

Track & Field Manual 2023



The official manual for high school track and field with information concerning regulations, qualifying times, meet supervision and state championship meets.

Kansas State High School Activities Association

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Citizenship/Sportsmanship

RULE 52

*(Each member school was previously provided copies of the
Citizenship/Sportsmanship Manual)*

INTRODUCTION—The effective American secondary school must support both an academic program and an activities program. We believe that these programs must do more than merely coexist—they must be integrated and support each other in “different” arenas. The concept of “sportsmanship” must be taught, modeled, expected and reinforced in the classroom and in all competitive activities. Therefore, all Kansas State High School Activities Association members stand together in support of the following sportsmanship policy.

PHILOSOPHY—Activities are an important aspect of the total education process in the American schools. They provide an arena for participants to grow, to excel, to understand and to value the concepts of SPORTSMANSHIP and teamwork. They are an opportunity for coaches and school staff to teach and model SPORTSMANSHIP, to build school pride, and to increase student/community involvement; this ultimately translates into improved academic performance. Activities are also an opportunity for the community to demonstrate its support for the participants and the school, and to model the concepts of SPORTSMANSHIP for our youth as respected representatives of society. Sportsmanship is good citizenship in action!

***All ACTIONS are to be FOR, NOT AGAINST;
POSITIVE, NOT NEGATIVE or DISRESPECTFUL!***

Section 1 - General Regulations (apply to grades 7-12)

Art. 1: SPORTSMANSHIP is a general way of thinking and behaving. The following sportsmanship policy items are listed below for clarification:

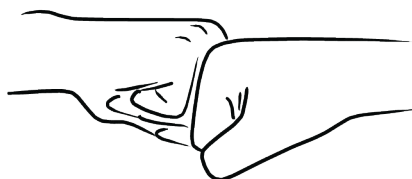
- a. Be courteous to all (participants, coaches, officials, staff and fans).
- b. Know the rules, abide by and respect the official's decisions.
- c. Win with character and lose with dignity.
- d. Display appreciation for good performance regardless of the team.
- e. Exercise self-control and reflect positively upon yourself, team and school.
- f. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

Art. 2: Enforcement Procedure:

- a. It is encouraged and recommended by the Kansas State High School Activities Association that local boards of education adopt these regulations and reinforce them as indicated herein.
- b. The Executive Board of the Kansas State High School Activities Association shall be responsible for the interpretation of these regulations, including "desirable and unacceptable behavior," and shall publish them in the Association's Citizenship/Sportsmanship Manual.

SPORTSMANSHIP

#StartsWithMe





Kansas State High School Activities Association

Track & Field Manual

This *Track and Field Manual* has been prepared for and distributed to all KSHSAA member high schools and middle school/junior high schools. Contained within this manual is general information that will assist in the administration of track and field meets. During the course of a season, numerous questions will arise. The information contained in this manual will assist coaches and administrators in answering many of these questions.

Sections 2 and 5 contain information that is applicable for any interscholastic track and field meet. Sections 3 and 4 contain information that is specific to KSHSAA regional track and field meets and the KSHSAA state track and field meet. A table of contents has been added to assist in locating information applicable to specific questions that may arise.

- Section I Metric Conversions**
- Section II General Information**
- Section III Regional Track and Field Meet Information**
- Section IV State Track and Field Meet Information**
- Section V Pole Vault Information and Forms**
- Section VI Additional Information/Forms/KSHSAA Policies**

The KSHSAA staff and member schools extend a “THANKS” to all personnel, including meet managers, school administrators, starters, coaches, competitors, the press, and the thousands of track and field fans for their efforts and support of the great sport of track and field!

Kyle Doperalski, Assistant Executive Director

Bill Faflick, Executive Director

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Contents

Section I - Metric Conversions

1.A	Metric Conversion Chart for Times.	6
1.B	Metric Conversion Chart for Distances.	6

Section II - General Information

2.A	Required Rules Meeting	7
2.B	Required Examinations.	7
2.C	Middle School/Junior High Participation Regulations.	7
2.D	Senior High Participation Regulations	8
2.E	Uniforms	8
2.F	Sportsmanship and Legal Uniform Verification	8
2.G	NFHS/KSHSAA Rules	8

Section III - Regional Track and Field Meet Information

3.A	Regional Entries	9
3.A.1	Contestant Event Limitation.	9
3.A.2	School Event Entry Limitation	9
3.A.2a	Relay Entries.	9
3.A.3	Qualifying Standards (M)	9-10
3.A.4	Electronic Entry Process	10
3.A.5	Regional Entries to Regional Host Sites	10
3.A.6	Entry Deadline	10-11
3.A.7	Scratch Policy - KSHSAA Proofing	11
3.A.8	Entry Fees	11
3.B	Scratch Meetings	11
3.C	Jury of Appeals	12
3.D	Official Order of Events.	12
3.E	Event Specific Information	13
3.F	Heating-Seeding Guidelines for the Clerk of the Course.	13-14
3.G	Awards/Scoring – Qualification for State Meet	14
3.G.1	Disqualification – Advancement	14
3.H	Third-, Fourth-Place Tiebreaking Procedures	15
3.I	Pass Gate Provisions	15
3.J	Regional Managers – Reminders.	16
3.K	Digital Ticketing	16
3.L	Postseason Ticket Sales and Financial Reporting.	16

Section IV - State Track and Field Meet Information

	2023 State Track & Field Meet Time Schedule.	17
4.A	State Entry Forms	18
4.B	State Entry Fee	18
4.C	State Track Facility.	18
4.D	Warm-up Area	18
4.E	Team Packets	18
4.F	Scoring/Medals/Trophies/Pictures and Awards	18
4.G	Infield Access	18
4.H	Timing	18
4.I	Posting Results.	18
4.J	Spikes	19
4.K	Contestant Numbers.	19
4.L	Markings on Track, Jumping and Vaulting Areas.	19

4.M	Relay Teams	19
4.N	Running Event Information	19
4.O	Qualifying from Preliminaries to Finals	19
4.P	Field Event Information	19-20
4.Q	Field Event Implements	20
4.R	Dressing Facilities	20
4.S	Training Facilities	20
4.T	Media – Broadcast Fees/Credentials	20
4.T.1	Webcasting Postseason Contests – New Policy	20-21
4.U	Pass Gate Process	21
4.V	School Bus/Van and Car Parking	21
4.W	Ticket Prices and Sales	21
4.X	Electronic Device Restrictions	21
4.Y	Girls & Boys Discus	22

Section V - Pole Vault Information and Forms

5.A	Safety Considerations Regarding the Pole Vault	23-24
5.B	NFHS Pole Vault Landing Pad Requirements	24
5.C	Pole Vault Coaching Box	24
5.D	Pole Vaulter’s Weight Verification Form	25
5.E	Contact Information for Pole Manufacturers	26

Section VI - Additional Information

6.A	NFHS National Track & Field Honor Roll (Submission Form)	27
	KSHSAA Policies	28
	Adverse Weather Policies/Procedures	29
	KSHSAA Statement on Performance Enhancing Drugs & Nutritional Supplements	30
	KSHSAA Code of Ethics for Coaches	30

Section I

METRIC CONVERSIONS

The Track and Field Rules Committee of the National Federation of State High School Associations has established the order of events in metric distances. Schools building new or refurbishing existing track facilities are encouraged to make accommodations for metric races. Most KSHSAA member schools have metric tracks which will be used during the interscholastic season. This section should be helpful to those who need to make conversions from yard to metric distances and vice versa.

1.A Metric Conversion Chart for Times

To convert metric times to English equivalent, use the following conversion table:

Girls 100m HH	to 110-Yd. High Hurdles	Add .1 sec.
Boys 110m HH	to 120-Yd. High Hurdles	Same
Girls 800m Relay	to 880-Yd. Relay	Add .5 sec.
Girls 3200m Relay	to Two-Mile Relay	Add 3.0 sec.
Boys 3200m Relay	to Two-Mile Relay	Add 2.8 sec.
Girls 100m	to 100-Yd. Dash	Sub 1.0 sec.
Boys 100m	to 100-Yd Dash	Sub .9 sec.
Girls 1600m	to One-Mile Run	Add 1.9 sec.
Boys 1600m	to One-Mile Run	Add 1.6 sec.
Girls 400m Relay	to 440-Yd. Relay	Add .4 sec.
Boys 400m Relay	to 440-Yd. Relay	Add .2 sec.
Girls 400m	to 440-Yd. Dash	Add .5 sec.
Boys 400m	to 440-Yd. Dash	Add .3 sec.
Girls 300m LH	to 330-Yd. Low Hurdles	Add .2 sec.
Boys 300m IH	to 330-Yd. Int. Hurdles	Add .2 sec.
Girls 800m	to 880-Yd. Run	Add .9 sec.
Boys 800m	to 880-Yd. Run	Add .7 sec.
Girls 200m	to 220-Yd. Run	Add .2 sec.
Boys 200m	to 200-Yd. Run	Add .1 sec.
Girls 3200m	to Two-Mile Run	Add 4.7 sec.
Boys 3200m	to Two-Mile Run	Add 3.4 sec.
Girls 1600m Relay	to Mile Relay	Add 1.3 sec.
Boys 1600m Relay	to Mile Relay	Add 1.1 sec.

Note: To convert from English times to metric equivalent, reverse the above process.

1.B Metric Conversion Chart for Distances

109.40 yards	100 meters
120.30 yards	110 meters
218.70 yards	200 meters
328.10 yards	300 meters
437.40 yards	400 meters
874.90 yards	800 meters
.99 miles	1600 meters
1.98 miles	3200 meters
3.10 miles	5000 meters

Section II

GENERAL INFORMATION

2.A Required Rules Meeting

Both KSHSAA member school head coaches and KSHSAA registered starters will fulfill the track and field rules meeting requirement online. Dates during which the rules meeting is available online for credit can be found on the KSHSAA website. Following the last date that the meeting is available online for credit, the meeting will be posted on the "public" side of the KSHSAA website. Viewing the online meeting after the last date for credit will not be recorded, and credit for the meeting cannot be provided.

Online rules meeting: February 1 - March 14

2.B Required Examinations

All head high school, head middle/junior high school coaches and KSHSAA registered starters must annually take the NFHS Track and Field Exam Part I. Head coaches failing to score 90% or higher on the NFHS Exam Part I will be required to take the KSHSAA Test II. KSHSAA registered starters must score 90% or higher on the NFHS Exam Part I in order to be eligible for selection to serve as a starter for the KSHSAA State Track and Field Championship.

The NFHS Exam Part I must be submitted to the KSHSAA by using the online submission process. Instructions on how to submit the exam online were sent to each KSHSAA member school and starter. For the 2023 interscholastic season, online submission of examinations may begin on February 1, 2023 and will be concluded on March 14, 2023.

2.C Middle School/Junior High Participation Regulations

Seventh and eighth grade students are limited to participation in a maximum of seven (7) days of competition during the season. Seventh and eighth grade students shall be limited to a maximum of four (4) events per day (either track and/or field events). Any number of these may be relays. Seventh and eighth grade students are limited to no more than two (2) races of 800m or longer in one day. Ninth graders in junior high school have a maximum participation limit of four (4) events. The longest race at any grade level is as follows:

7th grade – 3200m

8th grade – 3200m

9th grade – have the same restrictions as ninth graders in a high school

Additional NFHS recommendations regarding middle/junior high school track and field events:

Junior High Shot Put Boys – 4 kilograms (8 lbs. 13 ounces) Girls – 6 lbs. (2.744 kilograms)

Junior High Discus Both genders at JH level use the HS girls discus (1 kilogram) – NFHS recommendation

If applicable:

Junior High Javelin Both genders at the JH level use the HS girls javelin (600 grams) – NFHS recommendation

Hurdle spacing – junior high (recommended):

EVENT	HEIGHT	No. of Hurdles	Start to 1st	Between	Last to Finish
Girls 55m	30 in.	5	13.0 m	8.5 m	8.0 m
Boys 75m	36 in.	6	45 feet	30 feet	51 feet 1 inch
Girls 75m	30 in.	7	13.0 m	8.5 m	11.0 m
Boys 110m	30 in.	5	45 feet	60 feet	75 feet 10 5/8 inches
Boys 300m	30 in.	8	45 m	35 m	10 m

The recommended order of events in interscholastic middle/junior high school meets can be found in the Track and Field Announcements, on the KSHSAA website (www.kshsaa.org) and in the Spring KSHSAA *Activities Journal*. Host schools shall notify invited schools one week in advance of the meet if the order of events is different than the one recommended by the KSHSAA.

Sixth grade students participating in interscholastic meets as part of a middle school team are subject to event limitations as promulgated by the Kansas State Department of Education. Contact the KSDE for specific information if sixth graders are participating on the middle school track and field team.

2.D Senior High Participation Regulations

In each interscholastic meet, each participant has a maximum participation limit of four (4) events.

No student representing a KSHSAA member high school shall participate in more than eight (8) track and field meets during a season (exclusive of the regional and state meets). On those days when a meet is conducted during school time, only two (2) of those meets may start prior to 3 p.m. C.T. Schools are encouraged to schedule as many quadrangular or smaller meets as possible. It is recommended that quadrangular or smaller meets should not start until after school hours for all schools participating in the meet.

2.E Uniforms

Per KSHSAA policy, NFHS **Rule 4-3 APPLIES AT ALL INTERSCHOLASTIC MEETS.**

Reminder – no gloves may be worn by any competitor in field events or in a relay. No hats or bandanas may be worn by any competitor in any event. **NEW - Watches are permitted to be worn. The watch may not be set/used to transmit information to a competitor during a race/event.**

Uniforms must be left on while a competitor is in the competition area!

More detailed information can be found on the KSHSAA website for Track & Field and in the KSHSAA Legal Uniforms document.

2.F Sportsmanship and Legal Uniform Verification

The head coach of each participating school is responsible to ensure that all of their team's student-athletes exhibit good sportsmanship and wear legal uniforms at all member school and postseason track and field meets. Per NFHS Rule Requirement, forms will be required to be turned in at every meet. The forms can be found below and on the track and field page of the KSHSAA website.

2.G NFHS/KSHSAA Rules

All interscholastic track and field meets will be conducted under National Federation of State High School Association's track and field rules and KSHSAA rules and policies. NFHS Rules Books and Case Books are available for purchase via the KSHSAA website homepage and via Entry Forms for member schools. The KSHSAA Handbook is available online or may be purchased at the KSHSAA office. Rules updates/recent interpretations and the KSHSAA Track and Field Announcements can be found at www.kshsaa.org>Athletic>Track and Field.

<p>KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION</p> <p>Track and Field</p> <p>SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION</p> <p>The NFHS Track and Field Rules Book 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: (Rule 3-4-8)</p> <ul style="list-style-type: none">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 properly equipped (uniform and equipment) in compliance with these rules.c. Any special circumstances, procedures and information pertaining to the meet. <p>Therefore, the Executive Board has approved and recommended that all coaches will verify, in writing, that their contestants are legally equipped and uniformed according to NFHS rules and will compete in a sportsmanlike manner.</p> <p>Printed Coach Name: _____</p> <p>School: _____</p> <p>Coach Signature: _____</p> <p>Event: _____ Date: _____</p>
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<p>KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION</p> <p>Track and Field</p> <p>SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION</p> <p>The NFHS Track and Field Rules Book 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: (Rule 3-4-8)</p> <ul style="list-style-type: none">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 properly equipped (uniform and equipment) in compliance with these rules.c. Any special circumstances, procedures and information pertaining to the meet. <p>Therefore, the Executive Board has approved and recommended that all coaches will verify, in writing, that their contestants are legally equipped and uniformed according to NFHS rules and will compete in a sportsmanlike manner.</p> <p>Printed Coach Name: _____</p> <p>School: _____</p> <p>Coach Signature: _____</p> <p>Event: _____ Date: _____</p>
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Section III

REGIONAL TRACK AND FIELD MEET INFORMATION

3.A Regional Entries

3.A.1 Contestant Event Limitation

A contestant shall not compete in more than four (4) events (track and/or field). Any number of these may be relays. After Saturday, May 13, 2023, only scratches will be permitted. No contestant shall be entered in more than four (4) individual events.

3.A.2 School Event Entry Limitation

Schools may submit individual event entries for the girls and boys regional track and field meets as follows:

Class 6A, 5A and 4A – may enter three (3) entries per individual event;

Class 3A, 2A and 1A – may enter two (2) entries per individual event without meeting the qualification standard;

Class 3A, 2A and 1A may enter up to three (3) entries per individual event provided all entries in that event from that school have equaled or bettered, in a bona fide interscholastic varsity level competition this season, the qualification standard which is listed in section 3.A.3.

3.A.2a Relay Entries

All classes – may enter one (1) entry (relay team) per relay event as per **NFHS Rule 5-10-2** (which permits listing up to eight (8) individuals on the relay card). No split or open times will be allowed to compute relay entry time. The time submitted for each relay team must be the time run by the identical four relay members in that same relay race sometime during the season. Schools which are unable to submit a pure time will be allowed to enter a relay team but they will not be assigned into the faster heat. **In relays, eight (8) individuals may be listed as entries, any four (4) of which may compete.** Only the four who actually compete in the relay are charged with an event. **Substitutes must come from those eight (8) individuals submitted and listed on the relay entry. This also applies at the state meet.**

Relay personnel may be changed for the State Track and Field Championship for any relay team qualifying.

3.A.3 Qualifying Standards (M)

Adjusted to the average of the average sixth-place regional finisher for the last five years. Convert the qualifying times (English to metric – if applicable) before you submit entries to the regional manager. Times are rounded to the next .10. All 2023 regionals will be conducted on metric tracks.

NOTE: The standards are quite different in some events, with little change in others. Qualifying standards will be adjusted on a yearly basis based on the average sixth-place finishers at regionals for the preceding five years.

Girls Qualifying Standards (M)

Event	3A	2A	1A
100M Dash	13.32	13.71	13.76
200M Dash	27.84	29.04	28.89
400M Dash	1:05.10	1:07.10	1:07.63
800M Run	2:39.50	2:42.53	2:43.76
1600M Run	6:06.80	6:25.39	6:34.28
3200M Run	13:24.00	14:10.00	14:18.00
100M H. Hurdles	17.67	18.92	18.1
300M L. Hurdles	51.39	53.92	53.71
High Jump	4'08"	4'07"	4'08"
Long Jump	15'03"	15'02"	15'02"
Triple Jump	32'06"	31'08"	32'02"
Pole Vault	8'03"	7'05"	7'04"
Shot Put	33'08"	32'04"	33'03"
Discus	101'09"	95'05"	95'07"
Javelin	106'04"	102'08"	102'09"

Boys Qualifying Standards (M)

Event	3A	2A	1A
100M Dash	11.67	11.93	11.95
200M Dash	23.87	24.68	24.73
400M Dash	54.72	54.97	55.36
800M Run	2:10.30	2:12.10	2:14.54
1600M Run	5:03.70	5:06.35	5:08.95
3200M Run	11:03.00	11:15.00	11:38.00
110M H. Hurdles	17.28	18.41	18.68
300M I. Hurdles	44.1	46.01	46.06
High Jump	5'09"	5'08"	5'08"
Long Jump	19'07"	19'04"	19'03"
Triple Jump	40'02"	39'00"	39'02"
Pole Vault	11'03"	10'03"	10'02"
Shot Put	44'03"	41'06"	40'08"
Discus	129'03"	124'01"	122'10"
Javelin	144'05"	140'02"	143'03"

During regular season track and field meets, managers are encouraged to time, measure and record as many places as possible so coaches can use these marks for regional entry qualifiers, should they wish to enter more than the allotted number per event. Coaches are reminded that relay split times **CANNOT** be used as regional qualifying times for the open 100m, 400m or 800m events.

3.A.4 Electronic Entry Process via Kansas MileSplit

Schools will be provided detailed information regarding the process for entering athletes into regional meets via Kansas MileSplit (www.ksmilesplit.com). **Schools are required to have all regional entries completed online by 8:30 p.m., Saturday, May 13, 2023.** (This deadline ensures coaches have the opportunity to use times/marks athletes may have achieved at a league meet on Friday or Saturday.) Athlete seed times/marks recorded in previous meets with results available on MileSplit will automatically pull in and update. Verified times/marks can also be manually entered/updated by coaches.

Member schools will need to make sure they have created an account on KS MileSplit, claimed their team, built or imported their roster(s), and registered all athletes for their regional meet by the deadline. All entered athletes will be checked against a school's online eligibility list.

Once regional entries are complete and accurate, submit form TF-2 to the KSHSAA office. The TF-2 form can be accessed on the Activities webpage in the Track & Field menu, or in the Entry Forms section of the website under the month of May (administrator login required). **TF-2 is required** and is the final verification that entries are complete and accurate. This form can be submitted anytime, but must be received by the KSHSAA by **8:30 p.m., Saturday, May 13.**

After entries are complete, coaches should print a list of their entries as confirmation/back up.

Individuals cannot be entered in more than four (4) individual events. They can be entered on all relay teams, but cannot compete at the regional meet in more than four (4) total events (individual and/or relay).

COACHES: Student-athletes participating in regional meets depend on you to ensure they are entered correctly. The online entry process eliminates most errors, but your careful attention to ensure no careless mistakes are made is still necessary. **PLEASE TAKE TIME TO CAREFULLY CHECK ALL ENTRANTS!**

3.A.5 Regional Entries to Regional Host Sites

Regional entries will be available on Kansas MileSplit for each regional site manager to download.

3.A.6 Entry Deadline

NO NEW ENTRIES WILL BE PERMITTED AFTER 8:30 P.M., SATURDAY, MAY 13.

REGIONAL MANAGERS WILL ACCEPT SCRATCHES ONLY! ALL ENTRIES WILL BE CONSIDERED FINAL. Any changes must be approved by the KSHSAA.

*EXCEPTION: With the approval of the regional games committee, a competitor who was inadvertently not entered by the coach may be entered during the scratch meeting, prior to the meet, provided the school is willing to pay a \$15.00 penalty and a double entry fee for that entry. The regional games committee shall interview the athlete and coach to determine if the situation was an oversight in lieu of an afterthought. The penalty fee is retained by the host school.

*MEDICAL EXCEPTION: With the approval of the regional games committee, a competitor who was under competitive restrictions set forth by a medical doctor on the date of entry deadlines and has been formally released (written medical authorization to compete) for competition by that medical doctor prior to the date of the regional meet may be entered during the scratch meeting, provided the school is willing to pay a \$15.00 penalty and a double entry fee for that entry. A copy of the written medical release must be submitted to the regional manager at the scratch meeting. **Any entries made at the time of the scratch meeting due to this medical authorization exception will be entered with no mark or distance.**

3.A.7 Scratch Policy - KSHSAA Proofing

In the event a school coach has entered more than the number of athletes in an individual event than is permitted by KSHSAA policy and the coach fails to scratch down to the allowable number of entries, at the time the KSHSAA is notified the following policy and procedure will be used by the KSHSAA. The athlete(s) from that school entered into an event above the allowable number of entries will be scratched from that event in the following sequence:

- 1) The athlete(s) with the poorest mark or time will be scratched first.
- 2) If two or more athletes have the same mark or time and one is to be scratched, the athlete entered into more events will be scratched.
- 3) If two or more athletes have the same mark or time and one is to be scratched and they are both entered into only one event, the junior athlete by grade will be scratched.

If a school has not entered four (4) athletes into a relay, the relay is not an official entry and will not compete.

3.A.8 Entry Fees

The regional entry fees are **\$8 per athlete, per event**. Relay team entry fee is **\$25.00 per team**. Schools will receive an electronic invoice from the KSHSAA for their regional entries following the regional meet.

3.B Scratch Meetings

Prior to the start of any events, the regional manager will arrange for and conduct an **initial scratch meeting**. Coaches are asked to report any scratches of entries prior to or at the start of this initial scratch meeting. Should an athlete become injured during the course of the day and be unable to participate in a subsequent event they are entered in, **the head coach should contact the meet manager prior to the event in order to scratch the athlete.**

If not mailed/faxed to regional managers prior to the regional meet, during the initial scratch meeting coaches are to give to the meet manager the **"Pole Vault Verification Form"** for any athletes entered in the pole vault. No athlete will be permitted to participate in the pole vault until this form is presented to the meet manager.

A descending order of performance sheets will be available to head coaches at the **initial scratch meeting or before**. All entrants not scratched at the scratch meeting **or** prior to an event they are entered in will be considered as participating. **If they fail to run/jump/throw/vault, they will be disqualified from competing in the remainder of the meet, unless reinstated by the games committee/jury of appeals.**

During the initial scratch meeting, any questions concerning the accuracy of times/distances submitted for athletes entered into the meet **MUST** be raised and addressed by the coach of the athlete. Coaches must be able to verify where and when the time or distance was established in case of question. If a coach cannot verify the accuracy of the submitted time, or if after the meet manager interviews the head coach and athlete involved, and the meet manager determines the time or distance submitted is incorrect, adjustments to the time or distance will be made. If no time or distance can be determined following the interviews, the meet manager will instruct the clerk of the course to assign that individual to the first flight or heat of that event. If the meet manager believes that the time or distance must be accepted on face value, and provided the athlete has a poor performance (i.e., well below the submitted performance), the meet manager shall forward the information to the KSHSAA with an explanation of the events. The KSHSAA staff will then follow up with the parties involved.

Following the scratch meeting, it will be assumed by all coaches that the times/distances submitted for all entries are correct, and no subsequent questions as to the accuracy of submitted times/distances will be addressed by the meet manager or the games committee/jury of appeals.

Heats and lanes for the running events will not be established until **after the specific event scratch meeting** conducted by the clerk of the course or meet manager which will be held **approximately one hour prior** to each event. **Scratches only will be permitted – there will be no substitutions in individual events or no new entries.** This procedure will reduce the number of heats in many events.

3.C Jury of Appeals

Prior to the scratch meeting, each regional manager should select a jury of appeals composed of three to five head coaches of teams assigned to the regional meet. The appeals committee will function per provisions of *NFHS Rule 3-5*. If an appeal is filed with the jury of appeals and involves an athlete from one of the school teams coached by a member of the jury of appeals, that coach should recuse themselves from ruling on the appeal.

3.D Official Order of Events

Following is the order of preliminary events (if needed based on the number of entries):

Girls 100m Hurdles
Boys 110m Hurdles

Girls 100m Dash
Boys 100m Dash

Girls 200m Dash
Boys 200m Dash

Girls 4 x 800m Relay - Finals
Boys 4 x 800m Relay

Following is the official order of final events for all girls and boys regional high school track and field meets: (30 minute break)

Running Events

#Girls 100m High Hurdles
Boys 110m High Hurdles

Girls 100m Dash
Boys 100m Dash

Girls 1600m Run
Boys 1600m Run

*Girls 4 x 100m Relay
*Boys 4 x 100m Relay

*Girls 400m Dash
*Boys 400m Dash

*Girls 300m Low Hurdles
*Boys 300m Intermediate Hurdles

Girls 800m Dash
Boys 800m Dash

*Girls 200m Dash
*Boys 200m Dash

Girls 3200m Run
Boys 3200m Run

Girls 4 x 400m Relay
Boys 4 x 400m Relay

Girls Field Events

Shot Put
Discus
High Jump
Long Jump
Triple Jump
Javelin
Pole Vault

*Run in lanes all the way.

#The hurdle height for this event is 33 inches.

It is recommended that the order of the field events be spaced by gender to minimize conflicts for athletes.

Boys Field Events

Shot Put
Discus
Javelin
High Jump
Long Jump
Triple Jump
Pole Vault

3.E Event Specific Information

400m Dash

There will be no preliminaries run in the regionals. As a final event, the fastest athletes (one per lane) will be placed in the last section, etc. All sections and competitors will be timed. Places will be determined by time.

Girls 300m Low Hurdles and Boys 300m Intermediate Hurdles

There will be no preliminaries run in the regionals. As a final event, the fastest athletes (one per lane) will be placed in the last section, etc. All sections and competitors will be timed. Places will be determined by time.

Girls and Boys Sprints and High Hurdles will qualify from the preliminaries to the finals by **PLACE FIRST, THEN BY TIME**. In any of these events if more than two preliminary heats are required based on the number of entries and number of lanes, semifinal heats should be run. Depending on the number of lanes, 6, 7 or 8 will advance to the finals.

Girls and Boys 800m Dash, 1600m Run and 3200m Run will not have preliminaries. As a final event, the fastest athletes (two per lane or three/four per alley) will be placed in the last section, etc. All sections and competitors will be timed. Final places will be determined by time.

3200m Run

This event will follow the finals of the 200m Dash. **NOTE:** In regionals where KSHSAA approval has been given for a regional site to host two different classes, the smaller classification 3200m may be held at the start of the running preliminaries.

Relays – There will be no preliminaries conducted in relays. They shall be conducted in the same manner as the 400m, 800m, 1600m and 3200m. Each team participating in a relay will be timed which will determine final placement. The regional clerk of the course will place (at a minimum) the six best teams (as determined by entry time) in the last section, the next best teams (as determined by entry time) in the next to last section, etc. Within each section, the clerk of the course will place the teams in lanes as per *NFHS Rule 5-6-5 (3,4...2,5...1,6)*. No split or open times will be allowed to compute relay entry time. The time submitted for each relay team must be the time run by the identical four relay members in that same relay race sometime during the season. The head coach should be able to verify the date/meet the submitted time was established by the relay team entered. If the verification information cannot be submitted by the head coach, the relay team will be assigned to the first (slowest) section of the relay. Schools which are unable to submit a pure time for the team entered will be allowed to enter a relay team but they will not be assigned into the faster heat. There shall be a minimum of three (3) relay teams in each heat or section.

3.F Heating-Seeding Guidelines for the Clerk of the Course

The clerk of the course shall have a listing of the individual entries for each event on sheets from which to call the roll. Scratches may be made but NO new entries will be allowed. The number of heats necessary will then be announced and the drawings made as follows:

SPRINTS AND 100/110M HURDLES PRELIMINARIES – A straight serpentine system is used. Qualify from prelims to the semifinals (if necessary) and/or to the finals by **PLACE FIRST, THEN BY TIME**. It will be necessary to time all runners for determining lane assignments for the final. When placing in heats, use *NFHS Rule 5-6-4 & 5* and “Situation Rulings” in the NFHS Track and Field Case Book as guidelines. The fastest competitor shall be in the last heat; within a heat, the competitors shall be placed in lanes with priority as follows: 4, 5, 3, 6, 2, 7, 1, 8. Time all runners. Announce if semifinals are necessary. Use semifinals if more than two preliminary heats are needed. **By agreement of THE MAJORITY of coaches, semifinals may be waived.**

If more than 48 entries are entered on a six-lane track, only two from each preliminary heat will qualify to the semifinals. If 48 or less are entered, use the following guidelines to determine the number of heats.

Six-Lane Track

Preliminaries -----	37-48 entries	8 heats, qualify 3 from each heat
Quarterfinals-----	24 running	4 heats, qualify 3 from each heat
Semifinals -----	12 running	2 heats, qualify 3 from each heat
Finals-----	6 running	
Preliminaries -----	25-36 entries	6 heats, qualify 4 from each heat
Quarterfinals-----	24 running	4 heats, qualify 3 from each heat
Semifinals -----	12 running	2 heats, qualify 3 from each heat
Finals-----	6 running	
Preliminaries -----	19-24 entries	4 heats, qualify 3 from each heat
Semifinals -----	12 running	2 heats, qualify 3 from each heat
Finals-----	6 running	
Preliminaries -----	13-18 entries	3 heats, qualify 4 from each heat
Semifinals -----	12 running	2 heats, qualify 3 from each heat
Finals-----	6 running	
Preliminaries -----	7-12 entries	2 heats, qualify 3 from each heat
Finals-----	6 running	

Finals----- 1-6 entries No prelims, conduct as a final event

(Exception: On a six-lane track, the fastest runner will be assigned to lane 3, second fastest to lane 4, third fastest to lane 2, fourth fastest to lane 5, fifth fastest to lane 1 and sixth fastest to lane 6.)

Eight-Lane Track

Preliminaries ----- 49-64 entries	8 heats, qualify each heat winner
Finals----- 8 running	
Preliminaries ----- 41-48 entries	6 heats, qualify each heat winner and next 2 best times
Finals----- 8 running	
Preliminaries ----- 33-40 entries	5 heats, qualify each heat winner and next 3 best times
Finals----- 8 running	
Preliminaries ----- 25-32 entries	4 heats, qualify each heat winner and the next 4 best times
Finals----- 8 running	
Preliminaries ----- 17-24 entries	3 heats, qualify the first 2 in each heat and the next 2 best times
Finals----- 8 running	
Preliminaries ----- 9-16 entries	2 heats, qualify first 2 from each heat and next 4 best times
Finals----- 8 running	
Finals ----- 1-8 entries	No prelims, conduct as a final event

When eight lanes are used, the priority will be lanes 4,5 . . . 3,6 . . . 2,7 . . . 1,8, in that order.

Note: *If the track has seven lanes, the figures will need to be adjusted accordingly. Every effort should be made to avoid quarterfinals.*

**There will be NO PRELIMINARIES IN THE FOLLOWING EVENTS:
300 LH, 300 IH, 400, 800, 1600, 3200, 4 x 100, 4 x 400, and 4 x 800 Relays.**

If more than one section is necessary in these events, place the fastest competitors (teams) in the last section. **Count up from the bottom** on the list of entries the proportionate number to be placed in each section. To ensure **NO TIES, and to provide identification of 4th place finishers**, timing to one-thousandths should be recorded. Time all runners and/or teams in each section in case of disqualifications.

There shall be a minimum of three (3) competitors or relay teams in each heat or section.

3.G Awards/Scoring – Qualification for State Meet

In all regional meets, the scoring method will be applied as per **NFHS Rule 2-1-2**. Points shall be awarded to winners of the first **six (6) places** in each event, including relays, as follows: **10-8-6-4-2-1**. In the regional meet, duplicate awards will be given in case of ties. Managers are to inform the KSHSAA of any ties and how medals were distributed at the meet.

In all regionals, **winners of the first 4 places including relays will qualify for the State Track and Field Meet**. In the event of ties for 3rd (or 4th) place, the tiebreaking procedure shall be used.

3.G.1 Disqualification – Advancement

If an athlete is disqualified from a KSHSAA regional meet (*not from an event such as for a false start, but from the meet*) under application of NFHS rules and thereafter participates and places in an event(s) while disqualified from the meet, the following policy would apply. Any points earned by the athlete prior to the disqualification would stand. Any points earned/scored by the athlete in event(s) they participated in after their disqualification shall be voided. If it is possible to identify any additional placers in the event(s) the ineligible athlete participated in after their disqualification, those placers will be advanced and corresponding changes will be made to the event and to team standings/scores. **EXAMPLE:** In the regional track and field meet A1 participated in the finals of the 200m Dash and ran on the school's 4 x 400m Relay AFTER A1 had been disqualified from the meet. A1 finished 4th in the 200m and the 4 x 400m Relay team finished 2nd in the meet. A1, prior to his disqualification, finished 3rd in the 100m and 5th in the Long Jump. **RULING:** A1's placing and points in the 100m and the Long Jump stand. His placing in the 200m and the team's 4 x 400m placing is voided. In the 200m Dash, the initial 5th and 6th place finishers would be advanced to 4th and 5th. If it is possible to determine a new 6th place finisher that would be done and the event would be rescored. In the 4 x 400m Relay, teams initially finishing in 3rd, 4th, 5th and 6th would be advanced to 2nd, 3rd, 4th and 5th. If it is possible to determine a new 6th place finishing team, that team would also be advanced. The event is rescored. In both of these events, after rescored, the first 4 place finishers in both events would be advanced to the state meet. A1 is still eligible for participation in the state meet in the 100m and Long Jump, provided no other sanction upon him is imposed by the school or the KSHSAA.

3.H Third-, Fourth-Place Tiebreaking Procedures

A. HIGH JUMP & POLE VAULT

- 1) Break ties per *NFHS Track and Field Rule 6-3-2 b* (fewest trials)
 - a) If the tie for 3rd place is between two competitors, both advance, one would be the 4th-place finisher.
 - b) If the tie for 3rd is between three or more, a "Jump-Off" is to occur.
 - Each tying competitor shall take one more jump at the height at which they failed.
 - If no decision is reached, the bar shall be lowered (1 inch for HJ, 3 inches for PV).
 - If no competitor clears this height, the bar shall again be lowered (1 inch for HJ, 3 inches for PV).
 - If two or more of the tying competitors clear the height, the bar shall be raised by intervals (1 inch for HJ, 3 inches for PV).
 - Each competitor shall attempt one trial at each height until a 4th place finisher is determined.
 - No tying competitor shall be permitted to pass a height in the jump-off.
 - c) Tie for 4th place by two or more competitors
 - The same procedure as outlined in b) (above) shall occur.
- 2) The event judge, meet manager and/or referee **shall verify the tie prior to any of the above procedures being initiated.**
- 3) If any number of competitors tie for 3rd or 4th, the points for tied places shall be added together and divided by the number of competitors involved in the tie (*NFHS Rule 2-2-4*).

B. LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS, JAVELIN

NFHS Rule 6-3-2a will be used to identify the final individual order of placement in all field events determined by distance.

C. RUNNING EVENTS

- 1) The eight-lane track used at WSU for the State Track and Field Championship will not permit more than four competitors from each regional meet to qualify for the state meet (4 qualifiers x 4 regionals/class = 16 competitors = 2 heats of 8 in qualifying heats).
- 2) **400m Dash and 300m Hurdles...4 x 100m and 4 x 400m Relays (800m if this event is run in two sections)**
 - a) Races are run in sections based on descending order list. While not likely, should a tie between competitors (or teams) in different sections occur, the tie **must** be broken.
 - b) In all regional meets, times are rounded up to the next tenth of a second. This protocol will continue until all regional sites have FAT systems.
 - c) If a **timed tie (two competitors) for 3rd place** from competitors (or teams) in different sections, both athletes (teams) would advance to the State Track and Field Championship.
 - d) If a **timed tie for 4th place** from competitors (or teams) in different sections,
 - Per *NFHS Rule 3-9-8*..."electric or digital timers which measure one one-hundredth of a second must be used" thus, to break ties, the reading of one one-hundredth of a second shall be used.
 - Per *NFHS Rule 3-8-3*..."If using FAT " Determining qualifiers for a subsequent round, shall be broken by time recorded to one one-thousandth of a second."
 - e) **IF** the tie for 4th place cannot be broken by d), a coin flip will decide the qualifier.
 - f) Other running events are determined solely by place...there can be no ties in the 100m, 200m, 800m, 1600m, 3200m or 100/110m Hurdles. Timers/pickers must decide or the tie is broken on the basis of time.

3.I Pass Gate Provisions

In order to standardize the number of passes provided at the regional track and field meets, the following formula has been adopted by the KSHSAA Executive Board for use at the pass gate:

	No. of Coaches	No. of Managers
1-10 athletes entered	2	1
11-15 athletes entered	3	2
16 or more athletes entered	4	2

In addition to those listed, the superintendent, principal and/or athletic director of each school assigned to the regional will be admitted at the pass gate. The manager should have a sign-in sheet at the pass gate for these people to sign. Each regional manager is encouraged to have a KSHSAA Membership Directory at the pass gate to assist in verifying the names of school superintendent, principal and/or athletic director.

3.J Regional Managers – Reminders

1. Each regional manager should verify that the final meet results are submitted to Kansas MileSplit as soon as possible following the regional. Instructions will be communicated.
2. Friday following the regional, managers are to **email (kdoperalski@kshsaa.org) a pdf of your individual and team results to the KSHSAA.**
3. Individual event medals and team trophies will be sent to regional managers. **Check these as soon as they arrive for accuracy and completeness of the awards. Please notify the KSHSAA of any individual or team who needs the duplicate medal(s) if ties occur. Return any undelivered non-awarded medals to the KSHSAA.**
4. All throwing event implements are to be checked according to the official NFHS Track and Field rules. Use a balance or digital scale to check for correct weights.
5. Admission will be charged. The admission charge will be \$6 for K-12th grade students and \$8 for adults. Tickets will be mailed to each regional manager along with instructions for online submission of sales and financial reconciliation. Following the regional, **RETURN ALL UNUSED TICKETS AND A COPY OF THE TICKET REPORT AND FINANCIAL STATEMENT.**
6. Participant numbers **WILL NOT** be used in regional meets.
7. Regional managers are to select starters from the list of registered starters posted on the KSHSAA website (www.kshsaa.org>Athletic>Track and Field>Track Starters). **Regional managers may elect to use either one of two options with respect to starters.** Under either option, in addition to the fee, each starter shall be compensated for travel expenses via a round-trip mileage zone system. All expenses and the fee shall be deducted from the KSHSAA portion of the gate receipts.
Option 1 - You may select one starter and one assistant starter. **The starter's fee is \$190.00. The assistant starter's fee is \$65.00.** The starter will serve as the head starter in all races.
Option 2 - You may select two starters (one to start the boys' races and one to start the girls' races). Each starter will serve as the assistant starter for the other starter. **Each starter's fee if you elect this option is \$140.00.**
8. Provide the clerk of the course with a master listing (in descending order) of all individual entrants in running events. The listing in descending order shall include name, school and time or distance of each entrant. This list should be posted on a bulletin board for coaches to view, or a copy provided to each head coach at the scratch meeting. The head field event judge shall have a similar listing for all individual entrants in field events.
9. If possible, timers and pickers should be elevated at the finish line.
10. If using an automatic/electronic system, have a manual backup watch on first place in all races - necessary in case of a power failure.
11. Have two pickers on each of seven places. Use the "ballot" system as explained in *NFHS Rule 3-9-2*. This will prevent possible misses. Double check all watches when recording all times in each heat.
12. Per *NFHS Rule 3-9-6* - The games committee may authorize a review of official pictures/video of the finish to assist in the final decision of place in a race.
13. At the scratch meeting introduce the starters, the referee and members of the games committee/jury of appeals.
14. All appeals must be in writing.
15. Following the meet, please provide regional meet results to local media.

3.K Digital Ticketing

KSHSAA regional/sub-state event hosts have the option to sell digital tickets through the GoFan digital ticketing platform. This is the only digital ticketing system permitted for use at KSHSAA postseason events. Using digital ticketing reduces or eliminates the need to have cash on hand, provides the opportunity to pre-sell tickets and gives the host access to digital reporting of sales. Host proceeds are not affected by digital vs. paper ticket sales. Digital ticket convenience fees are paid by the buyer. All proceeds from regional/sub-state events go directly to the host and are reconciled with the KSHSAA the same as paper ticket sales.

Prior to the start of the postseason, the KSHSAA will provide information to schools on how to set up GoFan digital ticketing for any postseason events they may be hosting. Schools may also contact the KSHSAA office for digital ticketing details.

3.L Postseason Ticket Sales & Financial Reporting

KSHSAA regional/sub-state postseason event hosts will submit all ticket and financial reports online through the KSHSAA website. This process will be used for all types of ticket sales (digital, paper or a combination). To submit the reports, login with your administrator credentials and select the Tickets link at the top of the page. This process will handle all calculations and provide the host the final amount to be sent to the KSHSAA as well as the amounts to be paid to the contest officials.

Detailed instructions on filling out and submitting these online reports will be provided to hosts in communications prior to the event. Reports are due for each ticket packet received from the KSHSAA.

2023 GIRLS AND BOYS STATE TRACK & FIELD MEET TIME SCHEDULE

The time schedule is a guide. **Should the running event sessions run ahead of schedule, they will continue to run ahead and no adjustments will be made.** In the first session on Friday, Class 1A will compete first, followed by 2A and 3A. In the second session on Friday, Class 4A will compete first, followed by 5A and 6A. On Saturday, Class 1A will compete first followed by 2A, 3A, 4A, 5A and finally 6A.

FIELD EVENT SCHEDULE – Preliminaries and Finals

SESSION	DAY	TIME	LJ	TJ	HJ-1	HJ-2	PV-North	PV-South	DISC	SHOT	JAV
1	Fri.	8:00 a.m.	1A B	2A G	3A B	1A G	3A G	2A B	1A G	2A B	3A G
2	Fri.	9:45 a.m.	3A G	2A B					1A B	3A G	3A B
3	Fri.	11:30 a.m.	3A B	1A B	2A G	3A G	2A G	1A B	3A B	2A G	1A G
4	Fri.	1:15 p.m.	6A B	1A G					6A G	5A B	1A B
5	Fri.	3:00 p.m.	6A G	5A G	6A B	4A G	6A G	4A B	4A G	6A B	5A B
6	Fri.	4:45 p.m.	4A B	5A B					5A G	4A B	6A B
7	Fri.	6:30 p.m.	5A G	4A G	5A B	6A G	4A G	6A B	5A B	6A G	4A B
8	Sat.	8:00 a.m.	2A B	4A B	1A B	5A G	1A G	5A B	2A G	1A B	4A G
9	Sat.	9:45 a.m.	2A G	6A G					2A B	1A G	6A G
10	Sat.	11:30 a.m.	1A G	6A B	2A B	4A B	5A G	3A B	3A G	5A G	2A G
11	Sat.	1:15 p.m.	5A B	3A G					4A B	3A B	2A B
12	Sat.	3:00 p.m.	4A G	3A B					6A B	4A G	5A G

RUNNING EVENT SCHEDULE – FRIDAY

<i>Finals (3200m Run)</i>	1A, 2A, 3A
1A Girls, 1A Boys	7:45 a.m. – 8:05 a.m.
2A Girls, 2A Boys	8:05 a.m. – 8:25 a.m.
3A Girls, 3A Boys	8:25 a.m. – 8:50 a.m.

<i>Preliminaries</i>	1A, 2A, 3A	4A, 5A, 6A
Girls 100m High Hurdles	9:00 a.m.	2:10 p.m.
Boys 110m High Hurdles	9:20 a.m.	2:30 p.m.
Girls 4 x 100m Relay	9:45 a.m.	2:55 p.m.
Boys 4 x 100m Relay	10:05 a.m.	3:15 p.m.
Girls 400m Dash	10:25 a.m.	3:35 p.m.
Boys 400m Dash	10:45 a.m.	3:55 p.m.
Girls 300m Low Hurdles	11:10 a.m.	4:20 p.m.
Boys 300m Intermediate Hurdles	11:35 a.m.	4:45 p.m.
Girls 200m Dash	12:05 p.m.	5:15 p.m.
Boys 200m Dash	12:25 p.m.	5:35 p.m.
Girls 4 x 400m Relay	12:45 p.m.	5:55 p.m.
Boys 4 x 400m Relay	1:15 p.m.	6:25 p.m.
Preliminaries Concluded	1:40 p.m.	6:50 p.m.

<i>Finals (3200m Run)</i>	4A, 5A, 6A
4A Girls, 4A Boys	7:00 p.m. – 7:20 p.m.
5A Girls, 5A Boys	7:20 p.m. – 7:40 p.m.
6A Girls, 6A Boys	7:40 p.m. – 8:00 p.m.

NOTE: With all six classes at the same site next year, classes 4A, 5A and 6A will have the early sessions.

Scoring for each event is as follows: 1st place = 10 pts.; 2nd place = 8 pts.; 3rd place = 6 pts.; 4th place = 5 pts.; 5th place = 4 pts.; 6th place = 3 pts.; 7th place = 2pts.; 8th = 1 pt.

RUNNING EVENT SCHEDULE – SATURDAY

<i>Preliminaries</i>	1A, 2A, 3A, 4A, 5A, 6A
Girls 100m Dash	8:30 a.m.
Boys 100m Dash	9:00 a.m.

<i>Finals</i>	
Girls 100m High Hurdles	9:30 a.m.
Boys 110m High Hurdles	10:00 a.m.
Girls 4 x 800m Relay	10:30 a.m.
Boys 4 x 800m Relay	11:40 a.m.
Girls 100m Dash	12:45 p.m.
Boys 100m Dash	1:05 p.m.
Wheelchair 100m Dash	1:20 p.m.
Girls 1600m Run	1:25 p.m.
Boys 1600m Run	2:10 p.m.

HALL OF FAME INDUCTIONS

Girls 4 x 100m Relay	3:00 p.m.
Boys 4 x 100m Relay	3:20 p.m.
Girls 400m Dash	3:45 p.m.
Boys 400m Dash	4:05 p.m.
Wheelchair 400m Dash	4:17 p.m.
Girls 300m Low Hurdles	4:30 p.m.
Boys 300m Intermediate Hurdles	4:50 p.m.
Girls 800m Run	5:10 p.m.
Boys 800m Run	5:35 p.m.
Girls 200m Dash	5:55 p.m.
Boys 200m Dash	6:15 p.m.
Girls 4 x 400m Relay	6:35 p.m.
Boys 4 x 400m Relay	7:00 p.m.

TEAM AWARD PRESENTATIONS: FOLLOWING LAST RACE
(Only coaches and athletes are permitted on the infield for team awards.)

Section IV

STATE TRACK AND FIELD MEET INFORMATION

Wichita State University-Cessna Stadium—May 26-27, 2023

4.A State Entry Forms

Schools qualifying a relay team(s) for the State Track and Field Championship will be given a window of time to make changes/updates to their relay entries directly via Kansas MileSplit. The specific procedure will be communicated prior to regional meets.

4.B State Entry Fee

State entry fees are \$10 per athlete per individual event. The **relay team entry fee is \$25.00** per relay team. **Relay team personnel may be changed from the regional meet and may be changed from the preliminaries to the finals.** Schools will be invoiced for the state entry fee after state qualifiers are determined.

4.C State Track Facility

The 2023 State Track and Field Meet will be conducted at Cessna Stadium on the campus of Wichita State University. The facility will be available to coaches, starting at 3 p.m., in the order of check-in at the stadium on Thursday, May 25. **TEAMS ARE NO LONGER PERMITTED TO PRACTICE ON THIS DATE** at Cessna Stadium. Athletes will be permitted to walk the facility from 3:30 p.m. - 5:30 p.m., but no practice is permitted on the track or any of the field events.

4.D Warm-up Area

Contestants must warm up in designated areas, when permitted!

4.E Team Packets

Coaches are to pick up their team packet at the team pass gate (east side) on Thursday. Coaches will be allowed entrance at 3 p.m. to pick up packets and to save tent areas. The order of entrance will be based on the order of arrival. **Athletes will not be allowed to enter until 3:30 p.m.**

4.F Scoring/Medals/Trophies/Pictures and Awards

Winners of the first eight (8) places will receive medals. All place winners should report to the awards stand immediately following the finals of their event for recognition purposes. At the State Track and Field Meet, eight places will be scored in all events: 10-8-6-5-4-3-2-1.

Athletes must be in school-issued or school-approved uniforms to receive their medals.

Trophies will be presented to the top three (3) teams in each classification immediately after the last event on Saturday. Winning teams are asked to report promptly to the awards stand to receive their trophies.

All individuals and relay teams who tie or break state records should have a **high quality digital photograph** taken and sent to the KSHSAA to be used in future state track and field programs and for the KSHSAA Kopelk Memorial.

A professional photographer will be taking pictures of all class placers during the awards ceremonies.

4.G Infield Access

Only officials and contestants will be allowed access to the infield at the stadium. All coaches and managers are asked to remain in the stands. It is not possible to run a championship meet without the cooperation of coaches and contestants in this matter. All team headquarters must be located under the East Stadium. Tents and canopies are permitted in the east side stadium only and must be placed in the top part of the stadium. Please be considerate of others when placing your tent!

Pole vault and high jump coaches will be permitted in the designated competition area during the event when their athlete(s) are in competition or warming up. Coaches are asked to return to the stands following the conclusion of their athlete's competition.

4.H Timing

FAT (Fully Automatic Timing) will be recorded for all running events. In addition, contestants will have lane identification numbers provided to ensure the correct order of finish can be established.

4.I Posting Results

Qualifiers for the finals will be posted as soon as possible after the preliminaries in each event. On Saturday, the final results and team points will be posted. **Coaches should carefully check these results; any problems should be referred to the meet management.**

4.J Spikes

The use of 1/4-inch regular spikes will be permitted on the track, jumping and javelin runways. The shot and discus rings are concrete.

4.K Contestant Numbers

All contestants must wear their assigned numbers while participating. Please use four pins and fold the ends of the number double before pinning the number to the jersey. If an athlete's number is lost, the coach must contact a KSHSAA representative at the officials' area (south end of the West Stadium) to receive a new number.

4.L Markings on Track, Jumping and Vaulting Areas

Relay members may use tape or a small (9-inch diameter or less) round, flat rubber disc to mark takeoff points. Relay runners may have a second tape or small round, flat rubber disc mark. Incoming runners are requested to remove the tape mark from their lane.

High jumpers may have ONE mark (tape). It may not be at the takeoff point. **CHALK MARKS ARE NOT PERMITTED!** Competitors in the jumping and vaulting events may have a teammate(s) assist in measuring for their takeoff marks.

4.M Relay Teams

In relay events, eight (8) individuals may be listed as entries, any four (4) of which may compete (NFHS **Rule 5-10-2**). Schools are to furnish their own batons. The relay team personnel may be changed from the regional meet to the state meet. **Names listed on Kansas MileSplit are the ONLY students allowed to compete on the state meet relay teams.** Relay runners may change from preliminaries to the finals at the state meet provided they are all listed on Kansas MileSplit. With the \$25.00 entry fee per team, there is no cost savings in listing only four competitors instead of the eight (8) possible team members.

4.N Running Event Information

1. The finish line for all races will be the same. It will be located on or no more than 20 meters back of the juncture of the first curve and the straightaway. *(Where possible, regionals will also have their finish line on or no more than 20 meters back of the juncture of the first curve and the straightaway.)*
2. The 200m Dash will be run around one curve. The staggered starts will depend on the exact location of the finish line.
3. The 400m Dash will be run in lanes all the way (one athlete per lane).
4. The 800m, 1600m and 3200m Runs will be run in lanes for a one-turn stagger. *(Two runners per lane, or three/four per alley.)*
5. The 4 x 100m Relay will be run in lanes all the way. *(One team/runner per lane.)*
6. The 4 x 400m Relay teams will have a three-turn stagger. The first runners will run in lanes all the way; the second runners will continue in their assigned lane for one turn and will then cut to the pole. *(We recommend that this stagger also be used for regular season meets.)*
7. The 4 x 800m Relay teams' first runner will have a one-turn stagger and will run in their assigned lane for one turn and then will cut to the pole.
8. Runners in individual races will be assigned as per NFHS **Rule 5-6-4**. Priority will be lanes 4,5—3,6—2,7—1,8, in that order. The times posted in the regional will be used to seed runners in prelims.
9. Schools shall furnish their own relay batons. Be sure your baton conforms to NFHS **Rule 5-4-3**.

4.O Qualifying from Preliminaries to Finals

In all races where preliminaries are run, there will be two heats with the **first two (2) place finishers from each heat qualifying for the finals and the four (4) next fastest times posted in the preliminaries.**

In all relay races where preliminaries are run, there will be two sections with the **first two (2) place finishers from each heat qualifying for the finals and the next four (4) best times for the finals.**

4.P Field Event Information

1. Field events will follow the printed schedule in the KSHSAA state program and as posted on the KSHSAA website.
2. NFHS **Rule 6-2-1** and **6-2-2** will be applied. These rules provide that field event "Contestants shall report promptly to the event judge at the designated location when the event is announced. "A competitor shall be charged with a foul if they do not initiate a trial that is carried to completion within one (1) minute (1.5 minutes in pole vault) after being called for a trial, **unless excused by the event judge** to participate in some other event." A pass shall be communicated to the event judge before the start of the trial clock.
3. The **Pole Vault and High Jump** will be conducted by using the "five vaulters/jumpers alive" method. The order of competition in which contestants take their first trials shall be set by using NFHS **Rule 6-2** and **6-8**.

4. In the **Shot Put, Discus and Javelin**, every throw will be measured to avoid ties.
5. **Long Jump, Triple Jump, Discus, Shot Put, Javelin:** Each competitor shall be allowed three (3) preliminary trials. In the finals, each qualifier is allowed three (3) additional trials. Eight (8) competitors will qualify for the finals. All 7th-place ties will advance to the finals. NFHS rules will be used to determine final places. Contestants in the preliminaries will perform in two flights of eight. There will be no flights in the finals; competitors will compete in reverse order, with the best preliminary performers last.
6. The order of competition in the field events is adjusted annually. The order of competition is found in the KSHSAA State Track and Field Program, in this Manual and is posted on the KSHSAA website.

4.Q Field Event Implements

Shots will not be furnished by the KSHSAA. Schools should bring their own shots.

Starting blocks will be furnished by the KSHSAA/WSU. Schools desiring to use moye blocks must furnish their own.

Discus and Javelin implements will be weighed in no later than one hour prior to the event at the site designated in the team packet.

Pole Vault poles are to be checked in with the head pole vault judge. Markings must be in compliance with NFHS **Rule 6-8-15** and verification will be made consistent with NFHS **Rule 6-8-15 - Note**. The weight verification form will have been previously submitted.

4.R Dressing Facilities

Due to limited dressing facilities, schools are encouraged to have their athletes arrive in uniform. Clothes may not be stored, and each team is responsible for their own clothing and other valuables.

4.S Training Facilities

A training room will be made available in the north end of the West Stadium.

4.T Media *(contact Jeremy Holaday with questions)*

Internet Video fee structure - www.kshsaa.org>Media>General Information>Internet Video Agreement

- No Charge – Member Schools – student organized broadcast (regional and sub-state only – state tournament and championship games are not permitted)
- \$200/contest – All others

Television Broadcast fee structure - www.kshsaa.org>Media>General Information>Television Agreement

- \$75/contest – 72-hour delay
- \$100/contest – 48-hour delay
- \$200/contest – 24-hour delay
- \$500/contest – Same-day playback (not live)
- \$2,000/contest – For live telecasting (daily fee for multi-day events)

Media Credentials

Media members are administered media credentials for state events in September of the current year. The credential will be good for admittance to all state events so long as the media member submits attendance in the "SITE NOTIFICATION" tab to a specific state location by the deadline provided on each media member's "login" page at www.kshsaa.org > media > login>site notification. Each media member must adhere to policies and regulations stated on the back of each credential or credential will be revoked. KSHSAA media credentials are for postseason state events only. Schools may accept them during the regular season should they choose to do so. Contact Jeremy Holaday in the KSHSAA office with any questions, jholaday@kshsaa.org.

4.T.1 Webcasting Postseason Contests

By KSHSAA Executive Board adoption the home team will now determine one school to be the webcast provider for the contest.

It has been a long-standing policy that member schools may elect to webcast their postseason game at no charge for a rights fee. These are meant to be educational in nature for students who have interest in the broadcast realm. The no charge option for member schools is still available, however now it will only be granted to either the host or the visiting school. As streaming becomes more efficient, many schools have begun to stream their games home or away. During the postseason, the host school athletic director has many items to coordinate. Narrowing down webcasts can aid in the logistics of hosting postseason play.

The host school has first right of refusal to webcast the game. If they elect to webcast the contest, then no other school may do so. If the host school turns down the opportunity, then the visiting school may webcast the contest - all at no charge as in previous years.

For competitions that involve multiple games, if the host school chooses to webcast the entire tournament, they may, and no other schools will webcast. Otherwise, it will be handled on a per contest basis. Each school should coordinate who will broadcast, if any, then fill out the proper form and send in to the KSHSAA, attention: Jeremy Holaday, jholaday@kshsaa.org.

4.U Pass Gate Process

Coaches, assistant coaches and managers will receive a wristband which must be worn in order for these persons to gain access to the stadium. Competitors must present their competitor number to be admitted and to access the infield. The location of the pass gate will be at the north end, under the East Stadium for coaches, managers and the competitors. Unless notified differently at regional meets, KSHSAA member school superintendents, principals and athletic directors will again be admitted through the north gate, under the West Stadium bleachers.

To standardize the number of passes provided at the state track and field meet, the following formula has been adopted by the KSHSAA Executive Board for use at the pass gate:

	No. of Coaches	No. of Managers
1-10 athletes entered	2	1
11-15 athletes entered	3	2
16 or more athletes entered	4	2

4.V School Bus/Van and Car Parking

Buses need to enter onto campus at 21st Street North and Yale; turn right at first turn and follow directions for drop off on east side of Cessna Stadium. After drop off, buses will follow Perimeter Drive signage to lot 1N for parking. Limited van and car parking is available around Koch Arena and Cessna Stadium. **PARKING DIRECTLY SOUTH OF THE STADIUM IS NO LONGER PERMISSIBLE.**

4.W Ticket Prices and Sales

An admission charge will be made for the Friday morning, afternoon and evening events and for the Saturday morning and afternoon finals. Due to multiple sessions, hands will be stamped to provide subsequent admittance for that day's sessions.

Admission prices each day will be: \$10 for adults and \$10 for students K-12

4.X Electronic Device Restrictions

As per NFHS **Rule 3-2-8**, the games committee for the State Track and Field Meet has determined that contestants **may not bring into or use any electronic devices in the competition areas during the State Track and Field Championship.**

This includes all cellular phones, two-way communication devices and/or pagers, iPods, CD players, ear buds, blue tooth speakers, etc.

Inside WSU stadium, the competition area is defined as the track surface and that area enclosed by the track, and the shot put ring and throwing sector area within the flagged and fenced areas.

Outside WSU stadium, the competition area is defined as the area enclosed by the flags and fenced area around the discus and the javelin events.

Coaches – please inform your athletes of this policy in order to avoid problems for your athletes as they are warming up and preparing for their events during the two days of the state meet.

If a contestant is observed using an electronic device, they will be asked to take the device to their coach.

**COACHES – INFORM YOUR ATHLETES OF THE SCHEDULED TIME FOR EVENTS
(SCHEDULE CAN BE FOUND IN THIS MANUAL).
NONE OF THE EVENTS WILL BE DELAYED.
ATHLETES MUST REPORT ON TIME OR BE SCRATCHED.**

4.Y Girls & Boys Discus, Rule 6-9

ART. 7 ... The throwing circle shall be 8 feet, 2½ inches (2.50 meters) in diameter. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than ¾ inch (1.9 centimeters) above the level of the circle or, if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches (5 centimeters) wide may be substituted for the band. The inside edge of the line or band is the limit of the throwing circle.

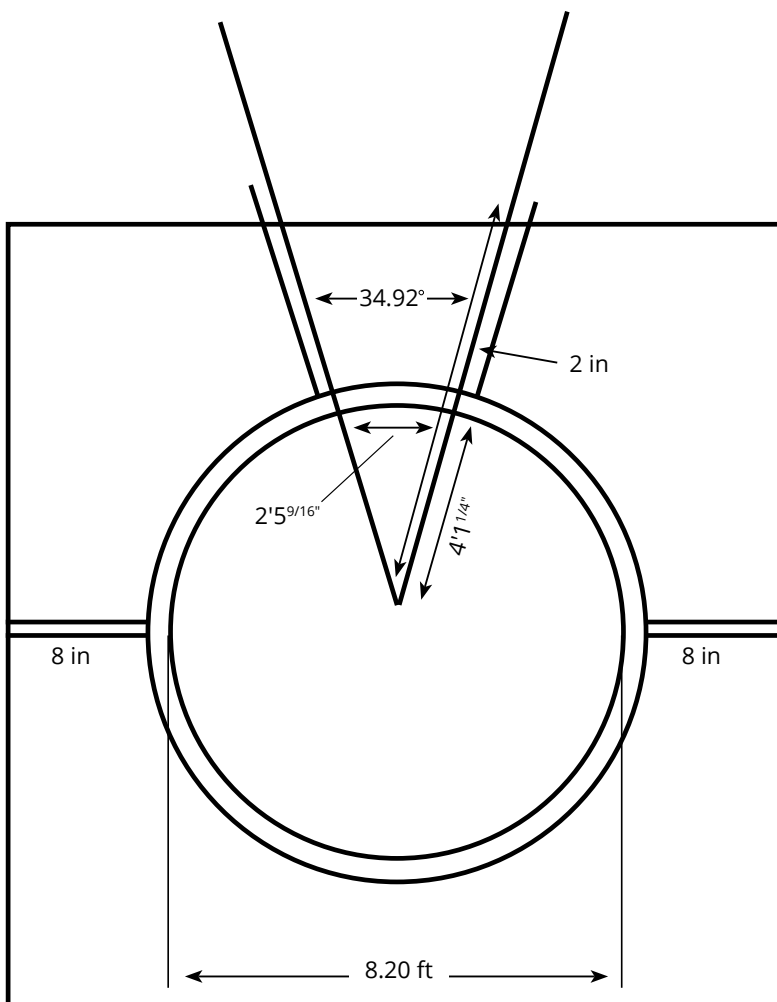
ART. 8 ... Projecting lines, 2 inches (5 centimeters) wide and 8 inches (20 centimeters) long, lying on the diameter extended and outside the circumference, shall be used to designate the back half of the throwing circle.

ART. 9 ... A 34.92-degree sector shall be marked on the ground and drawn from the center of the throwing circle. The inside edges of these lines shall mark the sector. From the center of the circle, mark one sector line. To establish the other sector line, use the point of intersection of the first sector line and the inside edge of the throwing circle and strike an arc with a radius of 2 feet, 5 9/16 inches (75.07 cm), so that it intersects the circle. From the center of the discus circle through this point, construct the second sector line. **See Appendix B for setting up the sector.**

ART. 10 ... The use of a protective cage is required. For portable or permanent installation, there shall be a rear to the cage as well as sides that extend forward at least to the front of the ring. It is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back. **See Appendix B for options regarding dimensions of the cage.**

NOTES:

1. The ends of the cage (wing/gate pole) should be placed within 4 to 5 feet of the sector lines.
2. The discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area. Due to the nature of the event, it does not assure the safety of the aforementioned personnel.
3. It is recommended that all throwing areas be cordoned off, roped, fenced, or with flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.



Section V

POLE VAULT INFORMATION AND FORMS

5.A Safety Considerations Regarding the Pole Vault

Rule 6-8-15: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ -inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer.

SPECIAL NOTE: It is not permissible for a coach to "re-mark" a top hand-hold band. ONLY the manufacturer's marking or previously marked poles are legal. Worn markings may be redone if original marking is still visible at the time of re-marking.

Rule 6-8-15: It is the responsibility of the coach to verify the competitor will use a pole rated at or above his or her weight.

Rationale: The coach is responsible for their athletes and is the obvious person to make sure vaulters always use the proper (legal) equipment. Coaches in other sports are asked to verify that their athletes are wearing or using legal equipment, therefore this is certainly not a new procedure.

Kansas Procedure: Coaches, athletic directors and principals shall verify the athlete's weight by correctly completing the Pole Vault Weight Verification form online - **Form TF-PV**.

- Form TF-PV must be completed online by a school administrator. The form is located in the Entry Forms section under the months of February-May.
- Once students are entered, print a list of all of your pole vaulters. **This list must be submitted to the meet manager prior to each meet.** The online list can be updated as many times as necessary throughout the season.
- Out-of-state schools participating in Kansas invitationals are to bring the weight verification form.
- An ongoing consideration is being given to requiring onsite weigh-ins of vaulters. As athletes add/drop weight during the season, it is the responsibility of the school coach to submit a new weight verification form.

Rule 6-8-16: A competitor who uses a pole during warm-up or competition which is either improperly marked or rated below his or her weight, shall be disqualified from the event.

Rationale: It is the responsibility of the coach, vaulter and the event judge to ensure that only properly rated and marked poles are used. Any pole not properly marked or rated below the vaulter's weight will be considered as illegal equipment. If a vaulter attempts to use an illegal pole, the individual will not be allowed to warm up or compete until a legal pole is secured. Competitors who use a pole during warm-up or competition which is either improperly marked or rated below the vaulter's weight shall be disqualified from the event.

Rule 6-8-17: Prior to warm-up or competition, the field referee, head field judge or assigned inspector of implements shall inspect each pole to be used in competition to verify that the poles are legal equipment as per **Rule 3-10-1**. This includes checking the placement of the top hand-hold band, numerical pole rating a minimum of $\frac{3}{4}$ inches in a contrasting color located with or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness. The binding should not be on or above the top hand-hold band.

Over the past several years, several rules changes have been adopted to minimize the potential risk for injury.

The most dramatic change involved the pole used by the vaulters. Utilization of poles not appropriate for the individual's weight may increase the possibility for injury. Therefore, a new article was added requiring that the weight rating of the pole being used by the vaulter shall not be less than the vaulter's weight.

Rule 6-8-15: NOTE 1: Etchings, serial numbers, etc., that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum $\frac{3}{4}$ -inch marking in contrasting color on each pole.

Also, each pole shall include a 1-inch circular band of a contrasting color indicating the top of the hand-hold safety zone. The use of a soft pole can be further complicated by gripping above the safe hand-hold position. If a vaulter makes a technical mistake while using a soft pole and gripping above the safety zone, the mistake can be greatly exaggerated, which could cause the vaulter to land too close to the edge of the landing pad, or to miss it altogether.

If a school has a pole which no longer has the manufacturer's pole rating on it (or which is not clearly visible) or no longer has the 1-inch circular band indicating the maximum top hand-hold position, the school should contact the manufacturer of the pole. The manufacturer is the only entity that can establish a policy for re-labeling the pole.

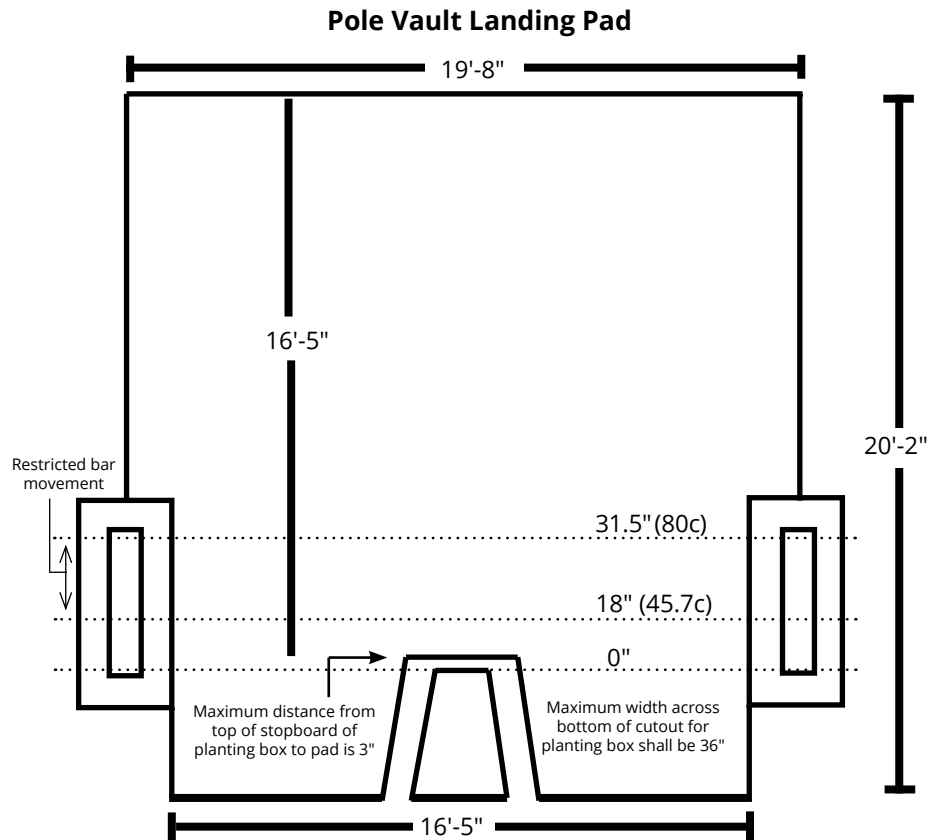
The intent of the committee was to place the responsibility on the coach to verify that the vaulter is using a properly rated pole (**rated at or above the vaulter's weight**). Each vaulter's weight must be verified and each pole checked to ensure compliance prior to practice and/or competition.

The restriction regarding the allowed movement of the upright standards can be found in NFHS **Rule 6-8-20** which states: a competitor shall have the standards set to position the crossbar from a point 18 inches (45.7 cm) measured beyond the vertical plane of the top of the stopboard, up to a maximum distance of 31.5 inches (80 cm) in the direction of the landing surface.

BOX COLLAR PADDING IS REQUIRED AND MUST MEET ASTM STANDARDS.

5.B NFHS Pole Vault Landing Pad Requirements

The NFHS Rules Committee set forth sizes for the landing pad size, front buns, plant box and non-metal cross bars. **PLEASE carefully review *RULE 6*** in the *NFHS Rules Book*.



5.C Pole Vault Coaching Box

The National Pole Vault Safety Committee recommended a coaching box be painted on the cover of the landing pad that is 8' deep and 10' wide. The box would start 3'-6" back from the back edge of the vault box.

- a. The purpose of the coaching box is to serve as a guide to help coaches and athletes make good decisions and performance adjustments.
- b. For the safest and most efficient vaulting, the vaulter's head and shoulders should land inside the box during all drills and competitive jumps.
- c. If the head and shoulders are landing outside the rear of the box, then the vaulter needs a stiffer pole to slow their pole speed down; this adjustment is approximately five pounds.
- d. If the vaulter is landing off to one side or the other with the head and shoulders outside the coaching box, the vaulter needs to lower their grip and learn how to plant and swing in a straight line into the middle of the pad.
- e. If the vaulter is landing with his/her head and shoulders in front of the coaching box, they need to lower their grip and perhaps go to a slightly softer pole.

POLE VAULTER'S WEIGHT VERIFICATION FORM

FOR USE BY OUT OF STATE SCHOOLS ONLY

Members Kansas schools are required to enter this information online through form TF-PV, located in the Entry Forms section of the KSHSAA website under the months of February-May. **Administrators are responsible to ensure each student is correctly entered.** A printable list can be accessed when students are submitted online or anytime on the Activities page of the website. **Kansas coaches are responsible to present a printed version of the online list to each meet manager prior to the start of warm-ups and/or competition in the meet.** Out of state schools should complete the sample version below.

SCHOOL _____ **Class** _____

PLEASE COPY AND SUBMIT BOY AND GIRL VAULTERS SEPARATELY

	Name of Vaultler	Grade	Weight ***	Pole Rating
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____

*** Includes full competition uniform and footwear.

Signature of Principal _____ **Date** _____

Signature of A.D. _____ **Date** _____

Signature of Coach _____ **Date** _____

NOTE TO SCHOOL OFFICIALS

Please review the following National Federation rules regarding the pole vault event:

Rule 6-8-15: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating shall be visible in a 3/4" contrasting color, located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position.

The location of the band indicating the top safe hand-hold position shall be determined by the manufacturer.

It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight.

SPECIAL NOTE: It is not permissible for a coach to "re-mark" a top hand-hold band. ONLY the initial manufacturer's marking is legal or those done by a coach between 1996-2002 are legal. Worn markings may be re-done.

Rule 6-8-16: A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his /her weight during warm-up or competition.

PENALTY: Disqualification from the event.

Rule 6-8-27h: It shall count as an unsuccessful trial when the vaulter grips the pole above the top hand-hold band.

Review all of **Rule 6-8-14 through 29 and Rule 6-9-24 through 35**, relative to adopted rules and dimensions for landing pad, plant box, hard and unyielding surfaces and the placement of the standards/uprights.

5.E Contact Information for Pole Vault Pole Manufacturers

In the event a school has a pole which has etchings/markings that must be replaced, please use the following information to contact the manufacturers. Each manufacturer has their own policies/procedures that they use in regards to possible replacement of the etchings/markings.

Altius, Altius Vaulting Poles, Based in Jacksonville, TX, Jeff Erickson, 1-800-374-7653, www.altiuspoles.com Send self-addressed stamped envelope with the poles, length, weight and flex number to: PO Box 1168, Jacksonville, TX 75766. No charge for labels.

Cata-A-Pole and Maxima 4 Vaulting Poles. These poles are no longer in production and replacement labels are not available.

FiberSport, Based in Bedford, Tx, Bruce Caldwell, 1-877-248-7225, <https://fibersportpoles.com/about-weight-labels-%26-why> Send digital photos of the length, weight and flex number (engravings at the top of the pole) or digital photos of the old label to: info@fibersportpoles.com Each label will cost about \$15.

ESSX, ESSX Vaulting Poles, Based in Ft Worth, TX, ESSX web site: www.ust-essx.com Go to the Contact Us link. Complete the required information on the page to include your name, address and the pole's serial number. The Subject line is: Pole Replacement Label. Each label will cost about \$5.

Gill Athletics, the following poles are discontinued but you can still get labels for these poles: Carbon FX, Pacer FX, Carbon Mystic, and Skypole Carbon. The current line of poles are the Pacer Composite, Pacer FXV, Pacer One, Pacer Mystic, and Skypole. Based in Champaign, IL. 1-800-637-3090. The Gill Athletics web site is currently being restructured and the process to order replacement labels is not available. A temporary procedure is available to order labels. Send an email to jenniferv@gillathletics.com with the following information: poles length, weight rating and date the pole was manufactured or a serial number, along with your name and address. The Big Stick and the Rocket pole labels may be replaced through the same process. There will be no charge while the temporary procedure is in effect.

Nordic Sports, Nordic Vaulting Poles, Based in Sweden. <http://www.nordicsport.se/> Contact Lars Forsberg, pole vault manager, at 011-46-910-76-40-03 or Forsberg@nordicsport.se for replacement labels. Include your name, address, poles length, weight rating, flex number and date the pole was manufactured or a serial number. Nordic will send the labels to a U.S. distributor who will send them to you.

UCS, Spirit Vaulting Poles, Based in Carson City, NV, 1-800-537-7117, <http://www.ucsspirit.com/vaulting-poles/news-details.cfm/news/New-NFHS-RulesRequirement> Submit a digital picture of pole manufacturer's marks/etchings (length, weight, date, three lines of data) to: ucsspirit@pyramid.net. Include your name and address with your request. No charge for routine shipping.

Other Recommendations to Help Minimize Risk in this Event

1. Purchase landing pads which meet NFHS and ASTM requirements.
2. Always provide proper supervision! A vaulter should not be allowed to vault alone.
3. **By rule, all exposed projections on the base of the standards or uprights must be padded or covered. Adjustment knobs should be located on the outside of the standards. Standards must be anchored.**
4. A non-metal, circular crossbar should be used (*see Rule 6-9-23*).
5. Vaulting poles should be continuously inspected for cracks, dents or scratches which can reduce the original stress level of the pole.
6. Special clinics emphasizing safety procedures and appropriate teaching techniques should be offered for coaches.
7. Because of the complexity of the event, as well as important safety considerations, pole vaulters need a significant amount of diversified conditioning before they should be allowed to vault for height.
8. Although the vaulter is in the position to be the best judge of when they may not get into the landing pad and therefore must abort the attempt, coaches need to emphasize how the vaulter arrives at this decision.
9. The first rule for terminating an attempt after becoming airborne is to hang onto the pole and look for a safe place to land, then release the pole if over the landing pad, or ride the pole to the safest landing area.
10. Caution should be urged where 14-foot poles or longer are used.
11. It is advised that the vaulter should be able to vault his/her hand-grip before raising the grip. A higher grip may magnify any technique flaws.
12. Padding between the stop board and landing pad must be covered by appropriately sized material or similar padded material in compliance with NFHS rules.
13. Correct alignment and safe penetration is urged at all times.
14. With a large bend and deep penetration a stronger pole should be used. With a small bend and deep penetration a higher grip, not to exceed the top safety zone, could be used. With a large bend and poor penetration, a lower grip should be used. With a small bend and poor penetration a softer pole, not below the body weight, should be used. (A large bend would be defined as 90 degrees or more.)

Section VI

ADDITIONAL INFORMATION

6.A Girls and Boys National Track and Field Honor Roll

Each year the National Federation publishes a National High School Honor Roll for girls and boys track and field, listing the outstanding performances made by high school athletes under standard conditions.

In order to be considered for listing on the National Honor Roll, performances must:

1. Be approved by **and submitted through the state high school association executive officer;**
2. Be made by eligible high school athletes whose schools are members of their state high school athletic/activity associations;
3. Be made in interscholastic **meets involving five or more schools** and sanctioned by the state high school association;
4. Be made in an event limited to high school contestants who are representing their respective high schools in outdoor competition;
5. **Not be wind-aided** (exceeding 4.473 mph) for the sprints, hurdles, long or triple jumps.

Please send your list of candidates to the KSHSAA immediately after the close of your track season (not later than June 1, 2023). Please double-check all performances so that they comply with the below standards.

I attest to the following performances as meeting the standards stated above.

Competitor	School & City	Name of Meet	Date	Meet Event	Time, Height or Distance

In order that consideration be given to all worthy performances, it is suggested recommendations be forwarded for any performance equal to, or better than, the following minimums:

GIRLS

100m	11.70	100m H Hurdles	14.20	High Jump	5' 8"
200m	23.90	300m L Hurdles	45.40	Long Jump	19' 5"
400m	55.00	400m Relay	47.00	Triple Jump	39' 6"
800m	2:10.00	800m Relay	1:41.00	Shot Put	44' 0"
1600m	4:53.00	1600m Relay	3:50.00	Discus Throw	150' 0"
3200m	10:28.00	3200m Relay	9:20.00	Javelin Throw	140' 0"
				Pole Vault	13' 0"

BOYS

100m	10.45	110m H Hurdles	14.10	High Jump	6' 10"
200m	21.05	300m I Hurdles	38.00	Long Jump	23' 9"
400m	47.50	400m Relay	41.50	Triple Jump	48' 6"
800m	1:53.00	800m Relay	1:28.00	Shot Put	60' 0"
1600m	4:12.00	1600m Relay	3:16.00	Discus Throw	187' 0"
3200m	9:02.00	3200m Relay	7:50.00	Javelin Throw	190' 0"
				Pole Vault	16' 0"

I hereby certify the performances listed meet standards #1 through #5 as stated above, and submit them to the KSHSAA for consideration for the National Track & Field Honor Roll.

Attested by _____ Signature _____ School _____

KSHSAA POLICIES

CPR/AED Training Required for All Head and Assistant Coaches

In April 2019 the KSHSAA Board of Directors adopted a rule requiring any head or assistant coach/sponsor for any KSHSAA sanctioned activity be certified or trained in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) administration. This rule went into effect for the 2019-2020 activities year (2022-2023 *KSHSAA Handbook* **Rule 10-1-9**).

Components of the rule are as follows:

1. Following an initial 30-day grace period from the start of the season, personnel are not eligible to work as a coach or sponsor for their school until proof of completion of CPR/AED training is on file with their school.
2. Every coach/sponsor must complete CPR/AED training every 2 years.
3. The training shall be coordinated by a certified CPR instructor.
4. Online only training courses are not accepted.
5. There must be a hands-on educational component to the training process.
6. On an annual basis by activity, a school administrator must acknowledge through the KSHSAA website that each coach/sponsor is currently trained in CPR/AED administration. To acknowledge rule compliance, a school administrator should login to the KSHSAA website and go to the Coach/Sponsor Requirements page. Select the activity and enter the date of CPR/AED training next to each coach/sponsor name. If you do not see the coach/sponsor listed, add that person through the Update Directory process online. All head and assistant coaches/sponsors should be listed for every activity!

Summer Moratorium

There shall be NO school related athletic activities. During this time coaches (licensed teacher coaches and coach aides employed by member schools) shall be prohibited from engaging in any type of activity involving student athletes whether it be practice, training, weight lifting, conditioning, competition or travel. All member school athletic facilities will be closed during this period to school personnel and students grades 7-12. If member school athletic facilities also serve as non-school community recreation facilities, these facilities may remain open during the moratorium so long as no school teams are playing and no school coaches are coaching the teams/individuals. During this one week dead period, students may attend camps or competitions but may not do so with their school coaches. This moratorium does not impact fine arts or spirit activities.

Rationale: The last few years there has been a growing concern within the KSHSAA membership that students and coaches were not being able to have time to themselves during the summer. It was surveyed and discussed at the October Regional Board of Directors Meeting in 2017 and then voted on at the April, 2018 KSHSAA Board of Directors meeting to establish a rule to allow students and coaches a week off during the summer.

For Q/A on this policy, go to www.kshsaa.org.

KSHSAA Pre-Activity TimeOut

Purpose: As a proactive communication measure, schools are expected to designate a time prior to the start of any interscholastic contest to share event critical information with stakeholders.

The following information should be shared/reviewed prior to the first contest at each location:

1. Introduction of home and visiting administration on duty (identify primary point of contact).
2. Identify the location of athletic trainer(s) or other qualified medical professionals.
3. Identify the location of the AED(s).
4. Identify emergency entrance/exits for the facility.
5. Identify the storm shelter location and communication plan for evacuation.
6. Identify the rapid body cooling plan (location of cold water immersion tub).
7. Identify the communication plan for leadership.
8. Identify the communication plan for respective groups (students, coaches, fans).
9. Identify any special events or concerns relative to the event.

These nine items are to be reviewed prior to the event by the ranking school leader of every school involved in the contest. Each participating school is to be represented in this pregame meeting. If an administrative representative is not in attendance, this responsibility belongs to the head coach.

HAVE A PLAN. COMMUNICATE YOUR PLAN.

KSHSAA Recommended Procedures to Consider When Inclement Weather Occurs During a Contest

The safety of athletes (participants), spectators, coaches/directors, school personnel and all others present at an athletic contest must be the first and foremost concern of contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist or severe weather is anticipated, the following should be considered:
 - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
 - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
 - c. If a tornado WATCH has been issued, the host team building administrator and the head contest official will notify coaches, school administrators and, if applicable, the individual responsible for public address announcements that the possibility of abrupt suspension of play exists.
 - d. If a tornado WARNING has been issued, the contest should be suspended immediately. Participants, spectators and all personnel involved with the contest will be advised to "take cover." The procedure will be announced, when available, over the public address system.
 - e. When lightning is observed in the vicinity of a contest conducted outdoors, play should be suspended (see page 26).
 - f. If any other life-threatening condition occurs, play should be suspended immediately and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:
 - a. If the suspension is 45 minutes or greater, resuming at a later date should be considered.
 - b. When it appears that weather conditions are no longer a threat to the safety of participants, spectators or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue. If any administrator or the head contest official casts a negative vote for play to resume, the suspension should continue.
 - c. If play is to be resumed, contestants will be given at least a 15-minute warm-up period prior to competition.

State Track and Field Meet

In the event the competition is interrupted because of events beyond the control of the KSHSAA, including adverse weather conditions, the KSHSAA designated games committee will make a determination as to the length of the delay before a decision will be made regarding postponement, rescheduling or cancellation of the remainder of the meet. The games committee will provide updates to coaches relevant to the time schedule for making final decisions on postponement, rescheduling or cancellation. Conditions permitting, updates will be provided to coaches on the half-hour under the West Stadium. No determination to cancel the remainder of the meet will be made until a minimum of three (3) hours has passed since the meet was suspended.

If a decision to postpone or cancel the remainder of the meet is made, it will be announced (via an operable PA system).

Communication will be made via the KSHSAA home webpage and Twitter.

If the decision is to postpone the remainder of the meet, the games committee will determine the date and/or time the meet will be resumed, and may change the announced order of events, the number of heats and the number to qualify.

If the decision is to cancel the remainder of the meet, for any events not completed, the preliminary times, trials and marks as set in the preliminaries (during the state meet) will stand and be used to determine final places for all events cancelled and final team standings.

KSHSAA Guidelines for Lightning Safety

1. When thunder is heard or cloud-to-ground lightning is seen, the leading edge of the storm is close enough to pose a lightning risk. Suspend play and take shelter immediately.
2. Once play has been suspended, wait at least 30 minutes from the last sound of thunder or lightning strike witnessed before resuming the activity.
3. Any subsequent thunder or lightning strike during the 30 minute waiting period resets the clock, and a new 30 minute waiting period begins.



KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION STATEMENT ON PERFORMANCE ENHANCING DRUGS AND NUTRITIONAL SUPPLEMENTS

In order to promote the health and safety among all student-athletes, reduce health risk, maintain ethical standards as well as reduce liability risk, students should not use any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement. All school personnel, including coaches and school nurses, should never recommend the use of any drug, medication (over-the-counter or prescription) or nutritional supplement, as defined by the World Anti-Doping Agency, for the purposes of performance-enhancement.

School personnel should not dispense or administer any drug, medication (over-the-counter or prescription) or nutritional supplement, unless the student-athlete is under the direct care of a licensed health professional, licensed to practice in the state of Kansas and practicing within their scope of practice as defined by the Kansas Board of Healing Arts, and only as prescribed.

We recommend that coaches, athletic directors, nurses and other school personnel develop strategies that address the prevalence and growing concerns of using any drug, medication or nutritional supplement for the purpose of performance-enhancement. Athletes should be encouraged to pursue their athletic goals through hard work, appropriate rest, proper hydration and good nutrition, not unsubstantiated shortcuts. School personnel, coaches and parents should allow for open discussion about dietary supplement use, and should strongly encourage obtaining optimal nutrition through a well-balanced diet.

(adopted by the KSHSAA Sports Medicine Advisory Committee and Executive Board, April 2017)

The KSHSAA Code of Ethics

for Coaches, Directors, Aides, Adjudicators, Judges and Officials

Believing that mine is an important part in the nationwide school activity program, I pledge to act in accordance with these principles:

1. I will honor contracts regardless of possible inconvenience or financial loss.
2. I will study the rules, observe the work of other coaches, directors, adjudicators, judges, or officials and will, at all times, attempt to improve myself and the activity.
3. I will conduct myself in such a way that attention is drawn not to me but to the young people participating in the contest.
4. I will maintain my appearance in a manner befitting the dignity and importance of the activity.
5. I will cooperate with the news media in the interpretation and clarification of rules and/or other areas relating to good sportsmanship, but I will not make statements concerning decisions made during the contest.
6. I will uphold and abide by all rules of the KSHSAA and the National Federation.
7. I will shape my character and conduct so as to be a worthy example to the young people who participate under my jurisdiction.
8. I will give my complete cooperation to the school which I serve and to the KSHSAA which I represent.
9. I will cooperate and be professional in my association with other coaches, directors, adjudicators, judges or officials and will do nothing to cause them public embarrassment.
10. I will keep in mind that the contest is more important than the wishes of any individual.
11. I will make responsible decisions about consumption of alcohol, including abstinence from alcohol at least 12 hours prior to a contest in which I will be involved.
12. I will not use tobacco or e-cigarette products while directly involved in interscholastic activities.



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