



## 2016 State Track & Field Championships

*May 20-21, 2016 Clarence F. Robison Track & Field Stadium  
Brigham Young University, Provo, Utah*

### Meet Information

Les Schwab Tires and the Utah High School Activities Association are pleased to present the 2016 State Track & Field Championships on Friday & Saturday, May 20 & 21, 2016 hosted at Clarence F. Robison Track & Field Stadium on the campus of Brigham Young University in Provo, Utah. **The following information should be read completely and followed carefully.**

#### Entries

#### **Entries are due by 8:00 p.m., Monday, May 16.**

A contestant is entered in the state meet when an official entry has been submitted by the coach and verified by the UHSAA. This means that region meets are non-declaratory.

**Entries must include the qualifying mark to be valid.** Only a valid qualifying mark should be

**submitted.** **When entering a contestant, the name of the qualifying meet and date the mark was achieved are to be entered in the appropriate boxes.** **If the qualification is by place at region enter the name of the region and the place (for example Region 8, 3rd).** If a contestant qualified by place at the region meet, her/his valid qualifying mark is the one she/he achieved in winning that place at the region meet. If the contestant qualified by standard, their valid qualifying mark is the one they achieved in meeting the standard at a sanctioned state qualifying meet. **Any athlete entered with an invalid qualifying mark will result in a \$50.00 fine to the school.**

Individual schools are responsible to enter their own contestants. Regions do not submit entries. The entry for this meet will be accomplished through the RunnerCard web-site at [www.runnercard.com](http://www.runnercard.com). The access code to be able to enter the meet is:

state2016

link for entering contestants may be accessed at:

<http://www.runnercard.com/e/runner.Main?meet=1000698>

**Entries will be closed at 8:00 p.m. on Monday, May 16.** Please be accurate in entry submission. Once entries are submitted please review them carefully with the student/athletes to assure accuracy. If errors are discovered after the entry deadline, they may be corrected by the school on the RunnerCard site during the correction/change window from 5:00 p.m. until 7:00 p.m. on Tuesday, May 17. At 7:00 p.m. on Tuesday, May 17 entries will be locked. No changes will be allowed after that time. Once entries are locked, the list of all entries with qualifying marks will be publicly posted on the RunnerCard site.

#### Entry Limitations

Subject to rule 4-2, each school will be allowed to enter all contestants who have qualified either by place at their region meet or by standard at a sanctioned state qualifying meet (region meets are sanctioned state qualifying meets). A school may enter only one qualified relay team in each of the relay events. A competitor shall not compete in more than four events, **including** relays.

A contestant shall not be entered in more than four events, **excluding** relays. (NFHS Track & Field Rules Book 4-2)

**Note: per action by the UHSAA Executive Committee competing in the 2A boys' or girls' pole vault does not count toward the 4 event limit.**

### Relay Entries

A minimum of four and a maximum of six names are to be listed on all relay entries. The entry done on-line is considered to be the relay entry card referred to in rule 5-10-2. Being listed on a relay entry does not count as one of the contestant's four events. However, competing in a relay, in either the trials or finals, **does** count as one of the contestant's four events. **Any substitutions must come from those names listed on the relay entry submitted on-line.** Relay entries, including all names of the contestants entered in a relay (4-6 names), are to be complete and submitted with a school's entry prior to the deadline.

### Entry Timeline:

Mon, May 16 8:00p.m.....entries due  
Mon, May 16 8:00p.m.-Tues, May 17 5:00p.m.....review of own entry for errors  
Tues, May 17 5:00p.m.-7:00p.m.....error correction /change window  
Tues, May 17 7:00p.m.....entries locked, no changes or additions allowed  
Tues, May 17 7:00p.m.....entries will be made public  
Tues, May 17 7:00p.m-Wed, May 18 12:00 noon.....challenges of marks accepted  
Thur, May 19 12:00 noon.....heat, lane and flight assignments posted

### Entry Verification

Coaches should carefully inspect the list of all entries once it is posted at 7:00 p.m. on Tuesday, May 17. Qualifying marks may be challenged until 12:00 noon on Wednesday, May 18. **A school found to have entered an invalid qualifying mark is subject to a \$50.00 fine per occurrence.**

### BYU Track Opens at 6:30 a.m. Friday, May 20

No practice is allowed at the BYU Track & Field Facility within two weeks of the state meet. This means that at the conclusion of the BYU Invitational no athlete may be in the stadium area at all until the facility is open on the Friday morning of the state meet. This includes setting up tents or shade tarps.

### Team Packets and Check-in

Team packets will be available at the team check-in table set up in the southwest corner of the parking lot (48) across the street north of the track facility and immediately south of the football stadium. Packets will include the number of tickets for athletes entered in the meet only. **Blue tickets** will be used for athlete admission on Friday and **Pink tickets** will be used for athlete admission on Saturday. Coaches will be admitted with their UHSAA pass through the athletes' entrance located on the fence on the north side of the track facility. UHSAA passes will also be honored at the main spectator entrance on the West side of the facility. A pass may only be used one time per day.

### Athlete Event Check-in

All contestants shall **check-in** at the bull pen for their events upon the **first call** for that event. Contestants need not remain at the bull pen after check-in. Contestants shall **report** and remain at

the bull pen on the **third call** for their event(s). Only contestants and meet officials are allowed in the bull pen. Coaches, parents, non-contestants, etc. are not allowed in the bull pen. Contestants will be required to remain in the bull pen once they report. Competitors will be escorted from the bull pen to their events. The only access to competition areas will be through the bull pen. If a competitor in a field event needs to be excused to compete in a running event, permission from the field event judge must be obtained. A competitor thus excused must return in a reasonable time. The games committee may impose time limits for return. It is recommended that competitors in conflicting field and running events use a proxy to check in at the bull pen and obtain hip numbers. When it is time to run, the competitor must still get permission from the field event judge to leave the field event competition and compete in the running event.

### **Tent and Team areas:**

Please be mindful of tent set up and team areas that have frontage to the track. It is appreciated by venue staff if schools would not take more than 10 feet of frontage space as they set up around the track area. Teams may set tents and equipment as deep as they would like in these areas.

### **Trials and Finals Qualification**

Trials will be held in the following running events: 100M, 110M and 300M hurdles; 100M, 200M and 400M dashes; 3A,4A,5A 4x100M relay; 4A & 5A Medley & 4x400M relays. The nine (9) fastest times in the trials will advance to the finals in each of these events. Any necessary run-offs will be scheduled by the games committee. In the shot put, discus, javelin and long jump the top nine performances in the trials will qualify for the finals. Finals only will be held in the 800M, 1600M, 3200M, High Jump, Pole Vault, all 1A & 2A relays and 3A Medley & 4x400M relays. In all relays in which finals only are run, if the number of entrants exceeds the number of lanes the final will be run in sections. Places will be determined by time from all sections.

### **Pole Vault**

The pole vault will be a team scoring event in the 5A classification only. The boys' and girls' 5A pole vault events will be held separately. The boys' 1A, 2A, 3A and 4A pole vault events will be held simultaneously. The girls' 1A, 2A, 3A and 4A pole vault events will be held simultaneously. In both boys' and girls' pole vault events, places will be determined and awarded for each classification even though the competition may be held together. One UHSAA certified coach per team will be allowed in the pole vault area during warm-ups only. They may enter the area on the center west gate directly across from pole vault pit. Coaches will be asked to leave immediately following warm-ups and before competition starts.

### **Bus Parking and Team Drop Off**

Bus parking is in lot 48 south of the football stadium. Busses are to unload in the parking lot.

**Busses are not to drop off teams on any road** and are not to block traffic ways within the parking lot to unload or park.

### **Implement Weigh-in and Inspection**

The weigh-in and inspection station is located under the bull pen awning. Following weigh-in and inspection all legal implements will be marked and returned. Illegal implements will be impounded until the conclusion of the event. The weigh-in and inspection station will be open from 7:00 a.m. until 3:30 p.m.

### **Track Composition and Spike Requirements**

The BYU track and field stadium is a world class facility, constructed with a state of the art Mondo Super X surface. In addition to the track, the high jump, pole vault, long jump, and javelin runways

are the Mondo surface. **Only pyramid spikes no longer than ¼ inch (9 mm) will be allowed on surfaced areas.** Spikes will be checked at the bull pen. The Discus and Shot Put rings are concrete.

### Awards

In individual events the top six place-winners will be awarded medals. For relays the four members of the 1st, 2nd and 3rd place relay teams will receive medals. Trophies will be awarded to the first and second place boys' and girls' teams in each classification. Medals will be presented at the awards stand following finals in each event. Some of the medals from Friday's finals will be awarded on Saturday. Academic All-state awards will be presented during the mid-day break on Saturday.

### Spectator Admission

Admission prices are \$8.00 for adults and \$5.00 for students each day. Spectators will be admitted through the west gate.

### Team Scoring

In both individual events and relays, 8 places will be scored: 10-8-6-5-4-3-2-1.

### General Information

1. After completion of each field event, all javelins, shot puts, discus, vaulting poles, etc. must be removed from the field.
2. The 4x400 Meter Relay will be run in lanes the first **three** turns.
3. Each competitor will have three attempts in the trials of the shot put, discus, javelin, and long jump. The nine qualifiers for the finals will each have an additional three attempts.
4. In the high jump the cross bar will be raised 2" six times and then 1" thereafter. In the boys' 5A pole vault the cross bar will be raised 6" six times and then 3" thereafter. In the boys' 1A,2A,3A,4A pole vault the bar will be raised 6" until 13' and then 3" thereafter. In the girls' 1A, 2A, 3A, 4A pole vault the cross bar will be raised 6" six times and then 3" thereafter. In the girls 5A pole vault the cross bar will be raised 6" five times and then 3" thereafter. Starting heights are as follows:

Boys' High Jump: 1A=5'2" 2A=5'4" 3A=5'6" 4A=5'6" 5A=5'8"

Girls' High Jump: 1A=4'1" 2A=4'4" 3A=4'5" 4A=4'7" 5A=4'7"

Boys' Pole Vault: 1A,2A,3A,4A=8'0" 5A=11'0"

Girls' Pole Vault: 1A, 2A, 3A, 4A =6'0" 5A=8'00"

### Preferred Lanes

In the 200 M. Dash, 400 M. Dash, 300 M. Hurdles and 4x100 M. Relay preferred lanes are as follows:

1<sup>st</sup>:lane 4, 2<sup>nd</sup>:lane 5, 3<sup>rd</sup>:lane 6, 4<sup>th</sup>:lane 3, 5<sup>th</sup>:lane 7, 6<sup>th</sup>:lane 2, 7<sup>th</sup>:lane 8, 8<sup>th</sup>:lane 1, 9<sup>th</sup>:lane 9

In the 100 M. Hurdles, 110 M. Hurdles and 100 M. Dash preferred lanes are as follows:

1<sup>st</sup>:lane 5, 2<sup>nd</sup>:lane 4, 3<sup>rd</sup>:lane 6, 4<sup>th</sup>:lane 3, 5<sup>th</sup>:lane 7, 6<sup>th</sup>:lane 2, 7<sup>th</sup>:lane 8, 8<sup>th</sup>:lane 1, 9<sup>th</sup>:lane 9

In the Medley and 4x400 Meter relays preferred lanes are as follows:

1<sup>st</sup>:lane 1, 2<sup>nd</sup>:lane 2, 3<sup>rd</sup>:lane 3, 4<sup>th</sup>:lane 4, 5<sup>th</sup>:lane 5, 6<sup>th</sup>:lane 6, 7<sup>th</sup>:lane 7, 8<sup>th</sup>:lane 8, 9<sup>th</sup>:lane 9

## Coaches' Verification

Rule 3-4-8 states, "Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- a. All team members are expected to exhibit good sporting conduct.
- b. The head coach shall verify verbally, or in writing, that all of his/her competitors are legally equipped (uniform, equipment) in compliance with these rules.
- c. Any special circumstances, procedures and information pertaining to the meet."

This information along with information distributed with packets the day of the meet, is the written communication to the coaches and captains. The act of entering contestants into the meet through the RunnerCard system is considered to be a coach's verification in accordance with item "b" above.

**Coaches, please review rule 4 *Competitors and Competition* with your student athletes prior to the meet. Particular attention to section 3 regarding the uniform is highly recommended as it will be enforced as written at the state meet.** It is the responsibility of the coach and their competitor to make sure competitors compete in a legal uniform. The uniform rule appears below:

### **SECTION 3 COMPETITOR'S UNIFORM**

**NOTE:** The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

**ART. 1 . . .** The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
  1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
  2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
  3. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a full length track top or one-piece uniform issued by the school.
  1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
  2. The top or one-piece uniform may have school identification and the top may have the competitor's name.
  3. The top shall not be knotted or have a knot-like protrusion.
  4. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches and with state association approval, is permitted on the top or one-piece uniform.
  5. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

**NOTE:** Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

6. Bare midriff tops are not allowed.
7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
8. Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

#### **NOTES:**

1. If more than one visible garment is worn under the uniform top, all must be the same color.
2. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.
- c. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
  1. The bottom or one-piece uniform may have the school identification.
  2. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
  3. French or high-cut apparel shall not be worn in lieu of the uniform bottom.
  4. The waistband of a competitor's bottom shall be worn above the hips.
  5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the bottom or one-piece uniform.
  6. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association

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adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

**NOTE:** Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

7. Any visible garment(s) worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

#### **NOTES:**

1. If more than one visible garment, which extends below the knees, is worn under the uniform bottom, all must be the same color.
2. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

**ART. 2 . . .** Additional restrictions for relay races.

- a. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length.

**NOTE:** Visible items worn under both the top and the bottom do not have to be the same color.

**PENALTY: (Arts. 1,2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.**

**ART. 3 . . .** Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

**PENALTY: This shall lead to a warning and if repeated, to disqualification from further competition in the meet.**