

2012 Track Information

Advisory Recommendations approved for the 2012 season:

2012 Recommendations approved:

1. Declaration deadline for regional entries will be noon one day prior to the region meet.
2. Four regions as recommended by the Track & Field Advisory Committee and changed by the District Chair to six regions will go into effect for the 2012 season.
3. Scheduling the region meet on Saturday with the option to reschedule for Friday beginning no earlier than 3:00 p.m. if weather reports make Friday a better day for competition. The rescheduling of the region track & field meet to Friday must be made no later than Wednesday of that week by 3:30 p.m. This change will be contingent on approval from the NDHSAA office.
4. To be a state-qualifying meet, there must be a minimum of two teams with no minimum for individual entries.
5. Adjust the following qualifying standards:
 - a. Class A & B Girls' 4 X 100 Relay to 52.84
 - b. Class A & B Girls' 4 X 200 Relay to 1:51.54

2011 Recommendations approved:

1. Previously introduced Class B Four-Region concept for the 2012 season was changed to a six-region concept.
2. Distance limitation shall be a total of no more than 5600 Meters on the track in one day of competition.
3. Lane assignments on a nine-lane track for races around one or more curves:
 - a. 9 participants – Lanes 4-5-6-3-7-2-8-1-9
 - b. 8 participants – Lanes 4-5-6-3-7-2-8-9
 - c. 7 participants – Lanes 4-5-6-3-7-8-9
 - d. 6 participants – Lanes 4-5-6-7-8-9
4. Move the deadline to submit region entries to 12:00 noon the day prior to the region meet.
5. Change Minimum Standard for Girls' Class A Discus from 118' to 115'.

The 2012 State Combined Class A and B Girls' and Boys' Track & Field Meets will be held at the Bismarck Bowl with Jim Haussler as manager. The meet will be held on Friday and Saturday, May 25 and 26. The Regionals are scheduled for Saturday, May 19. The Class A and B Regional Meet order of events can be found in item 19 of this article.

Schools competing in the girls' and/or boys' track and field events must observe the following regulations:

1. All Class A and Class B regional entry forms must be sent to your regional manager and must be in his/her hands no later Noon on the day prior to the regional meet. Registration forms and the process of submitting the entries will be determined by the individual region managers. **THOSE ENTRY DEADLINES SHALL BE FINAL FOR BOTH CLASS A AND B ALLOWING NO ADDITIONS OR SUBSTITUTIONS, ONLY SCRATCHES.**

2. In addition to regular season qualifying standards (see #7 of this article), Class B schools may qualify entrants for the State Meet at one of the six regional sites listed. If a school is participating in track for the first year, contact the NDHSAA for regional assignment.

The Class B Regionals are organized as follows (Region Meet sites and Managers):

Southeast Region – Valley City, David Bass, Mgr.

Barnes County North (East & West), Central Cass, Edgeley/Kulm, Ellendale, Fargo Oak Grove, Hankinson/Fairmount, Kindred, Lamoure/Litchville-Marion, Lisbon, Maple Valley/Enderlin, Milnor/Wyndmere/Lidgerwood, Montpelier, Northern Cass, Oakes, Richland, Sargent County (North Sargent/Sargent Central)

Northeast Region – Grafton, Mike Hanson, Mgr.

Drayton/St. Thomas/Valley-Edinburg, Finley-Sharon/Hope-Page, Grafton, Griggs County Central/Midkota, Hatton/Northwood, Hillsboro/Central Valley, Langdon/Munich Larimore, May-Port CG, Minto/Midway, Nelson County (Dakota Prairie/Lakota), North Border (Pembina /Walhalla)/Cavalier, Park River/Fordville-Lankin/Adams-Edmore, Thompson

North Central Region–Rugby, Scott Grochow, Mgr.

Benson County (Leeds/Maddock), Bottineau, Dunseith, Four Winds/Warwick, Glenburn/Westhope/Newburg, Harvey/Wells County, New Rockford-Sheyenne, North Star/Starkweather, Northern Lights (St. John/Rolla), Rolette (BTR), Rolette/Wolford (GTR), Rugby/TGU-Towner (GTR), Rugby/TGU-Towner/Wolford (BTR), Velva/Drake-Anamoose

South Central Region – Bismarck, Jim Haussler, Mgr.

Carrington, Center-Stanton, Central McLean (Underwood/Turtle Lake-Mercer/McClusky), Central Prairie (Medina/Gackle-Streeter), Hazen, Kidder County (Steele/Tappen)/Napoleon, Linton/H-M-B, Pingree-Buchanan/Kensal, Prairie Learning Center (BTR), Shiloh Christian, South Border (Ashley/Wishek), Southern McLean (Washburn/Wilton), Strasburg, Wing, Zeeland

Southwest Region – Dickinson Trinity, Rick Gordon, Mgr.

Beach, Beulah, Bowman County, Dickinson Trinity/NewEngland, Glen Ullin/Hebron, Grant County (Elgin-New Leipzig)/Flasher, Heart River (Belfield/South Heart), Hettinger/Scranton, Killdeer/Halliday, Mott-Regent, New Salem Almont, Richardton-Taylor, Solen-Cannonball, Standing Rock/Selfridge

Northwest Region – Tioga, Patty Skarphol, Mgr.

Burke Central, Bishop Ryan/Sawyer, Des Lacs-Burlington, Divide County, Fort Berthold (Mandaree/White Shield), Garrison/Max, Kenmare/Bowbells, Lewis & Clark (Berthold)/Lewis & Clark (North Shore), MLS-Mohall, New Town, Parshall, Stanley/Powers Lake, Surrey/TGU Granville, Trenton/Trinity Christian, Watford City, Williams County (Tioga/Ray)

3. Class A schools may qualify entrants for the State Meet from their assigned region:

East Region – Fargo South, Cory Lehman, Mgr.

West Region – Bismarck, Jim Haussler, Mgr.

The top six finishers in each event, including the relays, with the possible exception of the high jump and pole vault events as outlined in item 13, qualify for the State Meet from each region. In addition to these qualifiers, any contestant who can equal or better the qualifying standards listed in item 8 may also qualify for the State Meet.

4. Class A and Class B teams may enter a maximum of five contestants in each individual event at the regional meet. In the event a team has more than 5 athletes qualified by minimum standard during the regular season, the team may exceed the 5-individual limitation, using only previously qualified athletes. Each school may enter one team in each relay event. Class B coaches will be required to verify qualifying times if so requested by the regional manager.

NOTE: Clarification of regional entry procedure as developed by the Track Advisory Committee:

a. As per National Federation Rule 4, Section 2, Art. 1, a contestant shall not be entered in more than four individual events. 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.

b. Entries as well as participation shall follow the distance limitation rule (see # 10 of this article). An athlete shall not enter events in which the total distance exceeds 5600 meters. If an athlete is entered in events that exceed the 5600-meter maximum, the meet manager shall scratch the contestant from the excess event by following the listed order of events.

c. Event entries are to be in the meet manager's hands no later than noon on the day before the regional meet.

d. After these deadlines, no additions or substitutions are allowed. Scratches are allowed but must count as one of their four events if done after the scratch meeting the morning of the meet.

Exceptions will be made for scratches required because of injury or illness of a member of a relay. Meet management will make the above determination. All scratches must be handed in writing to the person running the meeting. These must be kept confidential prior to any scratches announced.

e. Scenario: An athlete is entered in the 100, 200 and 400 Meter Dashes and the Long Jump. Coach scratches this athlete from the 400 Meter Dash (a) at the scratch meeting (b) after the scratch meeting to run in a relay. (a) Legal (b) NOT legal as the scratched 400 Meter Dash will count as one of this athlete's four events and competing in the relay would exceed the four event limitation. The result in (b) would be a loss of all places and points accumulated, from events in which this athlete was involved, including the relay(s). (Note the illness/injury exception.)

5. In Class B regional competition, the first, second and third place winners in each event, including the relays, with the possible exception of the high jump and pole vault events as outlined in Item 13, qualify for the State Meet. In addition to the first three placers, any contestant who can equal or better the minimum standards listed in Item 7 may also qualify for the State Meet.

6. A school may also qualify entrants for the State Meet by equaling or exceeding minimum standards in an approved invitational outdoor meet, which has a minimum of two teams competing with at least one entrant in a given event.

NOTE: At all meets for qualifying purposes, if hand held times are used, the time must be rounded to the upper 10ths and .24 added to the time. This converted time will be left in 100ths. This must be done and noted prior to reporting these hand held results. If automatic timing is used in qualifying meets during the year, there will be no conversion and the F.A.T. time stands and will be left in 100ths.

7. The following are the minimum standards for qualification for the State Meet as explained in items 5 and 6:

| Girls | Event | Boys |
|------------|----------------|------------|
| 13.04 | 100 Meter Dash | 11.44 |
| 26.94 | 200 Meter Dash | 23.24 |
| 61.74 | 400 Meter Dash | 52.24 |
| 2:24.24(A) | 800 Meter Run | 2:01.74(A) |

| | | |
|-------------|-------------------|--------------|
| 2:26.24(B) | | 2:03.24(B) |
| 5:30.24(A) | 1600 Meter Run | 4:35.24(A) |
| 5:35.24(B) | | 4:40.24(B) |
| 12:05.24(A) | 3200 Meter Run | 10:05.24 (A) |
| 12:16.24(B) | | 10:20.24 (B) |
| 16.74 | 100 Meter Hurdles | |
| | 110 Meter Hurdles | 16.04(A) |
| | | 16.24(B) |
| 48.84 | 300 Meter Hurdles | 42.04(A) |
| | | 42.24(B) |
| 16'8"(A) | Long Jump | 20'9" |
| 16'5"(B) | | |
| 34'0" | Triple Jump | 41'6" |
| 5'1" | High Jump | 6'2" |
| 35'6" | Shot Put | 48'6"(A) |
| | | 46'9"(B) |
| 115'0" | Discus | 147'0"(A) |
| | | 140'0"(B) |
| 110'0" (A) | Javelin | 160'0" |
| 115'0"(B) | | |
| 9'0" | Pole Vault | 12'6"(A) |
| | | 12'0"(B) |
| 52.84 | 4x100 Meter Relay | 45.44(A) |
| | | 45.94(B) |
| 1:51.54 | 4x200 Meter Relay | 1:34.24(A) |
| | | 1:35.24(B) |
| 4:16.24 | 4x400 Meter Relay | 3:34.24(A) |
| | | 3:36.24(B) |
| 10:10.24(A) | 4x800 Meter Relay | 8:24.24(A) |
| 10:20.24(B) | | 8:35.24(B) |

8. Schools hosting a qualifying meet no longer need to submit sanction forms. Although sanctioning is no longer required, a meet must have no less than 2 teams competing to be a qualifying meet, there is no longer a minimum number of competitors per event to be a qualifying event.

9. The Track Qualifying Reporting Policy is as follows:

This track and field season, coaches will have the assignment of reporting their own qualifiers via the internet. Individual Login and Password for head coaches will be administered upon request by e-mailing to Sheryl.Solberg@sendit.nodak.edu or Sue.Carlsrud@sendit.nodak.edu. Information on how to submit qualifiers is mailed to coaches and school contacts through MVP. Coaches are asked to report any qualifying performances within 5 days of their regular season meet in which this qualification took place. The NDHSAA Board of Directors has adopted the following policy pertaining to reporting of qualifiers: State track qualifiers must be reported by 12:00 noon CT Sunday prior to State Track. Late entries after 12:00 noon CT Sunday but no later than the declaration deadline which is 5:00 p.m. (Central Time) Tuesday prior to State Track & Field will be

accepted with a \$50 fine assessed to the school. There will be no additions after the declaration deadline.

10. Team and Individual limitations:

a. Any team or individual may participate in a maximum of 14 regular season outdoor meets and no more than three track meets in a calendar week, provided one meet is held on a Saturday. (A calendar week is interpreted as Monday through Sunday.)

b. No contestant in an invitational, regional, or State Meet may enter more than four events.

c. Boys' and girls' individual distance limits for a one-day meet: Any boy or girl may enter and compete in a total of no more than 5600 Meters on the track in one day of competition.

d. In a two-day meet a boy or girl may compete in any four events. At the state meet, an athlete may compete on a maximum of four events of which he or she is qualified to participate.

11. The penalty for exceeding the individual limitation is loss of all points and awards for that individual. This would include all points and awards for any relay team of which he/she was a member, plus ineligibility of the individual for the next scheduled meet. However, if the violation occurs at the regional meet, the contestant could not qualify for the State Meet (this would include all members of a relay team if one member was ineligible), but could participate in the State Meet if previously qualified by minimum standards. Points and places, which are affected when a competitor is disqualified for either unsportsmanlike or unacceptable conduct, will be determined by following the National Federation Track and Field Rule Book.

12. The 200 meter dash must be run on a full curve in order to meet the minimum qualifying standard. If the 200 is not run in this manner, contestants cannot qualify for the State Meet. Lane assignments on a nine-lane track for races around one or more curves:

a. 9 participants – Lanes 4-5-6-3-7-2-8-1-9

b. 8 participants – Lanes 4-5-6-3-7-2-8-9

c. 7 participants – Lanes 4-5-6-3-7-8-9

d. 6 participants – Lanes 4-5-6-7-8-9

13. The starting height for the high jump and the pole vault at regionals will be set by the Games Committee with input from the participating coaches. Final starting height will be determined by the Games Committee. In regional meets for the high jump and pole vault, if 1st, 2nd and 3rd place involves more than three contestants (Class B) or 1st through 6th place involves more than six contestants (Class A) and the tie is at a height less than state qualifying, there shall be a "jump off" between the tied individuals to determine the three contestants who will advance to the State Meet. If during the jump-off, an athlete meets state qualifying height, the original height shall stand and shall not be state qualifying unless by place in the jump-off. The jump-off height is not considered state qualifying because it was not reached during the original competition.

The "five alive" method will be used in the high jump and pole vault.

14. From the Track and Field Advisory Committee:

a. In the 800 Meter Run, there shall be a maximum of 12 runners in the fast section and a minimum of 3 runners in the remaining section.

b. In the 1600 Meter Run, there shall be a maximum of 16 runners in the fast section and a minimum of 5 runners in the remaining section.

c. In the 3200 Meter Relay, the number of teams in the fast section shall be 12 and a minimum of 4 teams in the remaining section. If less than 4 remain, they will be added to the fast section. If more than 16 remain, they shall be split equally into two sections.

15. Relay races shall count toward team points in the same manner as other track and field events. The personnel of a relay team qualified for the State Meet are to be determined by their school. At the State Meet, up to six individuals in relays that hold prelims may be listed as entrants. Any four may compete. The members need not be the same four who ran when the team qualified.

16. The Region and State Meets will be scored on a 10, 8, 6, 5, 4, 3, 2, 1 basis and awards will be made for eight places in all events at the State Meet. Awards at the regional meets will be made for eight places in all events except the relays where only the first and second place teams will receive awards. Duplicate individual 8th place awards will be made available when two contestants tie for 8th place at the Region or State Meets.

17. The individual and team uniform rule as outlined in the National Federation Track and Field Rule Book will be enforced by Region and State Meet managers.

18. Teams must be prepared to assume their own expenses at the regional meet. Schools qualifying contestants for the State Meet will be reimbursed following the completion of the year according to the team payment schedule.

19. The order of events for Class A and B regional meets is listed below. Events will be run in this order, but each region may set their own time schedule. The order in which girls' and boys' events are run shall be based on how they will be run at the state meet.

4x800 Meter Relay

300 Meter Hurdles

100 Meter Dash

4x200 Meter Relay

1600 Meter Run

4x100 Meter Relay

400 Meter Dash

High Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

4x400 Meter Relay

NOTE: Run only timed finals in all running events - fastest heat first.

Field Events – The field event schedule shall be set by each regional Games Committee to fit their particular facility. The boys' long jump and girls' triple jump are run first at the same time for the 2011 regional meets. This shall be a rotation setting the boys' long jump and girls' triple jump being the first events run concurrently first in the 2012 regional meets.

20. The schedule of events for the State Meet is found in the track & field portion of the NDHSAA web site. Regulations on preliminary heats, type of running and approach surface to be used, type of spikes allowed and other pertinent information concerning the meet will be found in the April Bulletin.

21. Junior High Track Limitations

a. If separate meets are held for each of the junior high grades, then 9th grade students may follow high school regulations and events. However, if 7th and 8th graders compete against 9th graders, then the 9th graders must conform to limits set for junior high. Combining these grades would make the resulting team a junior high team. For qualifying purposes, 9th grade teams must be composed entirely of 9th grade students.

b. The junior high has a season limit of eight meets, a limit of two meets per calendar week which may be on consecutive days.

c. Limit of four events

d. Junior high competitors may run both the 800 and 1600 meter runs in a one day meet, and can enter one other running event.

Suggested Events:

100 Meter Dash

200 Meter Dash

400 Meter Dash

800 Meter Run

1600 Meter Run

High Hurdles

4X100 Meter Relay

4X200 Meter Relay

4X400 Meter Relay

Shot Put Boys - (4.0 kg.[8 lb. 13 oz.]) / Girls – (2.744 kg[6 lb.])

Discus (2 lb. 3 ½ oz.)

Long Jump

High Jump

Pole Vault

4X800 Meter Relay

f. 7th, 8th and 9th grade students involved in track may compete at either the junior or senior high level the entire season, but can only participate in two junior high meets per week.

g. In the hurdle events, it is mandatory that junior high boys (7th, 8th graders) must run 110 meters and use 33 inch hurdles. Junior high girls (7th, 8th graders) must run 100 meters and use 30 inch hurdles.