



## 2023 State Track & Field Championships

*May 18-20, 2023 Clarence F. Robison Track & Field Stadium  
Brigham Young University, Provo, Utah*

### Meet Information

Mountain America Credit Union and the Utah High School Activities Association are pleased to present the 2023 State Track & Field Championships on Thursday, Friday & Saturday, May 18-20, 2023 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., Sunday, May 14 (Open May 8 at 8:00 a.m.).** Note: All deadlines are 24-hours earlier than previous years.

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 and date of the qualifying meet where the mark was achieved are to be entered in the appropriate boxes. If the qualification is by place at a region meet, enter the name of the region meet and the place (for example Region 8, 3rd), and the enter the time/mark received at that region meet.** For athletes that 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, even if that mark is of lower value than other marks they achieved during the season. **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:

state2023

link for entering contestants may be accessed at:

<https://www.runnercard.com/e/runner.Main?meet=1004527>

**Entries will be closed at 8:00 p.m. on Sunday, May 14.** 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 Monday, May 15. At 7:00 p.m. on Monday, May 15 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 eight names are to be listed on all relay entries. The entry done online is considered to be the relay entry, with relay cards also being required at the event for the benefit of the timing staff. Being listed on a relay entry does not 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:

Sun, May 14 8:00 p.m.....entries due  
Sun, May 14 8:00p.m.-Mon, May 15 5:00p.m.....review of own entry for errors  
Mon, May 15 5:00p.m.-7:00p.m.....error correction /change window  
Mon, May 15 7:00p.m.....entries locked, no changes or additions allowed  
Mon, May 15 7:00p.m.....entries will be made public  
Mon, May 15 7:00p.m-Wed, May 17 9:00 a.m.....challenges of marks accepted  
Wed, May 17 9:00 a.m.....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 Monday, May 15. Qualifying marks may be challenged until 9:00 am on Wednesday, May 17. **A school found to have entered an invalid qualifying mark or in need of a change/addition is subject to a \$50.00 fine per occurrence. Entries after the entries are locked will also be fined. If a change or addition is made that forces a re-seed after the heats are published on Wednesday, it will be a \$200 fine per instance.**

### BYU Track Opens at 8:30 a.m. Thursday, May 18, 7:30 on Friday, May 19; 6:30 a.m. on Saturday, 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 morning of the state meet. This includes setting up tents or shade tarps. **Teams will have to clear all materials from the BYU facility after each evening's competition, meaning ALL tents and shade tarps must be removed from the facility.**

### 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 wristbands for athletes entered in the meet only. The ticket colors for student-athlete entrance will be Red (5A-6A Thursday), Blue (1A-4A Friday), Pink (1A-6A Saturday). Coaches will be admitted with their UHSAA coaches' credential through the main gate on the west side. 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.

Coaches will be required to sign a list for non-qualified runners for them to receive entry into the facility. Schools will be billed after the meet at \$5 per non-qualifier who receives a wristband.

### 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. Schools shall 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.

***REMINDER: The UHSAA and BYU reserve the right to add a space reservation system in advance of the State Meet.***

### **Schedule Change Procedure**

Lightning or weather conditions that present a danger to athletes and spectators may necessitate changes to the posted schedule. Changes may include, but are not limited to, delaying or moving events to the following day, moving events ahead of schedule, and/or eliminating trials and running timed finals in lane races. The length of the weather delay and where it occurs in the schedule would dictate the necessary changes. It is important that coaches and athletes are prepared for all potential changes.

### **Trials and Finals Qualification**

Trials will be held in the following running events: 100M, 110M and 300M hurdles; 100M, 200M and 400M dashes; The nine (9) fastest times in the trials will advance to the finals in each of these events. Close finishes will be determined by evaluating to the fastest 1/1000<sup>th</sup> second. 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, and all 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. The 4x800 M relay is not run in lanes.

### **Pole Vault**

The pole vault will be a team scoring event in the 6A classification only. The boys' 1A, 2A, 3A, 4A pole vault events will be held simultaneously on Friday. 5A (Thursday) and 6A (Saturday) will be held separately. The girls' will follow the same procedure. 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.

### **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.

### **Technology on In-Field**

For the safety of competitors, officials, and coaches, coaches and competitors may only use technology in the Coaches' Box. The use of technology will be done in accordance with the Point of Emphasis in the 2022 NFHS Rules Book.

### **Coaches Credentials**

Only certified coaches with UHSAA coaching credentials will be allowed to enter with the team. All coaches must be wearing their UHSAA coaching credentials to enter the venue. Only coaches with UHSAA credentials will be allowed to enter the coaching boxes.

### **Coaches Boxes**

Coaches' boxes will be available on the in-field. Schools will be provided with extra credentials from BYU to allow access for each coaching box. One pass per event will be given to schools; schools that are found to have more than one coach in each field event coaching box will be removed from the box and will lose that privilege. Coaching and cheering on runners from the field event coaches' boxes will be strictly forbidden and could lead to sanctions by the Games Committee.

Coaches will only be allowed to enter the infield for access to the Coaches' Boxes from the south side of the venue by the Awards and Media Tent to the field events on the south half of the infield. Coaches may enter through the bullpen for the field events on the north side of the infield.

### **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 runway 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. Spikes will be sold at the main entrance to the facility. If the spikes in your shoe are not in compliance and the spikes can not be changed, your shoes must be changed.

### **Awards**

In individual events the top eight 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 Thursday and Friday's finals could be awarded Saturday.

### **Spectator Admission**

Admission prices are \$10.00 for adults and \$5.00 for students each day. Spectators will be admitted through the west gate. Spectators will be required to purchase tickets via the UHSAA GoFan app at [gofan.co/UHSAA](http://gofan.co/UHSAA). UHSAA annual passes will be accepted at the ticket entrance.

### **Coaches Credentials**

Only certified coaches with UHSAA coaching credentials will be allowed to enter with the team. All coaches must be wearing their UHSAA coaching credentials to enter the venue. Only coaches with UHSAA credentials will be allowed to enter the coaching boxes.

### **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 implements, vaulting poles, etc. must be removed from the field.
2. 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. Any ties for the final qualifying spot will also advance to the finals.
3. In the high jump the cross bar will be raised 2" six times and then 1" thereafter. In the boys' pole vault the cross bar will be raised 6" six times and then 3" thereafter. In the girls' pole vault the cross bar will be raised 6" five times and then 3" thereafter. Starting heights are as follows:

Boys' High Jump: 1A=5'4" 2A=5'6" 3A=5'8" 4A=5'8" 5A=5'10" 6A=5'10"

Girls' High Jump: 1A=4'3" 2A=4'5" 3A=4'7" 4A=4'8" 5A=4'9" 6A=4'10"

Boys' Pole Vault: 1A,2A,3A=8'0" 4A, 5A=9'0" 6A=11'6"

Girls' Pole Vault: 1A, 2A, 3A=6'0" 4A, 5A=7'0", 6A=8'6"

4. The 4x200 Meter Relay will be run in lanes the entire time.

### **Preferred Lanes**

In the 200 M. Dash, 400 M. Dash, 300 M. Hurdles, 4x100 M. Relay and 4x200 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 6, 3<sup>rd</sup>:lane 4, 4<sup>th</sup>:lane 7, 5<sup>th</sup>:lane 3, 6<sup>th</sup>:lane 8, 7<sup>th</sup>:lane 2, 8<sup>th</sup>:lane 9, 9<sup>th</sup>:lane 1

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

### **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 one hour prior to the first scheduled throwing event and will remain open until 15 minutes after the start of the final throwing event.

### **Uniform Rules**

The UHSAA State Meet will follow the uniform rules described in the NFHS Rules Book and subsequent case book scenarios. Please note changes in the rules over the past year, including a rule change concerning the waistband. Officials will use the 2023 NFHS Rules Book for uniform enforcement.

### **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 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 can be found on pages 24-26 in the NFHS Track and Field & Cross Country Rule Book.



