

2024

**GEORGIA HIGH SCHOOL ASSOCIATION
TRACK & FIELD**



TRACK & FIELD COACHES' HANDBOOK

Tanya Anderson, Associate Director

**tanyaanderson@ghsa.net
151 South Bethel Street
Thomaston, GA 30286
O) 706-647-7473 ext. 29**



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2023-24 GHSA T&F / XC Advisory Committee Members:

Class 1A-Division I

- Shelly Cranford, scranford@bleckley.k12.ga.us (Bleckley County, Class A-Division I)
- Tim Corbett, tcorbett@rabuncountyschools.org (Rabun County, Class A-Division I, former State Meet Director)

Class 1A-Division II

- Harley Calhoun, hcalhoun@schleyk12.org (Schley County, Class A-Division II)
- Jim Morrell, jimmorrell1966@gmail.com (Class A-Division II)
- Thomas Pee, tpee5280@gmail.com (Lake Oconee Academy, Class A-Division II)
- Tim Suttles, coachtsuttles@gmail.com (Hawkinsville, Class A-Division II)

Class 2A

- John Rainwater, jrainwater@gcbe.org (Gordon Central, Class 2A)
- Randy Shoultz, randallshoultz@pierce.k12.ga.us (Pierce County, Class 2A)
- Tomy Sitton, tsitton@jcss.us (East Jackson, Class 2A)

Class 3A

- Jeff Battles, battles.jeffrey.w@muscogee.k12.ga.us (Muscogee Co Schools AD: Classes 1A Division II, 2A, 3A, 4A, 5A - State Meet Director)

Class 4A

- Jolie Cunningham, jolie.cunningham@paceacademy.org (Pace Academy, Class 4A)
- Octavia Jones, octavia.jones@docoschools.org (Westover, Class 4A - State Meet Director)

Class 5A

- Llonisha McElhaney, l lonisha.mcelhaney@jeffcityschools.org (Jefferson, Class 5A)

Class 6A

- Ryan O'Sullivan, rosullivan@btcatholic.org (Blessed Trinity, Class 6A)
- Kelly Carter, kelly.carter@rcs.rome.ga.us (Rome, Class 6A - State Meet Director)

Class 7A

- Phil Hoskins, philip.hoskins@cobbk12.org (McEachern, Class 7A - State Meet Director)
- Shawn Nix, snix603@gmail.com (Peachtree Ridge, Class 7A)
- Eric Simmons, eric.simmons@carrolltoncityschools.net (Carrollton, Class 7A - State Meet Site Rep)
- Justin Jones, justin.jones@carrolltoncityschools.net (Carrollton, Class 7A)
- Levi Sybert, lsybert@bryan.k12.ga.us (Richmond Hill, Class 7A)

At Large

- Mark Cutbirth, markcutbirth@gmail.com (GHSA Track & Field Liaison)
- Tanya Anderson, tanyaanderson@ghsa.net (GHSA Associate Director)
- Jasper Jewell, jasperj2001@yahoo.com (Retired Atlanta Public Schools AD)
- Rik Moore, rik.moore1@gmail.com (State Track & Field and Cross Country Official, Retired 7A Coach)
- Craig Musselwhite, cmusselwhite32@charter.net (State Meet Director)



2024 GHSA Track & Field

Dates and Deadlines

Monday, January 8, 2024	Earliest Date for Track & Field Practice
Friday, Jan 5 – Jan 30, 2024	GHSA Online Track Rules Clinic
Monday, February 5, 2024	Earliest Date for Track & Field Meet
Saturday, April 27, 2024	Deadline to complete Region Meets
Sunday, April 28, 2024	11:59 pm Deadline for electronic submission of Region results on MileSplit GA
Monday, April 29, 2024	(by 5 pm) Initial Entries for Sectional Meets posted on MileSplit GA; ALL coaches of qualifying athletes should check their entries for accuracy.
Wednesday, May 1, 2024	12:00 noon Deadline for making Replacements from Region Meets to Sectional Meets on MileSplit GA
Saturday, May 4, 2024	Sectional Meets
Monday, May 6, 2024	5 pm Entries for State Meets posted on MileSplit GA; ALL coaches of qualifying athletes should check their entries for accuracy.
Tuesday, May 7, 2024	12:00 noon Deadline for submitting Replacements from Sectional Meets to State Meets on MileSplit GA
Thu-Sat, May 9-11, 2024	State Meet (Barron Stadium - Maddox Track, Rome, GA)



2024 GHSA Track & Field



Excerpts from 2023-24 GHSA Constitution (Pp. 88-89)

GENERAL INFORMATION:

- A. Track and Field is a team championship event for boys and girls that is based on Region competition in all classes. Beginning and ending dates for practice and competition can be found at the front of this publication.
- B. All GHSA Track meets will be run in accordance with the rules published in the National Federation Track and Field and Cross Country Rule Book with any exceptions and/or adoptions noted in this section. (NOTE: Knowledge of and compliance to all exceptions is the responsibility of the head coach.)
- C. Track meet requirements:
1. There will be no interscholastic practices or exhibition meets in Track.
 2. The maximum number of meets that may be scheduled is twelve (12), but no individual student may compete in more than ten (10) meets (excluding the Region, Sectional and State Meets).
 3. Track teams may compete in one (1) indoor meet, and this meet will not count as a part of the ten (10) meets allowed per athlete provided the meet is after the date for practice to begin and prior to the date to begin regular competition.
 4. It is permissible for coaches to use "split squads" during the regular season. However, the use of split squads will count as two (2) of that school's maximum allowed competitions.
- D. Any meet involving eight (8) or more schools must be approved by the GHSA Executive Director in accordance with the process described in By-Law 2.64.**
- E. A competitor **shall not compete in more than four (4) events**, including relays. Contestants officially become competitors when they report to the clerk of the course or field-event judge for an event in which they are entered. A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed Order of Events. A contestant may officially participate in:
1. Four individual events - NO Relay events.
 2. Three individual events - May be listed on any number of relay events but **compete** in only one relay event.
 3. Two individual events - May be listed on any number of relay events but **compete** in only two relay events.
 4. One individual event - May be listed on any number of relay events but **compete** in only three relay events.
 5. NO individual events - May be listed on any number of relay events and **compete** in all four relay events.
- F. The following regulations apply to the Pole Vault event:
1. All GHSA schools competing in the pole vault event must meet the minimum NFHS regulations on the vaulting area, the plant box, the vault box collar, the vaulting standards and padding, the crossbar and the landing pads and padding on any hard surfaces. Schools not able to meet these regulations are not allowed to practice or compete in the pole vault event at the non-complying site.
 2. Those schools wishing to host a pole vault competition must file annually the "Pole Vault Facility Certification" form found on the GHSA MIS site. A listing of approved schools will then automatically post to the GHSA web site.
 3. In compliance with NFHS rules, school administrators and coaches must verify that all vaulters and poles meet event requirements. A "Pole Vault Verification Form" (found on the GHSA web site) is to be submitted before each competition.
- G. The GHSA has elected to fully comply with the NFHS Rule 4-3-1. All competitors shall have legal uniforms. The singlet and bottom, or one-piece uniform, must be a school-issued or school-approved Track and Field uniform. Uniform bottoms clearly designed as "underwear" will NOT meet the NFHS or GHSA requirement. Uniform tops and one-piece uniforms with multiple manufacturer logos are NOT legal. Uniform bottoms with logos completely around the waistband are LEGAL. Team uniforms worn must clearly identify the competitors, at a glance, as being a member of a certain team. (CLARIFICATION: Team members competing in individual events must wear clearly identifying uniforms for that team, but NOT NECESSARILY of the same design. Relay team members on the same team must wear uniforms of the same design. NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules.
- H. Electronic devices, including but not limited to disc players, tape players, cell phones, pagers, walkie talkies, are permitted for use by coaches within designated coaching boxes or outside of restricted competition areas.
- I. In the Region and State meets, eight (8) places shall be scored, with point totals counting as follows:
- | | |
|--------------------------|-------------------------|
| First Place = 10 points | Second Place = 8 points |
| Third place = 6 points | Fourth Place = 5 points |
| Fifth Place = 4 points | Sixth Place = 3 points |
| Seventh Place = 2 points | Eighth Place = 1 point |
- NOTE: When there is a tie, the points will be divided equally among the contestants who are tied.



2024 GHSAs Track & Field



Excerpt from 2023-24 GHSAs Constitution (Pp. 87)

H. Electronic devices, including but not limited to disc players, tape players, cell phones, pagers, walkie talkies, are permitted for use by coaches within designated coaching boxes or outside of restricted competition areas.

National Federation of State
High School Associations



2019



NFHS Track and Field Pre-Meet Notes Rule Change Highlights

2019 Points of Emphasis

2. Wearable Technologies

The availability of wearable technologies that allow individuals to monitor a variety of body functions, including but not limited to, heart rate, blood pressure, pace and distance traveled are readily available and cost effective. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. This data can be used to evaluate how the body is performing, and the user can adjust as needed based on that data.

This type of technology is being incorporated into watches, garments, shoes and jewelry and, in most cases, is nearly impossible to distinguish from the same item type that does not include the technology (e.g., Apple watch vs. traditional watch).

NFHS Track and Field and Cross Country Rules do not prohibit the use of wearable technologies, but Rules 3-2-8a and 4-6-5d state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor should be disqualified.

While preventative officiating helps to avoid issues in any event, it is obvious that those trying to police wearable technologies by restricting what can be worn by competitors is asking event officials to perform an impossible task. Restricting the wearing of a watch because it contains GPS capability is futile when the same technology is available in the shoe, the sports bra they have on or the ring they are wearing.

The market for wearable technology is forecasted by most sales and marketing experts to continue to grow – some estimate that nearly 500 million wearables will be sold by 2021. This massive expansion creates the potential for more coaches and athletes to be "connected" through some type of wearable technology. It is important that all involved (administrators, coaches, parents, student-athletes) understand the privacy and legal issues surrounding the sharing of personal biometric information. Discussions and steps should be taken to ensure that compliance with any Federal and State policies or laws are addressed appropriately.



2024 GHSA Track & Field Use of MileSplit site



CONTINUING FOR THE 2024 SEASON:

MileSplit MUST be used for:

- **electronic submission of Region rosters and entries**
 - Use of other online meet entry systems (Coach O, Direct Athletics, etc.) **DOES NOT FULFILL THIS REQUIREMENT!!**
 - A school's **FAILURE** to submit Region Meet rosters and entries on MileSplit **SHALL** subject that school's entries to **DISQUALIFICATION** from participation in the State Meet Series (Region/Sectional/State Meets)
 - Each member school's AD will be issued login credentials for submission of that school's Region roster and entries on MileSplit. Head Coaches should ask their AD for these login credentials.
- **Electronic submission of Region Meet Results**
- **Electronic submission of Replacements from Region Meets to Sectional meets**
- **Electronic submission of Sectional Meet Results**
- **Electronic submission of Replacements from Sectional Meets to State Meets.**

Each Region Meet Director (and/or Timing Company) will be issued login credentials for submission of Region Meet Results.

Each Region Meet Director will be issued login credentials for submission of Region Meet Replacements to Sectional Meets.

Each Sectional Meet Director (and/or Timing Company) will be issued login credentials for submission of Sectional Meet Results.

Each Sectional Meet Director will be issued login credentials for submission of Sectional Meet Replacements to State Meets.

2024 GHSA Track Markings Requirements

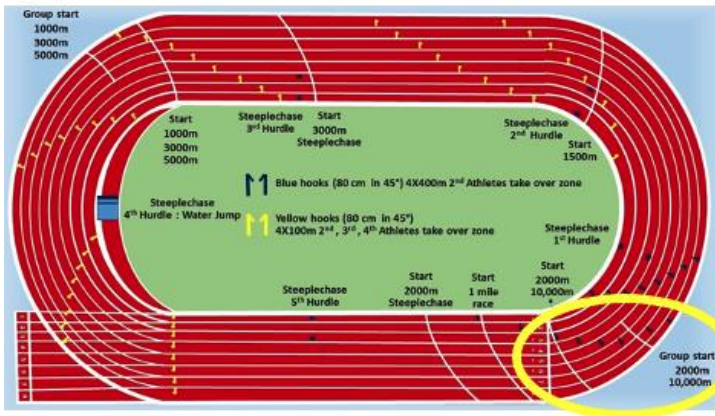
With the addition of the 4x200 Meter Relay for the 2022 season, the GHSA now requires the following track markings for the 4x200 Meter Relay and the 4x800 Meter Relay. These will be required for all Region, Sectional, and State Meet competition.

4x200 Meter Relay: four-turn stagger with runners running in their lanes the ENTIRE RACE.

Most tracks have already added these start & exchange zones to their tracks.

4x800 Meter Relay: A “dual-alley” start, as illustrated below.

Dual-alley start – A type of start commonly used in large distance races where there are two waterfall starts: One standard, and a second farther down the track that is spread over the outside half of the lanes. Runners in the outside alley may break only to the middle of the track, designated by cones, until completing the first turn, at which time the runners on the outside may break toward the inside lanes where the runners who started from the full waterfall have already moved.





2024 GHS A Track & Field Region Competition Guidelines and Clarifications

Excerpt from 2023-24 GHS A Constitution (P. 88)

REGION COMPETITION:

- A. *Deadlines for posting the Region list of entries will be a Region decision.*
1. *All entries must be made on MileSplit GA.*
 2. *Posting entries on sites other than MileSplit GA does NOT fulfill the GHS A requirement for electronic submission.*
 3. *Coaches may alter the list of entries until the deadline established by each Region for their Region Meet.*
 4. *All Region Secretaries should communicate their deadline for entries before the "Scratch Meeting" that precedes the Region Meet.*
- B. *The time schedule for the Region Meet shall be given to each competing school prior to the start of the Meet.*
1. *Events to be contested for Boys and Girls Track (18 events):*

RUNNING EVENTS	FIELD EVENTS
<i>4x800m Relay</i>	<i>Discus (Girls 2.20 lb./1kg.) (Boys 3.53 lb./1.6 kg.)</i>
<i>Girls 100m Hurdles (33")</i>	<i>High Jump</i>
<i>Boys 110m Hurdles (39")</i>	<i>Long Jump</i>
<i>100m Dash</i>	<i>Pole Vault</i>
<i>4x200m Relay</i>	<i>Shot Put (Girls 8.81 lb./4 kg.) (Boys 12 lb./5.443 kg.)</i>
<i>1600m Run</i>	<i>Triple Jump</i>
<i>4x100m Relay</i>	
<i>400m Dash</i>	
<i>300m Hurdles (Girls 30" / Boys 36")</i>	
<i>800m Run</i>	
<i>200m Dash</i>	
<i>3200m Run</i>	
<i>4x400m Relay</i>	
 2. *Each school may have three (3) entries in each individual event and one (1) entry in each relay event.*
 3. *Relay teams entered in the Region Meet may list a maximum of eight (8) runners.*
 - (a) *The relay names remain the SAME throughout the State Meet Series (Region/Sectional/State Meets) and are the ONLY eligible participants for qualifying relay teams throughout the State Meet Series.*
 - (b) *NO replacements may be made in the Relay list of runners advancing from the Region Meet to the Sectional Meet to the State Meet.*
 - (c) *Any four (4) competitors listed on a Region Meet relay event entry may run in that event in any round of advancement (Region, Sectionals, State Meet Semifinals and Finals), and in any order desired.*
 4. *In Shot Put, Discus, Long Jump, and Triple Jump, the giving of qualifying and final trials is optional. NOTE: The Region Games Committee may institute a process in which each contestant has three (3) attempts and only the best attempt counts.*
 5. *It is recommended that all Regions conduct the boys and girls competitions on the same dates in order to comply with the GHS A deadline for completion of Region track competitions.*
- C. *When there is a tie in any event involving more contestants than the Region is entitled to enter in the Sectional Meet, the contest must continue or be re-held until the representatives to the Sectional Meet are determined, and no points be given for the continued or re-held contest. For possible replacement purposes, all field events must determine clear 5th and 6th place finishers in ALL Classes.*



2024 GHSAA Track & Field POINTS OF EMPHASIS:



Region entries (rosters) MUST be submitted on the MileSplit site.

Region Meet Directors (and/or Timing Companies) must submit results on the MileSplit site.

Relay Team Members Clarification

- At the conclusion of each Region Scratch Meeting (or if NO scratch meeting is held, when Region Meet competition begins), the competitors' names listed on the MileSplit site for each Relay entered CANNOT be changed.
- These Relay names remain the SAME throughout the State Meet Series: Region / Sectional / State Meets and are the ONLY eligible participants for Relay Teams throughout the State Meet Series.
- NO replacements may be made of the eight competitor's Relay names advancing from the Region Meet to the Sectional Meet, nor Sectional Meet to State Meet.
- Any four (4) of the competitors listed with a Region Meet Relay entry may run on that relay team in any round of advancement (Region, Sectional, State Meet Semi-finals and Finals), and in any order desired.

Athlete Replacement (Region Meet to Sectional Meet) Clarification

1. When a Region Meet qualifier cannot compete in the Sectional Meet, the next competitor in the order of finish will be selected as a replacement. The coach of the qualifying competitor unable to compete MUST notify the Region Meet Director of that competitor's inability to advance and compete in the next round of competition.
2. The Region Meet Director MUST contact the coach of the next competitor in the order of finish and verify the selection and replacement of that competitor for the Sectional Meet with that competitor's coach.
3. ***All REPLACEMENTS from Region Meets to Sectional Meets must be submitted ELECTRONICALLY on the MileSplit site. ONLY the REGION MEET DIRECTOR may make confirmed changes and/or corrections. The DEADLINE for all changes is 12:00 noon on Wed., May 3, 2023.***
4. All Sectional Meet entries will be posted on the MileSplit website for verification. Schools will not receive paper copies of their qualified athletes. **It is the responsibility of EACH COACH to review that school's entries on the web site and immediately notify the Region Meet Director if corrections need to be made.**
5. A contestant disqualified in a Region Meet may not participate in the Sectional Meet in the event in which (s)he was disqualified.
6. Team members listed for Relay teams advancing from Region to Sectional / State Meets may not be modified.



2024 GHSA Track & Field

Sectional Competition Guidelines and Replacement Procedure

Excerpts from 2023-24 GHSA Constitution (Pp. 88-89)

SECTIONAL COMPETITION:

A. Basic Information

1. The top four (4) finishers in each event from each Region Meet will advance to a Sectional Meet.
2. Boys and Girls Sectionals in each classification will take place on the same date at the same site (see schedule of Sectionals on the GHSA web site).
3. For Running Events, there will be qualifying heats only - no running finals will be held.
 - (a) There will be two heats in each event, excluding the 1,600 and 3,200 Meter Runs and the 4x800 Meter Relay. The first place finisher in each heat and the next six (6) fastest times from either heat will advance to the State Final.
 - (b) For the 1,600 Meter and 3,200 Meter Runs and 4x800 Meter Relay, there will be one heat and the top eight (8) finishers in each race will advance to the State Final.
4. For Field Events, prelims and finals will be held in all events with the top eight (8) finishers advancing to the State Final.
5. For replacement purposes, ALL events must determine clear 9th and 10th place finishers.
6. Relay teams competing at the Sectional Meet must have been listed on the initial roster.
 - (a) NO replacements may be made in the Relay list of runners advancing from the Sectional Meet to the State Final.
 - (b) Any four (4) competitors listed on a Sectional Meet relay event entry may run in that event in any round of advancement (Sectionals, State Meet Semifinals and Finals), and in any order desired.

B. Sectionals will be conducted one (1) week prior to the earliest State Final.

C. All replacements from the Region meets for the Sectionals must be made on MileSplit GA. The REGION SECRETARY or the Region Meet Director may make confirmed changes and/or corrections. The deadline for all changes is 12:00 noon on Wednesday, May 1, 2024.

D. A listing of Sectional Sites may be found on the track page of the GHSA web site (www.ghsa.net).

Athlete Replacement Sectional Meets to State Meet

When there is a tie in any event involving more contestants than the Sectional Meet is entitled to enter into the State Meet, the contest must continue on the day of the competition until the representatives to the State Meet are determined. For REPLACEMENT purposes: CLEAR 9th and 10th Places MUST be established for ALL events at Sectional Meets.

1. When a Sectional Meet qualifier cannot compete in the State Meet, the next competitor in the order of finish will be selected as a replacement. The coach of the qualifying competitor unable to compete MUST notify the Sectional Meet Director of that competitor's inability to advance and compete in the State Meet.
2. The Sectional Meet Director MUST contact the coach of the next competitor in the order of finish and verify the selection and replacement of that competitor for the State Meet with the competitor's coach.
3. **All REPLACEMENTS from the Sectional Meet to the State Meet must be made ELECTRONICALLY on the MileSplit site ONLY the SECTIONAL MEET DIRECTOR may make changes/corrections to the list of State Meet Qualifiers. The DEADLINE for all changes is 12:00 noon Tuesday, May 7, 2024.**
4. All State Meet entries will be posted on the MileSplit site for verification. Schools will not receive paper copies of their qualified athletes. **It is the responsibility of EACH COACH to review that school's entries on the web site and immediately notify the Sectional Meet Director if corrections need to be made.**
5. A contestant disqualified in a Sectional Meet may not participate in the State Meet in the event in which (s)he was disqualified.



2024 Sectional Meet Sites for Track and Field Saturday, May 4, 2024

Class 2A	
Sectional A - Regions 1,3,4,8 East Jackson HS 1435 Hoods Mill Road Commerce GA Meet Director: Tomy Sitton (404-788-3415) tsitton@jcss.us AD: Shawn Lindsey (slindsey@jcss.us)	Sectional B - Regions 2,5,6,7 Rockmart HS 990 Cartersville Hwy Rockmart GA Meet Director: Rhett Parson (678-300-7715) Rhett.parson@polk.k12.ga.us AD: Adam Blalock (ablalock@polk.k12.ga.us)
Class 1A-Division II	
Sectional A - Regions 1,2,4,6 Schley County @ Hugh Mills Stadium, Albany, GA 740 W Society Ave Albany GA Meet Directors: Scott Burgess (229-938-8354) sburgess@schleyk12.org AD: Gabe Theiss (gtheiss@schleyk12.org)	Sectional B - Regions 3,5,7,8 Mt. Zion HS, Carroll 280 Eureka Church Road Carrollton GA Meet Director/AD: Wade Traylor (770-328-9544) wade.traylor@carrollcountyschools.com



Sectional Meet Schedule Classes 1A–7A



Admission for all Sectional Meets will be \$8.00 for the day.

(Time Schedule must be the same for Classes 1A–7A Sectional competitions,
with the exception of inclement/severe weather)

NOTE: The schedule of Running Events has been set to match, as closely as is reasonably possible, the recovery time between running events at the State Meets. Sectional meets should stay on schedule and NOT run ahead of schedule!

Saturday, May 4, 2024

FIELD EVENTS: nine (9) competitors to Finals in horizontal events (jumps and throws); **vertical events should conclude after clear 9th and 10th place finishers have been established for Replacement Purposes**

10:30 am High Jump (Girls)	Discus Throw (Boys, then Ambulatory)
Long Jump (Girls)	Pole Vault (Boys)
Shot Put (Girls then Wheelchair, Ambulatory)	Triple Jump (Boys)
12:30 pm Discus Throw (Girls, then Ambulatory)	High Jump (Boys)
Pole Vault (Girls)	Long Jump (Boys)
Triple Jump (Girls)	Shot Put (Boys then Wheelchair, Ambulatory)

RUNNING EVENTS: (The 4x800 Meter Relay should not start before all field events are completed. Running schedule may be adjusted, if necessary, due to Field Events and/or weather delays. However, the time increments between running events should be maintained to ensure adequate recovery time between events.) (The order of running events will be Wheelchair, Ambulatory, if needed, then girls/boys.)

10:45 am	1600 Meter Run (1 Section-all qualifiers girls/boys)
2:30 pm	4x800 Meter Relay (1 Section-all qualifiers girls/boys; dual-alley start)
3:10 pm	100/110 Meter Hurdles (2 Heats each girls/boys)
3:30 pm	100 Meter Dash (Ambulatory, then 2 Heats each girls/boys)
3:50 pm	4x200 Relay (2 Heats each girls/boys)
4:30 pm	4x100 Meter Relay (2 Heats each girls/boys)
4:50 pm	400 Meter Dash (Ambulatory, then 2 Heats girls/boys)
5:15 pm	300 Meter Hurdles (2 Heats each girls/boys)
5:50 pm	800 Meter Run (Wheelchair, Ambulatory, 2 Heats each girls/boys, one-turn stagger)
6:20 pm	200 Meter Dash (Wheelchair, Ambulatory, 2 Heats each girls/boys)
6:40 pm	3200 Meter Run (1 Section-all qualifiers girls/boys)
7:10 pm	4x400 Meter Relay (2 Heats each girls/boys)

The Games Committee should determine vertical events' opening heights and progressions based on the strength/depth of competition and/or weather conditions.



2024 GHS A Track & Field State Meet Guidelines and Clarifications



Excerpts from 2023-24 GHS A Constitution (P. 89)

STATE CHAMPIONSHIP MEETS:

- A. *The State Championship Meets will be held on the dates listed in the Beginning and Ending Dates table at the front of this publication. Exact sites and schedules will be posted on the GHS A web site prior to the event.*
 1. *If weather conditions alter the schedule, night sessions may be held or the schedule may be condensed to a one-day meet.*
 2. *Preliminaries may be eliminated and finals held in any of the events provided that notice is given prior to the beginning of the meet.*
 3. *In each preliminary running event (semifinals), there will be two (2) heats with the first place finishers in each heat and the next six (6) fastest times qualifying for the finals.*
- B. *The top finishers as described from each Sectional Meet will qualify for the State Final in ALL classes.*
 1. *When a qualifier can not compete in the State Meet, the next competitor in the order of finish will be selected as a replacement.*
 2. *All replacements for the State Meet must be submitted on MileSplit GA. Only the SECTIONAL MEET DIRECTOR may make changes/corrections to the list of State Meet Qualifiers. The deadline for all changes is 12:00 noon on Tuesday, May 7, 2024.*
 3. *It is the responsibility of EACH COACH to review the school's entries on MileSplit GA and immediately notify the Sectional Meet Director if corrections need to be made.*
- C. *Each contestant is requested to bring his/her own shot and discus.*
 1. *Any contestant may use any shot or discus after it has been checked for weight and legality at the field.*
 2. *Rings for the shot and discus are concrete; therefore, rubber soled shoes must be worn.*
 3. *The NFHS Track and Field Rule Book will be strictly enforced in regard to the time between jumps and throws.*
- D. *At the State Meets (boys and girls), 34.92-degree throwing sectors will be used (Discus: Rule 6-6-5; Shot Put: Rule 6-7-5). Schools, Region hosts and Sectionals hosts must have the 34.92-degree sectors in place for the Region and Sectionals meets.*
- E. *The tracks and runways that are used for all State Meets are all-weather tracks.*
 1. *Spikes on track shoes must not exceed the specified length(s) at each State Meet:
NOTE: Shoes may be inspected before contestants are allowed on the track.*
 2. *Spikes that have been cut off by individuals must be filed to a sharp point. Blunt spikes will not be allowed.*
 3. *Only the starting blocks furnished at the track may be used in the State Meets.*
- F. *Admission price for each of the State Meets may be found on the GHS A web site.*



GHSA STATE TRACK & FIELD CHAMPIONSHIPS

1A-Division 2, 2A

May 9th-11th, 2024

East Jackson High School, Commerce, Ga



Thursday, May 9, 2023 Session I Field Events, 3200m Finals

Warm-up Guidelines:

11:00 (60 minute warm up for the pole vault) (60 minutes prior to the 3:00 PV Session)

11:20 (High Jump Warm up) 40 minutes warm up prior start of next HJ competition session

(Warm up for all flights of Discus Throw, Shot Put, Long Jump, and Triple Jump is 20 minutes)

12:00 pm - Field Events

High Jump 1AD2 Girls (Scoreboard Area)

Shot 1AD2 Girls (Ring 1)

Pole Vault 2A Girls (Blue)

Long Jump 2A Boys (Pit 1)

Triple Jump 1AD2 Girls (Pit 3)

High Jump 2A Boys (Field House Area)

Shot 1AD2 Boys (Ring 2)

Pole Vault 1AD2 Boys (Red)

Long Jump 1AD2 Boys (Pit 2)

Discus 2A Girls (North)

2:00 pm

Shot 2A Girls (Ring 1)

Long Jump 2A Girls (Pit 1)

Discus 1AD2 Boys (South)

Shot 2A Boys (Ring 2)

Long Jump 1AD2 Girls (Pit 2)

3:00 pm

High Jump 2A Girls (Scoreboard Area)

Pole Vault 2A Boys (Blue)

High Jump 1AD2 Boys (Fieldhouse Area)

Pole Vault 1AD2 Girls (Red)

4:00 pm

Triple Jump 2A Boys (Pit 1)

Discus 2A Boys (South)

Triple Jump 2A Girls (Pit 3)

Triple Jump 1AD2 Boys (Pit 2)

Discus 1AD2 Girls (North)

6:30 pm - 3200m Run Final (2A/1AD2 Girls, then 2A Boys, 1AD2 Boys) (Dual-Alley Start)

Friday, May 10, 2024 – Session II

Qualifying Heats for Running Events and 1600 Meter Run Finals

(The running order in all Prelims will be 2A/1AD2 Girls, followed by 2A/1AD2 Boys)

12:00 pm 1600 Meter Finals (2A, 1AD2 Girls followed by 2A, 1AD2 Boys)

1:00 pm 100 Meter Hurdles / 110 Meter Hurdles Prelims

1:30 pm 100 Meter Dash Prelims

2:00 pm 4x100 Meter Relay Prelims

3:00 pm 400 Meter Dash Prelims

3:45 pm 300 Meter Hurdles Prelims

4:20 pm 800 Meter Run Prelims (one-turn stagger)

5:10 pm 200 Meter Dash Prelims

6:00 pm 4x400 Meter Relay Prelims

Saturday, May 11, 2024 – Session III - Finals for Running Events

(The running order in all races will be 2A/1AD2 Girls, followed by 2A/1AD2 Boys)

12:00 pm 4x800m Relay (Dual Alley Start)

1:00 pm 100 Meter Hurdles / 110 Meter Hurdles

1:30 pm 100 Meter Dash

1:50 pm 4x200 Meter Relay (Finals by Time)

2:50 pm 4x100 Meter Relay

3:20 pm 400 Meter Dash

3:50 pm 300 Meter Hurdles

4:20 pm 800 Meter Run (one-turn stagger)

4:40 pm 200 Meter Dash

5:30 pm 4x400 Meter Relay

6:10 pm Presentation of Trophies

2024 STATE MEET VERTICAL OPENING HEIGHTS/PROGRESSIONS

BOYS POLE VAULT- 9'6"- 10'6"- 11'6"- 12'0"...

GIRLS POLE VAULT- 7'0"- 8'0"- 9'0"- 9'6"...

BOYS HIGH JUMP- 5'8"- 6'0"- 6'2"- 6'4"...

GIRLS HIGH JUMP- 4'6"- 4'10"- 5'0"- 5'2"...

GAMES COMMITTEE AND EVENT OFFICIALS SHOULD USE JUDGMENT WITH REGARDS TO ADJUSTING DUE TO WEATHER OR FIELD TALENT FOR EACH GROUP WITH THE UNDERSTANDING THAT THESE CHANGES WERE IMPLEMENTED TO HELP MOVE THE EVENT ALONG AND NOT PRECLUDE ATHLETES FROM BEING ABLE TO COMPETE.



Advancement: Region Meets to Sectional Meets



Top 4 Places in every event from each Region Meet advance to Sectional Meets.

In the event of a tie for an advancement place that needs to be broken, whether from Region Meet to Sectional Meet or Sectional Meet to State Meet, the performance where the tie occurred will be carried forward for seeding in the next meet. The qualifying advancement performance achieved by a competitor at the Region Meet or Sectional Meet is the performance that competitor will carry into the next round of competition. No performance achieved in a tie-break will replace an existing mark unless it involves a 1st Place tie (per rulebook).

Seeding at Sectional Meets (from Region Meets):

Sectional Meet Seeding will be done by the Sectional Hosts after all Region Meet results have been submitted to MileSplit and qualifiers advanced to Sectional Meets in MileSplit.

Running Events (Laned Races):

- Region Winners – Seeded by Place first, then Time.
 - All other qualifiers from each Region Meet seeded by time only.

Running Events (4x800, 1600, 3200):

- 4x800, 1600, and 3200 Seeded by time only.

Field Events:

- All entries seeded by distance/height, in reverse order, worst to best

Advancement: Sectional Meets to State Meet

Top 8 Places from each Sectional Meet advance to State Meet (*For REPLACEMENT purposes, CLEAR 9th and 10th Places MUST be established for ALL events at Sectional Meets.*)

Running Events (Laned Races):

- Two Qualifying heats only, no running finals will be contested.
- Heat Winners in each event: Heat Winners, and next 6 fastest times advance to State Meet

Running Events (4x800, 1600, 3200):

- Top 8 finishers advance to State Meet

Field Events: (Horizontal Events: Long Jump, Triple Jump, Discus Throw, Shot Put)

- Trials and Finals with Top 9 advancing to Finals for three additional attempts.
- Competitors should be reordered worst to best for the finals.
- Events should be contested to conclusion.

Field Events: (Vertical Events: High Jump and Pole Vault)

- Events WILL CONCLUDE AFTER CLEAR 9th AND 10th PLACERS HAVE BEEN DETERMINED.

Seeding at State Meet (from Sectional Meets):

All SEEDING at State Finals is based on Sectional Meet performances.

State Meet Seeding will be done by the Host Schools after all Sectional Meet results have been submitted to MileSplit and qualifiers advanced to State Meets in MileSplit.

Running Events (Laned Races): Two Qualifying Heats.

- Heat winners from Sectional Meet – Seeded by Place first, then Time
- All other qualifiers from Sectional Meet seeded by time only

Running Event (4x200 Relay): Two Heat Final, Sections against Time – Slow heat, then Fast heat

- Heat winners from Sectional Meet – Seeded by Time
- All other qualifiers from Sectional Meet seeded by time only

Running Events (4x800, 1600, 3200): One Heat finals, Seeded from best to worst

Field Events: (Horizontal Events: Long Jump, Triple Jump, Shot Put, Discus)

- All qualifiers seeded from worst to best.
- Trials and Finals with Top 9 competitors receiving three additional attempts in Finals.
- Competitors will be reordered worst to best for the finals.

Field Events: (Vertical Events: Pole Vault and High Jump)

- All qualifiers seeded by performance, in reverse order, worst to best

State Meet Qualifying Heats to State Meet Final Advancement (Laned Races):

- Heat Winners in each Qualifying Heat plus next 6 fastest times advance to State Meet Final



2024 GHSA Track & Field GHSA/NFHS Uniform Rules Clarification



- Uniform bottoms having a waistband with multiple logos/references of the manufacturer are **NOW LEGAL** as uniform bottoms (*new in 2022*).
- Undergarment tops and/or bottoms do not have to be the same color nor a solid color.
- Any **OTHER** clothing items (socks, head wear, sleeves, gloves etc.) are **NOT** considered part of the school issued uniform. **NO non-uniform items may be worn that are demeaning to the sport and/or present a hazard to the safety of the competitor or others.**
- Team members competing in the same individual event must wear clearly identifying uniforms for that team, but **NOT NECESSARILY** of the same design.
- Relay team members on the same team must wear uniforms of the same design.
- Using wearable technology to receive electronically transmitted data from a coach or third party during competition is **ILLEGAL**. If observed by an Official, the competitor shall be **DISQUALIFIED**.
- The ultimate responsibility for uniform compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with **GHSA and NFHS uniform rules**. On the next page is a Uniform Guidelines document.

While Uniform rules are quite specific, there is always some gray area open to interpretation by meet officials. Coaches should anticipate the strictest interpretation of the rules that their team may encounter. As the season begins, make sure your athletes thoroughly understand the rules governing uniforms. Even though many of the early smaller meets may not strictly enforce these rules, impress upon your athletes the importance of being in compliance anyway. Prevent a pattern of competing while violating these rules even if there are no apparent consequences for doing so. As important meets approach, reaffirm that all athletes are fully aware of, and in compliance with the rules. Again, try to anticipate the strictest interpretation and prepare accordingly.

NFHS and GHSA penalty for illegal uniform:

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

This document can be found online at:
NFHS Track & Field/Cross Country Uniform Rule



NFHS TRACK & FIELD and CROSS COUNTRY UNIFORM RULES

RULE 4-3

NOTE: The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

ART. 1 . . . The competitor's uniform shall be school-issued or school approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

- a. Each competitor shall wear shoes on both feet.
 1. The shoes shall have an upper and recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.

NOTE: The games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)

4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
 3. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
 4. Loose-fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform.
 6. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
 7. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

ART. 2 . . . Additional restrictions for relay teams and cross country teams.

- a. All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

NOTE: The official should be able to observe that all members are from the same team.

PENALTY: (Articles 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

GHSA Track & Field and Cross Country Uniform Rules / Guidelines

NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules.!!

Typical Examples of Illegal / Legal Uniforms

	<p style="text-align: center;">ILLEGAL One-piece Uniforms with multiple manufacturer logos / references.</p>		<p style="text-align: center;">ILLEGAL Uniform Top "bare midriff"</p>
	<p style="text-align: center;">ILLEGAL Uniform Bottoms "French or High Cut"</p>		<p style="text-align: center;">LEGAL "Closed-Leg" Women's Brief Uniform Bottoms</p>
	<p style="text-align: center;">LEGAL (as of 2022) Uniform Bottoms with multiple manufacturer logos / on waistbands are NOW legal.</p>		<p style="text-align: center;">LEGAL Undergarments are NO LONGER required to be of a single (same) color.</p>
	<p style="text-align: center;">LEGAL Uniform Bottoms single manufacturer logo,.</p>		<p style="text-align: center;">LEGAL Uniform Bottoms with single manufacturer logo; multiple logos on waistband is NOW legal.</p>

UNDERGARMENTS ARE NOT UNIFORMS!!



GEORGIA HIGH SCHOOL ASSOCIATION (GHS A) POLE VAULT VERIFICATION FORM



ALL MEMBER SCHOOLS are required to complete the GHS A Pole Vault Verification Form listing the name and grade of each contestant participating in the Pole Vault Event. School Administration and Coaches must verify the weight of each contestant and the proper ratings of all poles used by each contestant. This procedure is required for ALL GHS A sanctioned Track and Field competitions. **This completed form must be presented to the HEAD FIELD JUDGE of the Pole Vault Event prior to the start of warm-ups on the day of competition, and must include signatures from the Principal, Athletic Director and Track Coaches.**

School Name _____

Classification _____

Name of Meet _____

Date _____

	<u>Full Name of Pole Vaulteur</u>	<u>Grade</u>	<u>Vaulteur's Weight*</u>	<u>List ALL Pole Ratings</u>
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____

*Includes full competition uniform and footwear.

Name of Principal (please print) _____

Signature of/Principal _____

Name of Athletic Director (please print) _____

Signature of AD _____

Name of Head Coach (please print) _____

Signature of Head Coach _____

Name of Event Coach (please print) _____

Signature of Event Coach _____

NOTE TO ATHLETIC ADMINISTRATORS, TRACK AND FIELD COACHES AND OFFICIALS

Below are NFHS Track and Field Rules relevant to Pole Vault safety:

NFHS TRACK AND FIELD RULE 6-5-3: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 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. Prior to the competition, the Coach must verify that all of the school's pole vaulters and poles meet these requirements. **NOTE:** Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4-inch marking in contrasting color on each pole. (6-8-3)

NFHS TRACK AND FIELD RULE 6-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked, or a pole rated below his/her weight, or any equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**

NFHS TRACK AND FIELD RULE 6-5-5: Prior to warm-up, the field referee, head field judge, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per **NFHS Rule 3-10-1.** This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of 3/4-inch in contrasting color located within or above the top hand-hold band, and a binding of layers of adhesive tape of uniform thickness on the grip end. The binding shall not be on or above the top hand-hold band.

NFHS TRACK AND FIELD RULE 6-5-21: A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight-appropriate.

PENALTY: Disqualification from the event.

NFHS TRACK AND FIELD RULE 6-5-27h: It is a foul if the competitor grips the pole above the top hand-hold band.

PENALTY: An unsuccessful trial is charged.



GHS A POLE VAULT SYSTEM CHECKLIST

1. MINIMUM MEASUREMENTS OF A LEGAL POLE VAULT SYSTEM (**RULE 6-5; ART 7**)
19'8" ACROSS THE BACK AND WIDTH BEHIND THE STANDARD CUTOUTS
20'2" TOTAL LENGTH (FRONT TO BACK)
16'5" FROM THE "0" MARK AT THE BACK OF THE VAULT BOX
16'5" MINIMUM WIDTH OF FRONT BUNS
2. LANDING SYSTEM **MUST** INCLUDE A COMMON COVER CONNECTING ALL THE SECTIONS TOGETHER. (**RULE 6-5; ART 7**)
3. THE STANDARDS SHALL HAVE ALL EXPOSED PROJECTIONS ON THE BASE COVERED WITH STANDARD BASE PADDING AND SHOULD BE ANCHORED OR WEIGHTED TO PREVENT TIPPING (**RULE 6-5; ART 10**)
4. ALL BOXES SHOULD BE ENCLOSED BY A PADDED BOX COLLAR THAT MEETS **NFHS STANDARDS**
5. ANY HARD SURFACES AROUND THE LANDING AREA SHOULD BE PADDED WITH A 2 INCH MINIMUM DENSE FOAM.

