved:

Rule in Question _____ Page in Rule Book _____

In concise form state the nature of your appeal and basis for it. (Use the back of this form if necessary.)

Certification: I certify that I understand the directions above and also that the information given is true and accurate.

Signature Head Coach _____

School _____

TO BE COMPLETED BY JURY OF APPEALS Jury of Appeals will keep this form once final action is taken.

Action Taken:

Uphold Referee's Decision _____

Reverse Referee's Decision _____

Signature of Two (2) Jury Members: _____

2021 NSAA Qualifying Standards

POLE VAULT AND HIGH JUMP

(EXTRA QUALIFIERS)



BOYS FIELD EVENTS

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 2021 NSAA District Track Meet. The additional qualifier mark is determined by using the average height of 8th place at the State Meet for the past 3 years.

	<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

GIRLS FIELD EVENTS

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 2021 NSAA District Track Meet. The additional qualifier mark is determined by using the average height of 8th place at the State Meet for the past 3 years.

	<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

District Information

All district track & field meets shall be conducted by 2021 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) 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. Successive heights will not change until one competitor remains and the winner has been determined, or all remaining competitors agree to a change. At all district meets the state qualifying mark will be inserted into the progression.
 - 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/>

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
500 Charleston Street, Suite #1
Lincoln, Nebraska 68508
402-489-0386

TO: District Track and Field -- Directors
FROM: Nate Neuhaus - NSAA Assistant Director
SUBJECT: District Track and Field Information
DATE: April 19, 2021

Enclosed you will find:

1. NFHS Track and Field Rules Book
2. NSAA Violations Report form. If any competitor is disqualified, except for false starts, from competition during a district track meet, a complete report shall be recorded on one of these forms.
3. NFHS and NSAA Sportsmanship Message
4. NSAA Appeals Form (to be duplicated as needed.)
5. District Meet Finish Time Letter – To be faxed back.
6. Black Squirrel instructions for submitting results

Please refer to the Track and Field page on the NSAA Website (nsaahome.org) for the following information:

1. 2021 NSAA Track and Field Manual
2. 2021 District Assignments

District Financial forms are online at nsaahome.org under your school login then District Host Information. Please use the printer friendly version when printing.

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

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

<p><u>Single Session - Students \$4.00, Adults \$5.00</u> 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.</p>

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:

- Starter Fee - \$240.00 (maximum allowable per starter)
- Starter Mileage (One-way miles X \$1.00)
- 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 fee from an outside school or rental fee 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.

Medals and plaques will be shipped directly to the host school. Please examine the plaques and medals for possible damage or shortage AS SOON AS RECEIVED. If you are short medals or plaques contact Nate Neuhaus ASAP.

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. In the case of a tie for runner-up, a duplicate plaque will be ordered. Please let Nate Neuhaus at the NSAA know who needs a plaque.

A meet Referee must be designated prior to the meet. Please refer to the 2020 NFHS Track and Field & Cross Country Rules Book for the responsibilities of the Referee. Rule 3 Section 4.

A Jury of Appeals shall be appointed prior to the meet. Please refer to the 2020 NFHS Track and Field & Cross Country Rules Book. Rule 3 Section 5.

NSAA Approved Rulings:

The NSAA Board of Directors Approved Rulings that apply to District Track and Field.

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.
 - For the State Meet, this is any time after an individual has qualified for the State Meet in an individual event.
2. **Each District Meet shall use Fully Automatic Timing.**
3. **Adds:** The addition of a participant in any event will be permitted in cases where the individual is already on the district roster form and providing no additional heat is required.
4. **Height progression.** The pole vault and high jump will be advanced 6 inches and 2 inches, respectively. Successive heights will not change until one competitor remains and the winner has been determined, or all remaining competitors agree to a change. **AT ALL DISTRICT MEETS THE STATE QUALIFYING MARK WILL BE INSERTED INTO THE PROGRESSION.**

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.

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 deadlines and procedures for submitting district entries. The district host will provide these expectations to participating schools in the pre-meet information.**
- **Recommended 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 opportunity on the day of the meet. (Deadline to be set by district host).**

All districts will be using FAT for picking and timing. It will be necessary for you to have back up manual times and the manual times must be rounded up to the next higher 10th of a second. If we do not receive Fully Automatic Times from all districts in class in a specific event, we will have to use the manual times in 10ths for heat and lane assignments in that event.

Qualifying from Prelims to Finals:

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 three fastest times will qualify for the finals.

It is important that all districts are using the same qualifying procedures.

NOTE –

ALL DISTRICTS ARE EXPECTED TO USE THE SUPER ALLEY START FOR THE 800m run, 1600m run, 3200m run & 3200m Relay.

Lane Assignments in Finals

Fully Automatic Timing

When determining lane assignments for the 100m, 100 Hurdles, 110 Highs and the 200m, please refer to page 28 of the 2021 Track and Field Manual:

- Fastest time from preliminaries assigned to lane 4
- Second fastest time from preliminaries assigned to lane 5
- Third fastest time from preliminaries assigned to lane 3
- Fourth fastest time from preliminaries assigned to lane 6
- Fifth fastest time from preliminaries assigned to lane 2
- Sixth fastest time from preliminaries assigned to lane 7
- Seventh fastest time from preliminaries assigned to lane 1
- Eighth fastest time from preliminaries assigned to lane 8

Reporting Results: Meet directors are required to submit district results to Black Squirrel. Instructions are included in this packet.

After submitting results to Black Squirrel, please call me in the NSAA office.

Thanks,

Nate Neuhaus

Additional Reminders:

1. The addition of a participant in any event will be permitted in cases where the participant is already entered on the District roster form and providing no additional heat is required.
2. **Spectators should not be permitted on the inside of the track.**

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 three hours 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 2020 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. Successive heights will not change until one competitor remains and the winner has been determined, or all remaining competitors agree to a change. **AT ALL DISTRICT MEETS THE STATE QUALIFYING MARK WILL BE INSERTED INTO THE PROGRESSION.**
 - 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 $\frac{3}{4}$ 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 2020 National Federation Track and Field Rules Book shall be followed in determining the scoring of ties.
6. Rule 6 Section 3 will be used for breaking ties.