

## ***RULES OF COMPETITION:***

1. **No “super-relays”.** All relay entries must consist of athletes who attend the same school. Club team coaches must provide school affiliation for each athlete on every relay team entry, which can be provided in an email. We will not allow teams to run relays with athletes from different schools.

*Note: this rule is consistent with how HS-based Track & Field Championship events like the New Balance Outdoor Nationals are conducted.*

2. Long/triple jumpers will receive 4 attempts and throwers will receive 4 throws.

3. We will follow a rolling event schedule that is subject to change if weather conditions dictate.

4. Athletes will receive competitor numbers. Any athlete who competes without a competitor number or with an incorrect competitor number is subject to disqualification (as per NFHS rules).

5. The Distance Medley, 800 meter run and 1600 meter run will utilize a waterfall start (if necessary, with dual-start alleys). The 4 x 400 meter relay will be conducted with a two-turn stagger, rather than a three-turn stagger. Coaches are strongly encouraged to speak with their athletes prior to the meet about these different types of race start.

6. Shot Put/Discus: Each shot put and discus must be weighed in prior to competition in those events. These implements will be provided at the event for anyone who does not have their own shot put or discus, or who misses the weigh-in period.

- Girls Shot Put is 6 lbs
- Boys Shot Put is 4 kg (note that this is the weight of the HS girls shot put)
- Boys and Girls discus is 1kg (note that this is the weight of the HS girls discus)

7. Hurdle distances and heights are as follows:

- Girls 100m hurdle height is 30 inches
- Boys 100m hurdle height is 33 inches
- Boys and Girls 300m hurdle height is 30 inches

8. **Seeding.** All races with multiple section finals will be seeded as fastest to slowest. Although not required, coaches are strongly encouraged to provide accurate seed/entry marks for their athletes when submitting entries. Seed/entry marks that are clearly incorrect will be changed to NT.

- ***Seeding in the 1600:*** we will verify the entry marks of the top 20-25 entries in the boys 1600m and girls 1600m. Coaches should be prepared to provide evidence of performance for any athlete who may be potentially seeded into the fast section of the 1600m.
- ***No seed mark.*** athletes entered without marks will be seeded as NT and placed in slower sections (note that this does not apply to the 100m dash, where there is a prelim and final).

9. No (late) adds or entries will be permitted after entry deadline, but coaches may substitute one athlete for another athlete if both athletes have already been assigned a competitor number. In order to conduct a smooth meet, we also ask that coaches report any scratches as soon as possible. Once the meet begins, scratches may be reported to the clerk of the course.

10. All pole vaulters will be asked to verify their weight prior to competing, and then demonstrate that their pole is appropriate for their weight. Athletes will not be allowed to compete with poles that are not appropriate for their weight.

11. Schools entering athletes in the pole vault must have a pole-vault certified coach in attendance at the meet. For information on pole vault certification, go to <http://khsaa.org/sports/spring/track>

12. Meet records can only be set in an event final.

13. All disqualifications are final, but coaches should be aware that we will strive to only disqualify athletes where it is clearly appropriate (e.g. where a runner in a laned race leaves their lane and clearly impedes another runner in an adjacent lane), and as a last resort (i.e. we will seek to implement preventative officiating).

14. **Restricted areas** (all individuals other than official meet personnel must stay out of these areas):

- The pole vault pits, long jump pits, shot put ring, and high jump pits (i.e. once these events are closed to competition)
- The finish line area inside the fence (marked with yellow caution tape)
- The timer's camera area (marked with yellow caution tape)

*It is very important that coaches assist us in keeping their athletes, parents and spectators out of our restricted areas. The continuation of this meet will be conditional upon teams abiding by this request. I.e., if people begin entering restricted areas, then we will stop the meet.*

*Note that any additional restricted areas will be communicated with coaches prior to the meet (if possible) and at the Coaches Meeting.*

15. Parents, spectators and non-competing athletes should not enter into any area of competition:

- Inside the fence surrounding the track (entry into this area will be monitored)
- Inside the area of competition for shot put (marked with yellow caution tape)
- Inside the area of competition for discus (marked with yellow caution tape)

*Only coaches and competing athletes may come inside the fence/gate surrounding the track. Parents, spectators and non-competing athletes should remain outside the fence surrounding the track.*

16. We will have a zero tolerance for inappropriate behavior by parents and spectators at our meet. Parents and spectators should not speak with meet officials (or assistants) and, in particular, should not make derogatory comments about meet officials (or assistants).

If parents or spectators have a concern regarding a meet official (or assistants), then those concerns should be brought directly to the team's coach who can privately communicate the concern with the respective meet official or meet director.

Parents and spectators who make comments about any meet official in a manner that can be overheard by the meet official (or assistants) and that's stated in a manner considered inappropriate by the meet official risk being removed from the facility by our security staff and may ultimately be banned from future meets at our facility. In extreme cases, this ban may be extended to the school associated with that parent or spectator.