

# GEORGIA HIGH SCHOOL ASSOCIATION

## TRACK & FIELD



## 2019 COACHES HANDBOOK

(5A, 6A, Adapted)

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# **2019 GHSA Classes 5A, 6A, Adapted Track & Field Coaches' Handbook**

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## 2019 GHSA Track & Field

### Dates and Deadlines

Monday, January 14, 2019 ..... Earliest Date for Track & Field Practice

Monday, Jan 14 – Feb 4, 2019 GHSA Online Track Rules Clinic

Monday, February 4, 2019 ..... Earliest Date for Track & Field Meet

Saturday, April 27, 2019 ..... Deadline to complete Region Meets

Monday, April 29, 2019 ..... **9 am** Deadline for electronic submission of Region results on GHSA MIS site (<https://app.ghsa.net>)

Tuesday, April 30, 2019 ..... **(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, May 1, 2019 ..... **12:00 noon** Deadline for submitting Replacements from Region Meets to Sectional Meets (<https://app.ghsa.net>)

Saturday, May 4, 2019 ..... Sectional Meets

Monday, May 6, 2019 ..... **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.

Tuesday, May 7, 2019 ..... **12:00 noon** Deadline for submitting Replacements from Sectional Meets to State Meets (<https://app.ghsa.net>)

Thu-Sat, May 9-11, 2019 ..... State Meet (Carrollton, GA)



## 2019 GHSA Track & Field



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### *Excerpts from 2018-19 GHSA Constitution (Pp. 82)*

*(<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.*

##### *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 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. The GHSA has elected to fully comply with the NEW 2019 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 apparel with multiple manufacturer logos are NOT 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. A school entering two relay teams in the same event may have a different design of uniform for each team.) 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 electronic devices.*

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



## 2019 GHSA Track & Field



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Excerpt from 2018-19 GHSA Constitution (P. 85)

### ADAPTED DIVISION

#### WHEELCHAIR TRACK AND FIELD:

1. All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team. These students will have the opportunity to compete in the 200 and 800 meter wheelchair races and the shot put. There will be two (2) divisions of competition in the shot put based upon the disability.
2. Students who participate must meet all GHSA eligibility requirements.
3. All athletes qualified for the Wheelchair competition must compete in either a standard wheelchair, a throwing chair or a specially designed racing chair.
4. Students will be members of the school's track and field team and will compete at all the school's meets (regardless of the number of wheelchair competitors). The athletes must compete in their school's team uniform. The top eight (8) qualifiers over the entire track season in each event will advance to compete at the State Track Meet.
5. Wheelchair racers must use a racing wheelchair, gloves and a bicycle helmet that meets ANSI standards.
6. In the shot put, boys Class 1 will use an 8.81lb./4.0 kg. shot while boys Class 2 will use a 6 lb. shot. Girls in Classes 1 and 2 will use a 6 lb. shot.
7. Coaches must complete a required training course conducted by AAASP.
8. All times and distances are to be reported to [resultsga@aaasp.org](mailto:resultsga@aaasp.org).
9. For more information, contact AAASP at 404-294-0070 or see the AAASP web site [www.adaptedsports.org](http://www.adaptedsports.org).

#### AMBULATORY STUDENT-ATHLETES WITH DISABILITIES:

1. An ambulatory student-athlete must have a permanent orthopedic, neuromuscular, visual, or other physical disability. Permanent orthopedic impairment and/or visual impairment shall be verified by a licensed physician and maintained on permanent file at the school.
2. All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team.
3. Students who participate must meet all GHSA eligibility requirements. Students shall be members of the school's track and field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors). The athletes must compete in their school's team uniform.
4. Divisions: Two divisions: Male Female
5. Events: Track: 100, 200, 400; Field: Shot, Discus
6. Students will be members of the school's track and field team and will compete at all the school's meets (regardless of the number of ambulatory competitors). The athletes must compete in their school's team uniform. The top eight (8) qualifiers over the entire track season in each event will advance to compete at the State Track Meet.
7. Ambulatory Division Qualification Standards:

Event	Boys	Girls
100	:25	:30
200	:50	:40
400	1:50	1:55
Shot Put: Boys- 4 meters-4K; Girls- 4.4 meters-6lbs		
Discus Throw: Boys- 19 meters-1.5K; Girls- 10 meters-1K		
8. All times and distances are to be reported to [resultsga@aaasp.org](mailto:resultsga@aaasp.org).
9. For more information, contact AAASP at 404-294-0070 or see the AAASP web site [www.adaptedsports.org](http://www.adaptedsports.org).



## 2019 GHSA Track & Field Use of GHSA MIS site



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



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Affiliate Login

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

- electronic submission of Region rosters and entries
- electronic submission of Region Meet Results to the Area/Region Winner's Form
- Replacements from 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 Region entries.**

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

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

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



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Affiliate Login

The GHSA MIS site (<https://app.ghsa.net/>)  
MUST be used for electronic submission of  
Area/Region Meet rosters and entries.

Use of other online meet entry systems  
(MileSplit, Coach O, Direct Athletics, etc.)

**DOES NOT FULFILL THIS  
REQUIREMENT!!**

A school's FAILURE to submit Area/Region  
Meet rosters and entries on the GHSA MIS  
site **SHALL** subject that school's entries to  
**DISQUALIFICATION** from participation in  
the State Meet Series  
(Area/Region/Sectional/State Meets)



## 2019 GHSA Track & Field Region/Area Competition Guidelines and Clarifications

*Excerpts from 2018-19 GHSA Constitution (Pp. 83)*

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

- A. Deadlines for posting the Region/Area list of entries will be a Region/Area decision.
1. All entries (rosters) must be made **ELECTRONICALLY** on the GHSA web site (<http://app.ghsa.net/>). A template will be posted there for use by all head track coaches.
  2. Posting entries on sites other than the GHSA web site does **NOT** fulfill the GHSA requirement for electronic submission.
  3. Coaches may alter the list of entries until the deadline established by each Region/Area for their Region/Area meet.
  4. 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.
3. Each school may have two (2) entries in each event.
  4. Relay teams entered in the Region Meet may list a maximum of six (6) runners.
    - (a) No replacements may be made after the deadline established by each Region/Area for their Region/Area meet.
    - (b) Any four (4) of the six (6) listed may run in any round of the State Meet Series (Region, Sectionals, State Meet), but there may be no changes in the contestants on a team after the deadline established by each Region for their Region meet.
    - (c) 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 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 GHSA MIS site (<http://app.ghsa.net/>); these are each school's OFFICIAL entries**



**The Region Results form must be completed electronically by each Region Secretary (or designees) on the GHSA MIS site (<http://app.ghsa.net/>). The deadline is 9 am on Monday, April 29, 2019.**



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

[Download a Printable Copy](#)

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



## 2019 GHSA Track & Field Relay Team Members Clarification



- At the conclusion of each Region/Area Scratch Meeting (or if NO scratch meeting is held, when 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: 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 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 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 Secretary (or designee) of that competitor's inability to advance and compete in the next round of competition.
2. The Region Secretary (or designee) 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 with that competitor's coach.
3. ***ALL REPLACEMENTS from Region Meets to Sectional Meets must be submitted ELECTRONICALLY using the form posted on the GHSA MIS site (<http://app.ghsa.net/>). ONLY the REGION SECRETARY (or designee) may make confirmed changes and/or corrections. The DEADLINE for all changes is 12:00 noon on Wed., May 1, 2019.***
4. All Sectional 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 website and immediately notify the Region Secretary if corrections need to be made.
5. A contestant disqualified in an 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.
  - (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.



## 2019 GHSA Track & Field

### Sectional Competition Guidelines and Replacement Procedure

*Excerpts from 2018-19 GHSA Constitution (P. 84)*

#### **SECTIONAL COMPETITION (Classes 5A,6A):**

##### **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).
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 will advance to the State Final.
4. For Field Events, 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.

- D. A listing of Sectional Sites may be found on the GHSA web site (<https://www.ghsa.net/sectional-track-meet-sites-2019>).

### **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:**

- **Classes 5A,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 two (2) days prior to the beginning of the State Final.***  
***Girls & Boys: Tuesday, May 7, 2019***
  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.



## 2019 Sectional Meet Sites for Track and Field



### AAAAAA

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

Reginald Mitchell  
Valdosta HS  
4590 Inner Perimeter Road  
Valdosta, GA 31602  
[rmitchell@gocats.org](mailto:rmitchell@gocats.org)  
229-291-5609

### AAAAA

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

Chad Walker  
Starr's Mill HS  
193 Panther Path  
Fayetteville, GA 30215  
[walker.chad@mail.fcboe.org](mailto:walker.chad@mail.fcboe.org)  
770-827-5501

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

Kati Smallwood - Greenbrier HS  
at Grovetown HS  
2010 Warrior Way  
Grovetown, GA 30813  
[ksmallwood@ccboe.net](mailto:ksmallwood@ccboe.net)  
706-421-8896

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

Claud Spinks - Eagles Landing HS  
at Union Grove HS  
120 East Lake Dr.  
McDonough, GA 30252  
[Claud.Spinks@henry.k12.ga.us](mailto:Claud.Spinks@henry.k12.ga.us)  
770-954-9515



## 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, May 4, 2019**

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

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

<b>10:30 am</b>		<b>Pole Vault (Boys)</b>
<b>11:00 am</b>	<b>High Jump (Girls)</b>	<b>Discus Throw (Boys, then Ambulatory)</b>
	<b>Long Jump (Girls)</b>	<b>Triple Jump (Boys)</b>
	<b>Shot Put (Girls then Wheelchair, Ambulatory)</b>	
<b>1:00 pm</b>	<b>Discus Throw (Girls, then Ambulatory)</b>	<b>High Jump (Boys)</b>
	<b>Pole Vault (Girls)</b>	<b>Long Jump (Boys)</b>
	<b>Triple Jump (Girls)</b>	<b>Shot Put (Boys then Wheelchair, Ambulatory)</b>

**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.) (The order of running events will be Wheelchair, Ambulatory, if needed, then girls/boys)

<b>3:30 pm</b>	<b>400 Meter Relay (2 Heats each girls/boys)</b>
<b>4:05 pm</b>	<b>400 Meter Dash (Ambulatory, then 2 Heats girls/boys)</b>
<b>4:20 pm</b>	<b>100 Meter Dash (2 Heats) (Ambulatory, then 2 Heats each girls/boys)</b>
<b>4:35 pm</b>	<b>100/110 Meter Hurdles (2 Heats each girls/boys)</b>
<b>4:55 pm</b>	<b>800 Meter Run (Wheelchair, Ambulatory, 2 Heats each girls/boys)</b>
<b>5:15 pm</b>	<b>200 Meter Dash (Wheelchair, Ambulatory, 2 Heats each girls/boys)</b>
<b>5:30 pm</b>	<b>300 Meter Hurdles (2 Heats each girls/boys)</b>
<b>5:55 pm</b>	<b>3200 Meter Run (1 Section-all qualifiers girls/boys)</b>
<b>6:45 pm</b>	<b>1600 Meter Relay (2 Heats each girls/boys)</b>

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

**Class 5A:**

<b>Boys' Pole Vault – 10'0"</b>	<b>Boys' High Jump – 5'8"</b>
<b>Girls' Pole Vault – 7'6"</b>	<b>Girls' High Jump – 4'8"</b>

**Class 6A:**

<b>Boys' Pole Vault – 10'6"</b>	<b>Boys' High Jump – 5'8"</b>
<b>Girls' Pole Vault – 7'6"</b>	<b>Girls' High Jump – 4'8"</b>



## 2019 GHSA Track & Field State Meet Guidelines and Clarifications

*Excerpts from 2018-19 GHSA Constitution (Pp. 84-85)*



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### **STATE MEET:**

- A. *The State Final meets will be held on May 9-11, 2019. Exact sites and schedules will be posted on the GHSA web site prior to the event.*
- 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).*
  - Preliminaries may be eliminated and finals held in any of the events provided that notice is given prior to the beginning of the meet.*
  - In each preliminary running event (semifinals), 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.*
- B. *The top finishers as described from each Sectional Meet will qualify for the State Final in Classes 2A-7A. In Class A, the top four (4) finishers from each Area will advance directly to the State Final.*
- When a qualifier can not compete in the State Final, the next competitor in the order of finish will be selected as a replacement.*
  - 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 MEET DIRECTOR may make changes/corrections to the list of State Final Qualifiers. The deadline for all changes is 12:00 noon two (2) days prior to the beginning of the State Final.*
- Girls & Boys:** *Tuesday, May 7, 2019*
- 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.*
  - A contestant disqualified in a Sectional Meet may not participate in the State Final in the event in which he was disqualified.*
  - Relay teams entered in the Sectional Meet may list a maximum of six (6) runners.*
    - Schools with two teams entered in the same relay event may NOT list a competitor on both teams.*
    - The relay names remain the SAME throughout the State Meet Prelims (semifinals) and Finals and are the ONLY eligible participants for qualifying relay teams.*
    - Any four (4) competitors listed on a State Meet relay event entry may run in that event in any round of advancement, and in any order desired.*



**GHSA STATE TRACK & FIELD CHAMPIONSHIPS**  
**Classes 5A, 6A, Wheelchair, Ambulatory GIRLS' & BOYS'**  
**Carrollton HS, Carrollton, GA**  
**May 9, 10, 11, 2019**



**Thursday, May 9, 2019 – 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
4:30 p.m.	Ambulatory Shot Put – Boys, Discus Throw – Girls
5:00 p.m.	Long Jump – 5A Boys Triple Jump – 6A Boys, 5A Girls
5:30 p.m.	Ambulatory Discus Throw – Boys, Shot Put – Girls
7:00 p.m.	1600 Meter Run Final (*The running order will be 5A girls/boys followed by 6A girls/boys)

**Friday, May 10, 2019 – Session II**  
**Qualifying Heats for Running Events and 3200 Meter Run Finals**

The running order in each race will be 5A girls/boys, followed by 6A girls/boys

\*The running order in all hurdle races will be 5A/6A girls, followed by 5A/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 11, 2019 – Session III**  
**Finals for Running Events**

The running order in each race will be Ambulatory girls/boys (100, 200, 400), 5A girls/boys, followed by 6A girls/boys.

\*The running order in all hurdle races will be 5A/6A girls, followed by 5A/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.	<b>Presentation of Trophies</b>



## 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 Region 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 GHSA 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 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 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 GHSA 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



# 2019



## NFHS Track and Field Pre-Meet Notes Rule Change Highlights

- Expanded the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom.
- Slight differences in relay and cross country team member uniforms that do not negatively impact the identification of the team member are acceptable.

### 2019 Points of Emphasis

#### 1. Uniforms

It has become increasingly more difficult to officiate the uniform rule given the increase in the number of programs nationwide that are allowing individual team members the option of independently purchasing either all or part of their team uniform. The slight differences in design of a uniform do not negatively impact the identification of a relay or cross country team by an official. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school through predominant color, school logo, and color combinations of all outer garments.

The rules committee took action to help minimize issues related to garments worn underneath the uniform and provide meet officials more flexibility to determine if relay or cross country team members can be clearly identified as representing the same school. Any garments worn under the uniform are not subject to logo/trademark/reference, color or length restrictions. Variations in trim and/or accents within members of the same relay or cross country team should be evaluated on a case-by-case basis as to whether or not these variations negatively impact a meet official's ability to identify teammates. Officials should be able to observe that all members are from the same team.

Under Rule 3-2, the games committee will continue to have the authority to restrict or permit the wearing of any item outside of the required school uniform.



# 2019



## NFHS Track and Field Pre-Meet Notes

### **Uniform Regulations—Individual, Relay and Cross Country**

Recent changes in the NFHS uniform rules have simplified the rule regarding what is considered a foundation garment. In addition, the changes now allow schools more options in meeting the uniform rule as it pertains to relay and cross-country teams.

The interpretation of what is a foundation garment was expanded and clearly defined in Rule 4-3-1 thru 7. Now, any and all visible garments, worn under the uniform top and/or bottom, shall be considered a foundation garment. A foundation garment is no longer subject to logo, trademark, color or length restrictions.

While the rules were rewritten to allow schools more options in meeting uniform requirements, for relay and cross-country teams, the rule continues to emphasize that teams must wear uniforms that clearly identify them as members from the same team. Identification will be made through predominant color, school logo, and color combination of all outer garments worn as a uniform (Rule 4-3-2). The rationale being that slight differences in the uniform do not negatively impact the identification of a relay or cross-country team.

NFHS rules regarding uniforms stem from the premise that all competitors from the same team should be recognizable. As defined in Rule 4-3-1b, a competitor's uniform must be school-issued or school-approved. The uniform top, bottom, or one-piece uniform may have the school name, logo, nickname and/or the competitors name. Any outer garment that is school-issued or school-approved (t-shirts, sweatpants, tights, etc.) becomes the official uniform, when worn in competition. The rule allows for varying styles of bottoms such as boxer-type or compression-style shorts for both boys and girls. Additionally, girls may wear closed-leg briefs, but French or high-cut apparel are illegal uniform bottoms.

The competitor's uniform must be worn as the manufacturer intended. Requirements include that tops shall not be knotted, and bare midriff tops are not allowed. A uniform top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing up right, and the waistband must be worn above the competitor's hips.

Rules regarding logos, American flags and commemorative/memorial patches on the uniform remain unchanged. A single manufacturer's logo, with no dimension more than 2¼ inches, and total area no more the 2¼ square inches is permitted on either piece of a 2-piece uni-form, or one-piece uniform. An American flag may also be worn on the uniform, provided it does not exceed 2x3 inches in size.



## 2019 GHSA Track & Field GHSA Uniform Rules Clarification



- 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. **The GHSA has elected to abide by the NFHS rule allowing jewelry and non-uniform items to be worn by competitors. NO 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. A school entering two relay teams in the same event may have a different design of uniform for each team.
- 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 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 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:***

***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.***



## NFHS Uniform “Design” vs “Style” Guidelines



*Excerpt from 2010 NFHS Track and Field Pre-Meet Notes*  
 (<http://www.usatf.org/usatf/files/bb/bbb4135e-b83d-4bde-a388-cb1a1be02942.pdf>):

The sports of track and field and cross country have some of the most lenient rules for uniforms. However, with this leniency comes confusion from time to time when applying the basic rules of a legal uniform in the midst of all the permitted uniform creativity. One frequent rule question is the accurate application of “design” of the uniform for the members of a track relay team or a cross country team.

Both relay teams and cross country teams are competing as a team, similar to a volleyball or basketball team. The purpose of the uniform rule, in this instance, is so the uniforms worn by the school’s teammates are clearly identifying the competitors at a glance of being a member of a certain team. This identification is essential to allow the meet officials to fairly and consistently identify each runner and the team to which he/she belongs.

Rules 8-6-1 and 4-3-2 require the team members (relay team and cross country team) to be wearing uniforms of the same “design.” The term “design” refers to a pattern of colors used in the uniform. For example, if three team members are wearing singlets with a white body and a red diagonal stripe four inches in width and the remaining team member(s) are wearing a white singlet with two red vertical stripes, the “design” would be different. The vertical striped uniformed runner(s) would be in an illegal uniform and the competitor(s) would be disqualified from the event (Penalties 8-6, 4-3).

Design and style should not be confused. The term “design” refers to a pattern of colors used in the uniform. The use of the same colors, but arranged in a different pattern is not considered the same “design” as required by rule. Style might be all team members are in black one piece uniforms but one team member wears black shorts over the one-piece uniform. These uniforms would be legal. For the runner adding the shorts, the legs of the one piece then become a visible undergarment and subject to those rules.





## GHSA 2018-19 Constitution & By-Laws - Section 14 - Track and Field

### GENERAL INFORMATION: Sections B, G (P. 82)

- B. All GHSA Track and Field 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.
- G. *The GHSA has elected to fully comply with the NEW 2019 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 apparel with multiple manufacturer logos are NOT 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. A school entering two relay teams in the same event may have a different design of uniform for each team.)* 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.

**[COMMENT: A frequently recurring uniform violation is a competitor who wears a top and/or bottom CLEARLY “labeled” with another sport (football, basketball, wrestling, etc.); these tops/bottoms do NOT satisfy the GHSA REQUIREMENT of “a track top and track bottom.”]**

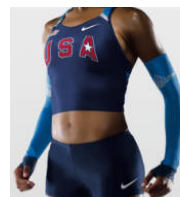
**NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules.!!**

### Typical Examples of Illegal / Legal Uniforms

#### UNDERGARMENTS ARE NOT UNIFORMS!!



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



**ILLEGAL**  
**Uniform Top**  
“bare midriff”



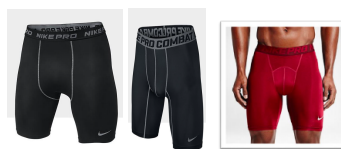
**ILLEGAL**  
**Uniform Bottoms**  
“French or High Cut”



**LEGAL**  
“Closed-Leg”  
Women’s Brief  
**Uniform Bottoms**



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



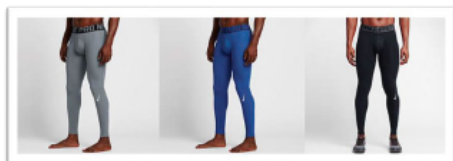
**ILLEGAL**  
**Uniform Bottoms**  
with decorative  
waistbands and  
crotch outline /  
opening



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



**LEGAL**  
Undergarments are  
**NO LONGER**  
required to be of a  
single (same) color.



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



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



## 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  $\frac{3}{4}$ -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. 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  $\frac{3}{4}$ -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  $\frac{3}{4}$ -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.**