



2013 State Track & Field Championships

May 17-18, 2013 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 2013 State Track & Field Championships on Friday & Saturday, May 17 & 18, 2013 hosted at Clarence F. Robison Track & Field Stadium on the campus of Brigham Young University in Provo, Utah. **The following information should be read and followed carefully.**

Entries

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 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.

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. The access code to be able to enter the meet is:

state2013

Entries are due by 12:00 noon, Monday May 13.

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 contestants, 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.**

Entries will be closed at noon on Monday, May 13. A list of all entries with qualifying marks will be posted on the RunnerCard site. The site may be accessed through either the Track and Field pages on the UHSAA web-site at www.uhsaa.org or at www.runnercard.com.

Instructions for entering contestants may be accessed at:
<http://www.uhsaa.org/btrack/RunnercardInstructions.pdf>

Entry Verification

Coaches should carefully inspect the list of entries. Qualifying marks may be challenged until 12:00 noon on Wednesday, May 15. **A school found to have entered an invalid qualifying mark is subject to a \$50.00 fine per occurrence.**

BYU Track Open at 6:30 am Friday, May 17

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. **Pink tickets** will be used for athlete admission on Friday and **yellow 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.

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 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 both sections.

Pole Vault

The pole vault will be a team scoring event in the boys' 5A classification only. The 5A pole vault event will be held individually for that classification. The pole vault is a coeducational event. Therefore females may compete with males and any team points scored will accrue to the boys' team. The 1A, 2A, 3A and 4A pole vault events will be held simultaneously. Places will be determined and awarded for each of those classifications individually.

Bus Parking and Team Drop Off

Bus parking is in lot 45 west of the football stadium and in lot 48 south of the football stadium. Busses are to unload in one of these parking lots. **Busses are not to drop off teams on any road** and are not to block traffic ways within parking lots 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 \$6.00 for adults and \$4.00 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 5A pole vault the cross bar will be raised 6” six times and then 3” thereafter. In the 1A,2A,3A,4A pole vault the bar will be raised 6” until 13’ and then 3” thereafter. Starting heights are as follows:

Boys' High Jump: 1A=5'2” 2A=5'3” 3A=5'7” 4A=5'5” 5A=5'7”

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

Pole Vault: 1A,2A,3A,4A=8'0” 5A=11'0”

Preferred Lanes

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

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

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

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

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

1st:lane 1, 2nd:lane 2, 3rd:lane 3, 4th:lane 4, 5th:lane 5, 6th:lane 6, 7th:lane 7, 8th:lane 8, 9th: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, and no jewelry) 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 and jewelry rules appear below.

ART. 2 . . . The records clerk shall be in charge of all clerical work involving meet records. The records clerk must have a complete list of the full names and school affiliations of all entries.

ART. 3 . . . The custodian of awards shall carefully inventory and arrange all awards before the meet starts.

ART. 4 . . . The hurdle chief, who is usually assisted by 10 to 20 hurdle setters, shall have the responsibility to:

- a. Set each flight of hurdles at proper height and at prescribed point in each lane, adjust weights properly.
- b. Reset hurdles and check alignment after each heat.
- c. Notify head umpire when all hurdles have been set properly.
- d. Remove hurdles from track as soon as the event is completed.

ART. 5 . . . The block chief shall be responsible for having enough starting blocks available for all lanes at the starting line of each race and for removing all blocks as soon as the race has started.

SECTION 19 INSPECTOR OF IMPLEMENTS

ART. 1 . . . The referee, field referee or head field judge shall have jurisdiction over all implement and apparatus inspectors.

ART. 2 . . . The implement inspector(s) shall weigh, measure and inspect all implements used in the throwing events, allowing only legal implements in warm-ups and competition.

ART. 3 . . . Implement inspector(s) shall inspect vaulting poles to verify that the poles are legal equipment.

ART. 4 . . . The implement inspector(s) shall inspect all starting blocks used in the running events.

ART. 5 . . . All implements passing inspection shall be marked in such a manner that the event judges can easily distinguish between a legal and illegal implement or apparatus.

Rule 4 Competitors and Competition

SECTION 1 COMPETITORS

ART. 1 . . . A contestant is any athlete entered in the meet. The contestant becomes an entry at the time the games committee has established as the deadline for accepting entries.

ART. 2 . . . Contestants officially become competitors when they report to the clerk of the course or field-event judge for an event in which they are entered.

ART. 3 . . . Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events shall not be allowed to participate in that event.

ART. 4 . . . Each contestant shall be responsible for obtaining a contestant number, if used, and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated.

SECTION 2 PARTICIPATION AND ENTRY LIMITATIONS

ART. 1 . . . A competitor shall not compete in more than four events, including relays.

ART. 2 . . . A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

PENALTY: A competitor who participates in more events than allowed by rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points and place(s) shall also be forfeited.

ART. 3 . . . These entry and participation limitations do not apply to multi-event competition.

ART. 4 . . . Unless state association, conference or league rules apply:

- a. In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant.
- b. In triangular meets, each school is entitled to enter not more than four contestants.
- c. In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.
- d. In a relay race, only one team per school may be designated as a scoring team.

SECTION 3 COMPETITORS UNIFORM

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. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with state association approval, may be worn on the uniform top.

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. French or high-cut apparel shall not be worn in lieu of the uniform bottom.
3. The waistband of a competitor's bottom shall be worn above the hips.
4. 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. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with state association approval, may be worn on the uniform bottom.

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 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 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 bottom 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 . . . Jewelry shall not be worn by competitors.

- a. Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
 1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
 2. to a bracelet made of a pliable material, it is not required to be taped to the body.
 3. to a necklace, it shall be taped to the body.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.
- d. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

PENALTY: For the first violation, the competitor shall be required to remove the jewelry before further competition, and 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 he/she shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and the warning.

NOTE: The ultimate responsibility to have each competitor compliant with uniform and jewelry rules is with the coach.

ART. 4 . . . 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 the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

2013 UHSAA State Track & Field Championships

May 17-18, 2013 Clarence F. Robison Track, Brigham Young University

Running Event Schedule*

Friday, May 17, Trials and Finals

Event	Class		Approx. Start
Girls' 1600	3A,4A,5A,1A,2A	Finals	8:00 AM
Boys' 1600	3A,4A,5A,1A,2A	Finals	8:40 AM
Girls' 100 Hurd.	1A,2A,3A,4A,5A	Trials	9:19 AM
Boys' 110 Hurd.	1A,2A,3A,4A,5A	Trials	9:50 AM
Girls' 100	1A,2A,3A,4A,5A	Trials	10:19 AM
Boys' 100	1A,2A,3A,4A,5A	Trials	10:47 AM
Girls' 4x100	3A,4A,5A	Trials	11:17 AM
Boys' 4x100	3A,4A,5A	Trials	11:38 AM
Girls' 400	1A,2A,3A,4A,5A	Trials	11:59 AM
Boys' 400	1A,2A,3A,4A,5A	Trials	12:32 PM
Break			1:04 PM
Girls' 300 Hurd.	1A,2A,3A,4A,5A	Trials	1:30 PM
Boys' 300 Hurd.	1A,2A,3A,4A,5A	Trials	1:57 PM
Girls' Medley	1A,2A,3A	Finals	2:29 PM
Girls' Medley	4A,5A	Trials	3:07 PM
Boys' Medley	1A,2A,3A	Finals	3:41 PM
Boys' Medley	4A,5A	Trials	4:18 PM
Girls' 200	1A,2A,3A,4A,5A	Trials	4:49 PM
Boys' 200	1A,2A,3A,4A,5A	Trials	5:14 PM
Girls' 4x400	4A,5A	Trials	5:45 PM
Boys' 4x400	4A,5A	Trials	6:20 PM

Saturday, May 18, Finals

Event	Class		Approx. Start
Run-off(s) if necessary			8:30 AM
Girls' 3200	3A,2A,1A,5A,4A		9:00 AM
Boys' 3200	3A,2A,1A,5A,4A		10:20 AM
Girls' 100 Hurd.	1A,2A,3A,4A,5A		11:26 AM
Boys' 110 Hurd.	1A,2A,3A,4A,5A		11:42 AM
Girls' 100	1A,2A,3A,4A,5A		11:58 AM
Boys' 100	1A,2A,3A,4A,5A		12:13 PM
Academic All-State Presentations	1A,2A,3A,4A,5A		12:30 PM
Girls' 4x100	1A,2A,3A,4A,5A		1:10 PM
Boys' 4x100	1A,2A,3A,4A,5A		1:34 PM
Girls' 400	1A,2A,3A,4A,5A		1:59 PM
Boys' 400	1A,2A,3A,4A,5A		2:12 PM
Girls' 300 Hurd.	1A,2A,3A,4A,5A		2:30 PM
Boys' 300 Hurd.	1A,2A,3A,4A,5A		2:44 PM
Girls' 800	1A,2A,3A,4A,5A		2:57 PM
Boys' 800	1A,2A,3A,4A,5A		3:30 PM
Girls' Medley	4A,5A		4:02 PM
Boys' Medley	4A,5A		4:15 PM
Girls' 200	1A,2A,3A,4A,5A		4:29 PM
Boys' 200	1A,2A,3A,4A,5A		4:40 PM
Girls' 4x400	1A,2A,3A,4A,5A		4:56 PM
Boys' 4x400	1A,2A,3A,4A,5A		5:42 PM

**This schedule is approximate. The order of events will not change. The potential to get ahead of schedule exists. If the meet gets ahead of schedule it will continue ahead of schedule. Running events scheduled at 1:30 on Friday (Girls' 300 Hurdles) and at 1:10 on Saturday (Girls' 4x100 Relay) will not begin earlier than scheduled.*



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Field Event Schedule

Friday Field Events

Event Time	1A	2A	3A	4A	5A
8:00 AM	Girls' Shot Put	Girls' Long Jump	Boys' High Jump	Girls' Javelin	Boys' Discus
9:00 AM					Pole Vault
10:00 AM	Boys' Discus	Girls' Shot Put	Girls' Long Jump	Boys' High Jump	Girls' Javelin
12:00 PM	Girls' Javelin	Boys' Discus	Girls' Shot Put	Girls' Long Jump	Boys' High Jump
2:00 PM	Boys' High Jump	Girls' Javelin	Boys' Discus	Girls' Shot Put	Girls' Long Jump
4:00 PM	Girls' Long Jump	Boys' High Jump	Girls' Javelin	Boys' Discus	Girls' Shot Put

Saturday Field Events

Event Time	1A	2A	3A	4A	5A
8:00 AM	Boys' Shot Put	Boys' Long Jump	Girls' High Jump	Boys' Javelin	Girls' Discus
9:00 AM	Pole Vault	Pole Vault	Pole Vault	Pole Vault	
10:00 AM	Girls' Discus	Boys' Shot Put	Boys' Long Jump	Girls' High Jump	Boys' Javelin
12:00 PM	Boys' Javelin	Girls' Discus	Boys' Shot Put	Boys' Long Jump	Girls' High Jump
2:00 PM	Girls' High Jump	Boys' Javelin	Girls' Discus	Boys' Shot Put	Boys' Long Jump
4:00 PM	Boys' Long Jump	Girls' High Jump	Boys' Javelin	Girls' Discus	Boys' Shot Put

