

**2017**  
**GEORGIA HIGH SCHOOL ASSOCIATION**  
**TRACK & FIELD**



**TRACK & FIELD COACHES' HANDBOOK**

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# **2017 GHS A Classes 1A-Public, 2A, 3A Track & Field Coaches' Handbook**

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## 2017 GHSA Track & Field

### Dates and Deadlines

- Monday, January 16, 2017 .....Earliest Date for Track & Field Practice
- Monday, February 6, 2017 .....Earliest Date for Track & Field Meet
- Saturday, April 22, 2017.....Deadline to complete Region/Area Meets
- Monday, April 24, 2017 .....**9 am** Deadline for electronic submission of Region/Area results on GHSA MIS site (<https://app.ghsa.net>)
- Tuesday, April 25, 2017 .....**(by 9 am)** Entries for Sectional Meets posted on GHSA T&F site (<http://www.ghsa.net/track-and-field>); **ALL** coaches of qualifying athletes should check their entries for accuracy.
- Wednesday, April 26, 2017 .....**12:00 noon** Deadline for submitting Replacements from Region/Area Meets to Sectional Meets (<https://app.ghsa.net>)
- Saturday, April 29, 2017.....Sectional Meets
- Monday, May 1, 2017.....**5 pm** Entries for State Meets posted on GHSA T&F site (<http://www.ghsa.net/track-and-field>); **ALL** coaches of qualifying athletes should check their entries for accuracy.
- Monday, May 8, 2017.....**12:00 noon** Deadline for submitting Replacements from Sectional Meets to State Meets (Class 1A 1600/3200 Replacements from Area Meets to State Meets) (<https://app.ghsa.net>)



## 2017 GHSA Track & Field



### Excerpts from 2016-17 GHSA Constitution (Pp. 92-96)

(<http://www.ghsa.net/constitution#track-and-field>):

#### GENERAL INFORMATION:

##### 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/Area, 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.
5. In accordance with By-Law 2.66, only one night before a school day may be used with a meet starting at 6:00 p.m. or later.

##### E. A contestant in Track and Field may enter a maximum of **both relays, and any one (1) of the combinations listed below**. Competitors not on one or both relay teams are still restricted to one of the following combinations:

1. three (3) field events
2. two (2) field events and one (1) running event
3. one (1) field event and two (2) running events
4. relay teams for a school may be composed of any eligible student from that school

##### 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 vaulting standards, the crossbar and the landing pads. 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. A listing of approved schools has been established for the pole vault. Annually, those schools making changes in their pole vault equipment and/or facilities **MUST** report the changes to the GHSA office.
3. In compliance with NFHS rules, 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. All competitors shall have legal uniforms. The uniform must consist of a track top and track bottom or a speedsuit purchased by the school, inventoried by the school and issued by the school. Uniform bottoms clearly designed as "underwear" will NOT meet the GHSA requirement. In relay races, each team member shall wear the same color and design of school uniform. Any visible shirt worn under the track jersey, and other visible apparel worn under the shorts, must be unadorned and of a single (same) color. Clothing items with multiple logos are not designed as outerwear and are NOT legal. Uniforms must be exactly the same per event. (EXAMPLE: team members throwing the discus must have the exact same uniform. Relay team members must have on the exact same uniform. But the discus and relay uniforms may be slightly different from each other.) 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. Athletes may not compete while wearing:

1. Jewelry.
2. Hair beads of any type.
3. Sunglasses (Note: Prescription sunglasses will be allowed if accompanied by a Physician's note stating that the eye wear is necessary for competition.)
4. Electronic Devices

##### I. 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.



## 2017 GHS A Track & Field Use of GHS A MIS site



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The GHS A Track & Field MIS site is accessed through the “Affiliate Login” at the top of the GHS A website.



The GHS A MIS site (<http://app.ghsa.net/>) **MUST** be used for:

- electronic submission of Area/Region entries
- electronic submission of Area/Region Meet Results to the Area/ Region Winner’s Form
- Replacements from Area/Region Meets to Sectional meets
- Replacements from Sectional Meets to State Meets.

**Each member school’s AD has been issued login credentials for submission of each school’s Area/Region entries.**

**Each Area Coordinator / Region Secretary (or designee) will be issued login credentials for submission of Area/Region Meet Results to the Area/Region Winner’s Form.**

**Each Area Coordinator / Region Secretary (or designee) will be issued login credentials for submission of Area/Region Meet Replacements to Sectional Meets.**

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



## 2017 GHS A Track & Field Region/Area Competition Guidelines and Clarifications

*Excerpts from 2016-17 GHS A Constitution (Pp. 92-96)*

### **REGION/AREA COMPETITION:**

- A. *Deadlines for posting the Region/Area list of entries will be a Region/Area decision.*
- All entries (rosters) **must** be made **ELECTRONICALLY** on the GHS A web site (<http://app.ghsa.net/>). A template will be posted there for use by all head track coaches.*
  - Posting entries on sites other than the GHS A web site does **NOT** fulfill the GHS A requirement for electronic submission.*
  - Coaches may alter the list of entries until the deadline established by each Region/Area for their Region/Area meet.*
  - All Region Secretaries/Area Coordinators should communicate their deadline for entries before the "Scratch Meeting" that precedes the Region/Area Meet.*
- B. *The time schedule for the Region/Area Meet shall be given to each competing school prior to the start of the Meet.*
- Each school may have two (2) entries in each event.*
  - Relay teams should list four (4) runners and two (2) alternates.*
    - No replacements may be made after the deadline established by each Region/Area for their Region/Area meet.*
    - Any four (4) of the six (6) listed may run in any round of the State Meet Series (Region/Area, Sectionals, State Meet), but there may be no changes in the contestants on a team after the deadline established by each Region/Area for their Region/Area meet.*
    - Schools with two (2) relay teams entered in the same relay event may not list a competitor on both teams.*
- C. *When there is a tie in any event involving more contestants than the Region/Area is entitled to enter in the Sectional or State Meet, the contest must continue or be re-held until the representatives to the Sectional or State 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.*

### **NOTES:**

**Region entries (rosters) MUST be submitted on the GHS A MIS site (<http://app.ghsa.net/>); these are each school's OFFICIAL entries**



**The Region Results form must be completed electronically by each Area Coordinator / Region Secretary (or designee) on the GHS A MIS site (<http://app.ghsa.net/>) the deadline is 9 am on Monday, April 24, 2017.**



**The Area Coordinator / Region Secretary (or designee) should ALSO download a pdf copy of the Region Results form and forward by email to all Area / Region coaches for coaches to review to ensure accuracy.**

[Download a Printable Copy](#)

- Area/Region Coordinators / Region Secretaries (or designees) must not only submit results on the MIS site but ALSO edit/correct Area/Region entries (rosters) for each school on the MIS site to reflect any changes (scratches/additions/replacements) made at the Scratch Meeting.**



## 2017 GHSA Track & Field Relay Team Members Clarification



- At the conclusion of each Area / Region Scratch Meeting (or if NO scratch meeting is held, when Area / Region Meet competition begins), the competitors' names listed for each Relay entered CANNOT be changed.
- Schools with two (2) teams entered in the same relay may NOT list the same competitor's name on both relay teams.
- These Relay names remain the SAME throughout the State Meet Series: Area–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 six competitor's names advancing from the Area/Region Meet to the Sectional Meet, nor Sectional Meet to State Meet.
- Any four (4) of the five (5) or six (6) competitors listed with an Area/Region Meet entry may run in that relay event in any round of advancement (Area/Region, Sectional, State Meet Semi-finals and Finals), and in any order desired.

### **Athlete Replacement (Area/Region Meet to Sectional Meet) Clarification**

#### **(Class 1A Area Meet 1600/3200 to State Meet)**

1. When an Area/Region Meet qualifier cannot compete in the Sectional Meet (*or Class 1A State Meet 1600/3200*), 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 Area Meet Director / Region Secretary of that competitor's inability to advance and compete in the next round of competition.
2. The Area Meet Director / Region Secretary 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 (*or Class 1A State Meet 1600/3200*) with that competitor's coach.
3. ***All REPLACEMENTS from Area/Region Meets to Sectional Meets must be submitted ELECTRONICALLY using the form posted on the GHSA MIS site (<http://app.ghsa.net/>). ONLY the AREA COORDINATOR/REGION SECRETARY or designee may make confirmed changes and/or corrections. The DEADLINE for all changes is 12:00 noon on Wed., April 26, 2017.***
4. ***All REPLACEMENTS for 1600/3200 from Class 1A Area Meets to State Meets must be made ELECTRONICALLY using the form posted on the GHSA MIS site (<http://app.ghsa.net/>). ONLY the AREA COORDINATOR or designee may make confirmed changes and/or corrections. The DEADLINE for all changes is 12:00 noon three (3) days prior to the beginning of the State Final.***  
***Girls & Boys: Monday, May 8, 2017***
5. All Sectional Meet entries will be posted on the GHSA T&F website site (<http://www.ghsa.net/track-and-field>) 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 website and immediately notify the Area Meet Director / Region Secretary if corrections need to be made.**
6. A contestant disqualified in an Area/Region Meet may not participate in the Sectional Meet in the event in which (s)he was disqualified.
7. Relay teams advancing to the Sectional Meet should list a maximum of six (6) competitors.  
(a) Schools with two teams entered in the same relay in the Area/Region Meet may not list a competitor's name on both relay teams.



## 2017 GHSA Track & Field



### Sectional Competition Guidelines and Replacement Procedure

Excerpts from 2016-17 GHSA Constitution (Pp. 92-96)

#### SECTIONAL COMPETITION:

##### A. Basic Information

1. The top four (4) finishers in each event from each Region/Area 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).
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. The top two (2) finishers in each heat and the next four (4) fastest times from either heat will advance to the State Final.
  - (b) For the 1,600 Meter and 3,200 Meter Runs, the top eight (8) finishers in each race (2A - 6A) will advance to the State Final. In Class A, the top four (4) finishers from each Area will advance directly to the State Final.
4. For Field Events (classes 2A - 6A), finals will be held in all events with the top eight (8) finishers advancing to the State Final. For replacement purposes, all field events must determine clear 9th and 10th place finishers. Class A will qualify nine (9) finishers to the State Final to compete for eight places. For replacement purposes, all Class A Field Events must determine clear 10th and 11th place finishers.

- D. A listing of Sectional Sites may be found on the GHSA web site (<http://www.ghsa.net/2017-sectional-track-sites-and-information>).

### Athlete Replacement (Sectional Meet 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:*

- **Class 1A: CLEAR Running Event 9th and 10th Places / Field Event 10th and 11th Places MUST be established for ALL events at Sectional Meets.**
  - **Classes 2A-6A: 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 Final must be made ELECTRONICALLY using the form posted on the GHSA MIS site (<http://app.ghsa.net/>). 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 three (3) days prior to the beginning of the State Final.**

**Girls & Boys: Monday, May 8, 2017**
  4. All State Meet entries will be posted on the GHSA T&F website (<http://www.ghsa.net/track-and-field>) 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.





## 2017 Sectional Meet Sites for Track and Field



### AAAAAA

#### ***Sectional A – Regions 3,6,7,8***

Eddie Snell

Heritage (Conyers) HS

2400 Granade Road

Conyers, GA 30094

[esnell@rockdale.k12.ga.us](mailto:esnell@rockdale.k12.ga.us)

C) 770-823-6325

### AAAAA

#### ***Sectional A – Regions 1,3,6,7***

Craig Musselwhite

Carrollton HS

202 Trojan Way

Carrollton, GA 30117

[craig.musselwhite@carrolltoncityschools.net](mailto:craig.musselwhite@carrolltoncityschools.net)

C) 678-910-3022

#### ***Sectional B – Regions 1,2,4,5***

Jasper Jewell

Atlanta City Schools

Lakewood Stadium

Atlanta, GA

[jewell@atlanta.k12.ga.us](mailto:jewell@atlanta.k12.ga.us)

C) 404-316-7969

#### ***Sectional B – Regions 2,4,5,8***

Claud Spinks

Eagles Landing HS

301 Tunis Road

McDonough, GA 30253

[Claud.Spinks@henry.k12.ga.us](mailto:Claud.Spinks@henry.k12.ga.us)

C) 678-687-3450



## Sectional Meet Schedule Classes 5A, 6A

(Time Schedule must be the same for Classes 2A–7A Sectional competitions, with the exception of inclement 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, April 29, 2017**

**10:30 am 1600 Meter Run (1 Section-all qualifiers)**

**FIELD EVENTS: 9 competitors to Finals in horizontal events (jumps and throws)**

**10:30 am Pole Vault (Boys)**

**11:00 am High Jump (Girls) Discus Throw (Boys)  
Long Jump (Girls) Triple Jump (Boys)  
Shot Put (Girls)**

**1:00 pm Discus Throw (Girls) High Jump (Boys)  
Pole Vault (Girls) Long Jump (Boys)  
Triple Jump (Girls) Shot Put (Boys)**

**Break**

**RUNNING EVENTS:** (No running events below should start before all field events are completed. Running schedule may be adjusted, if necessary, due to Field Event and/or weather delays. However, the time increments between running events should be maintained to ensure adequate recovery time between events.)

**3:30 pm 400 Meter Relay (2 Heats)  
4:05 pm 400 Meter Dash (2 Heats)  
4:20 pm 100 Meter Dash (2 Heats)  
4:35 pm 100/110 Meter Hurdles (2 Heats)  
4:55 pm 800 Meter Run (2 Heats)  
5:15 pm 200 Meter Dash (2 Heats)  
5:30 pm 300 Meter Hurdles (2 Heats)  
5:55 pm 3200 Meter Run (1 Section-all qualifiers)  
6:45 pm 1600 Meter Relay (2 Heats)**

**GHSA Recommended Opening Heights: (may be revised by Games Committee should strength of competition and / or weather conditions dictate)**

**Class 5A:**

**Boys' Pole Vault – 10'0" Boys' High Jump – 5'8"  
Girls' Pole Vault – 7'6" Girls' High Jump – 4'8"**

**Class 6A:**

**Boys' Pole Vault – 10'6" Boys' High Jump – 5'8"  
Girls' Pole Vault – 7'6" Girls' High Jump – 4'8"**



## 2017 GHSA Track & Field State Meet Guidelines and Clarifications



*Excerpts from 2016-17 GHSA Constitution (Pp. 92-96)*

### **STATE MEET:**

- A. *The State Final will be scheduled as announced 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 (events may be run morning and/or evening).*
  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) in classes 2A through 7A, there will be two (2) heats with the first two (2) finishers in each heat and the next four (4) fastest times qualifying for the finals. Class A will run in finals only on Saturday.*
- B. *The top finishers as described from each Sectional Meet will qualify for the State Final in all classifications.*
  1. *When a qualifier can not compete in the State Final, the next competitor in the order of finish will be selected as a replacement.*
  2. *All replacements for the State Final must be made ELECTRONICALLY using the form posted on the GHSA web site (<http://app.ghsa.net/>). Only the SECTIONAL TRACK MEET DIRECTOR may make changes/corrections to the list of State Final Qualifiers. The deadline for all changes is 12:00 noon three (3) days prior to the beginning of the State Final.*

**Girls & Boys:** Monday, May 8, 2017
  3. *All entries for the State Final will be posted on the GHSA web site ([www.ghsa.net](http://www.ghsa.net)) for verification. Schools will not receive paper copies of their qualified athletes. It is the responsibility of EACH COACH to review the school's entries on the web site and immediately notify the Sectional Meet Director if corrections need to be made.*
  4. *A contestant disqualified in a Region/Area or Sectional Meet may not participate in the State Final in the event in which he was disqualified.*
  5. *Relay teams should list four (4) runners and two (2) alternates.*
    - (a) *No replacements may be made of the runners and alternates qualifying at the Region/Area Meet.*
    - (b) *Any four (4) of the six (6) listed may run in the event.*
    - (c) *Schools with two qualifying teams in the same relay may not list competitors on one team as alternates on the other team, nor may the same alternates be listed for both teams.*



**GHSA STATE TRACK & FIELD CHAMPIONSHIPS**  
**Classes 5A, 6A & Wheelchair GIRLS' & BOYS'**  
**Carrollton HS, Carrollton, GA**  
**May 11, 12, 13, 2017**



**Thursday, May 11, 2017 – Session I**

**All Field Events and 1600 Meter Run Finals**

- 12:00 Noon High Jump – 5A Boys, 6A Girls  
 Pole Vault – 6A Boys, 5A Girls  
 Discus Throw – 5A Boys, 6A Girls  
 Shot Put – 6A Boys, 5A Girls  
 Long Jump – 6A Girls  
 Triple Jump – 5A Boys
  - 2:00 p.m. Wheelchair Shot Put
  - 2:30 p.m. High Jump – 6A Boys, 5A Girls  
 Pole Vault – 6A Girls, 5A Boys  
 Discus Throw – 5A Girls, 6A Boys  
 Shot Put – 6A Girls, 5A Boys  
 Long Jump – 6A Boys, 5A Girls  
 Triple Jump – 6A Girls
  - 5:00 p.m. Long Jump – 5A Boys  
 Triple Jump – 6A Boys, 5A Girls
  - 7:00 p.m. 1600 Meter Run Final
- \*The running order will be 5A girls, 5A boys followed by 6A girls, 6A boys

**Friday, May 12, 2017 – Session II**

**Qualifying Heats for Running Events and 3200 Meter Run Finals**

The running order in each race will be 5A girls, 5A boys, followed by 6A girls, 6A boys  
 \* The running order in all hurdle races will be 5A girls, 6A girls, followed by 5A boys, 6A boys.

- 12:00 Noon 4 X 100 Meter Relay
- 12:40 p.m. 400 Meter Dash
- 1:20 p.m. 100 Meter Dash
- 2:00 p.m. \*100 Meter Hurdles / 110 Meter Hurdles
- 2:50 p.m. 800 Meter Run
- 3:30 p.m. 200 Meter Dash
- 4:10 p.m. \*300 Meter Low Hurdles / 300 Meter Intermediate Hurdles
- 5:00 p.m. 3,200 Meter Run – FINALS
- 6:00 p.m. 4 X 400 Meter Relay

**Saturday, May 13, 2017 – Session III**

**Finals for Running Events**

The running order in each race will be 5A girls, 5A boys, followed by 6A girls, 6A boys.  
 \*The running order in all hurdle races will be 5A girls, 6A girls, followed by 5A boys, 6A boys.

- 12:00 noon 4 X 100 Meter Relay
- 12:40 p.m. 400 Meter Dash
- 1:10 p.m. 100 Meter Dash
- 1:40 p.m. \*100 Meter Hurdles / 110 Meter Hurdles
- 2:20 p.m. Wheelchair 800 Meter
- 2:30 p.m. 800 Meter Run
- 3:00 p.m. 200 Meter Dash
- 3:30 p.m. Wheelchair 200 Meter
- 3:40 p.m. \*300 Meter Low Hurdles / 300 Meter Intermediate Hurdles
- 4:20 p.m. 4 X 400 Meter Relay
- 5:00 p.m. **Presentation of Trophies**



## CLASSES 5A, 6A



### Advancement: Region Meets to Sectional Meets

Top 4 Places in every event from each Region Meet advance to Sectional Meets. *(For REPLACEMENT purposes, CLEAR 5th and 6th Places MUST be established for ALL events at Area 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 GHS A after all Region Meet results have been submitted.*

#### Running Events:

- 1600 and 3200 Seeded by time only.
- Top 2 from each Region Meet – Seeded by Place first, then Time:
  - 2nd Place finishers serpentine in “reverse” order to achieve a “split” between the fastest 1st Place finisher and fastest 2nd Place finisher
- 3rd and 4th Place Finishers from each Region Meet 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 Finals *(For REPLACEMENT purposes, CLEAR 9<sup>th</sup> and 10<sup>th</sup> Places MUST be established for ALL events at Sectional Meets.)*

#### Running Events (Laned Races):

- Two Qualifying heats only, no running finals will be held.
  - No running finals contested.
- Two heats each event: Top 2 in each heat, and next 4 fastest times advance to State Meet

#### Running Events (1600-3200):

- Top 8 finishers advance to State Finals

#### 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.

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

- Events should be carried to conclusion.

### 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 GHS A after all Sectional Meet results have been submitted.*

#### Running Events (Laned Races): Two Qualifying Heats.

- Top 2 in each heat from Sectional Meet – Seeded by Place first, then Time
- All other qualifiers from Sectional Meet seeded by time only

#### Running Events (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 place and then height, in reverse order, worst to best

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

- Top 2 in each Qualifying Heat plus next 4 fastest times advance to State Meet Final



## 2017 GHSA Track & Field Uniform Rules Clarification



- Each team member shall wear the same color and design of school uniform. If undergarments are worn by two (2) or more Relay team members, all undergarments must be of the same color and design, but not necessarily of the same length.
- The GHSA has opted to continue the requirement that **ALL VISIBLE UNDERGARMENTS** must be **UNADORNED** and of a **SINGLE, SOLID** color – if the athlete wears more than one (1) layer of undergarments, all must be of the same color.
- Undergarments having a waistband with multiple logos/references of the manufacturer are **NOT** legal as uniform bottoms.
- Undergarment tops and/or bottoms do not have to be the same color.
- Any **OTHER** clothing items (socks, head wear, sleeves, gloves etc.) are **NOT** considered part of the school issued uniform. **Although the wearing of these items is not prohibited, the wearing of any item (in excess of the school issued uniform) that is demeaning to the competition / sport will NOT be allowed.**
- The GHSA has opted to **PROHIBIT** the wearing of jewelry and hair beads of any kind during competition.
- The wearing of wristwatches with GPS capability during competition is **ILLEGAL**. The penalty for this violation is **DISQUALIFICATION**.
- 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 uniforms 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 jewelry and uniforms. Even though many of the early small 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, jewelry, hair beads or sunglasses (without a doctor's note):***

***For the wearing of an illegal uniform, jewelry, hair beads, or sunglasses (without a doctor's note), when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal and remove the jewelry, hair beads or sunglasses 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.***



# GHS Missouri Track & Field Jewelry and Uniform Rules / Guidelines



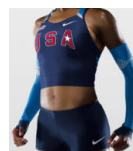
## The following items are not allowed during GHS Missouri Track & Field competition:

- (a) jewelry
- (b) hair beads of any type
- (c) sunglasses (**Note:** Prescription sunglasses are permitted if accompanied by a Physician's note stating that the eye wear is necessary for competition.)
- (d) Electronic devices, including GPS devices)
- (e) Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
  1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
  2. to a bracelet made of a pliable material, it is not required to be taped to the body.
  3. to a necklace, it shall be taped to the body.
- (f) Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- (g) Hair control devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

### Typical Examples of Illegal / Legal Uniforms



**ILLEGAL**  
**One-piece Uniforms** with multiple manufacturer logos / references.



**ILLEGAL**  
**Uniform Top**  
"bare midriff"



**ILLEGAL**  
**Uniform Bottoms**  
"French or High Cut"



**LEGAL**  
"Closed-Leg" Women's Brief **Uniform Bottoms**



**ILLEGAL**  
**Uniform Bottoms** with decorative waistbands and multiple manufacturer logos / references.



**ILLEGAL**  
**Uniform Bottoms** with decorative waistbands and crotch outline / opening



**LEGAL**  
**Uniform Bottoms** single manufacturer logo, no crotch outline or opening, no decorative waistband.



**ILLEGAL**  
These are **NOT Track & Field** uniforms.



**ILLEGAL**  
**Uniform Bottoms** with decorative waistbands, multiple manufacturer logos, crotch outline



**LEGAL**  
**Uniform Bottoms** with single manufacturer logo, NO decorative waistband or crotch outline

**NOTE:** The ultimate responsibility to have each competitor compliant with jewelry and uniform rules is with the coach. Coaches should inspect any/all garments that competitors wear to ENSURE that they are in compliance with the GHS Missouri & NFHS Jewelry and Uniform Rules!!



# GEORGIA HIGH SCHOOL ASSOCIATION (GHSA) POLE VAULT VERIFICATION FORM

ALL MEMBER SCHOOLS are required to complete the **GHSA Pole Vault Verification Form** listing the name and grade of each contestant participating in the Pole Vault Event. The **Head Coach** must verify, on the day of each meet, the weight of each contestant, and the proper ratings of all poles used by each contestant. This procedure is required for **ALL** GHSA 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.**

School Name \_\_\_\_\_

Classification \_\_\_\_\_

Name of Meet \_\_\_\_\_

Date \_\_\_\_\_

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

\*Includes full competition uniform and footwear.

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.

**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 7-5-3**. 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.**