

2022
GEORGIA HIGH SCHOOL ASSOCIATION
TRACK & FIELD



TRACK & FIELD COACHES' HANDBOOK

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2022 GHSA Classes 1A-Public, 4A Track & Field Coaches' Handbook



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2021-22 GHSA T&F / XC Advisory Committee Members:

Class 1A-Private

- Tim Corbett, tim.corbett@tallulahfalls.org (Tallulah Falls Class 1A-Private, former State Meet Director)

Class 1A-Public

- Jim Morrell, jimmorrell1966@gmail.com (Class 1A-Public)
- Tim Suttles, tsuttles@montgomery.k12.ga.us (Class 1A-Public)

Class 2A

- Jolie Cunningham, jolie.cunningham@paceacademy.org (Pace Academy Class 2A)
- Shelly Cranford, scanford@bleckley.k12.ga.us (Bleckley County Class 2A)
- John Rainwater, jrainwater@gcbe.org (Gordon Central Class 2A)

Class 3A

- Mark Cutbirth, markcutbirth@westminster.net (Westminster Class 3A)
- Randy Shoultz, randallshoultz@pierce.k12.ga.us (Pierce County, Class 3A)
- Tomy Sitton, tsitton@jess.us (East Jackson Class 3A)

Class 4A

- Jeff Battles, battles.jeffrey.w@muscogee.k12.ga.us (Muscogee Co Schools AD Classes 4A, 5A)
- Octavia Jones, octavia.jones@docoschools.org (Westover Class 4A - State Meet Site Rep)

Class 5A

- Justin Jones, jonesju@clarke.k12.ga.us (Clarke Central Class 5A)
- Ryan O'Sullivan, rosullivan@btcatholic.org (Blessed Trinity Class 5A)

Class 6A

- Eric Simmons, eric.simmons@carrolltoncityschools.net (Carrollton Class 6A - State Meet Site Rep)
- Levi Sybert, lsybert@bryan.k12.ga.us (Richmond Hill Class 6A)

Class 7A

- Phil Hoskins, philip.hoskins@cobbk12.org (McEachern Class 7A)
- Shawn Nix, Shawn.Nix@gcpsk12.org (Peachtree Ridge Class 7A)

At Large

- Tanya Anderson, tanyaanderson@ghsa.net (GHSA Associate Director)
- Jasper Jewell, jjewell@atlanta.k12.ga.us (Atlanta Public Schools AD)
- Rik Moore, Rik.Moore@gcpsk12.org (Retired, Class 7A)
- Craig Musselwhite, cmusselwhite7@charter.net (State Meet Director)
- Tom Pee, tpee5280@gmail.com



2022 GHSA Track & Field

Dates and Deadlines

Monday, January 10, 2022..... Earliest Date for Track & Field Practice

Monday, January 3-24, 2022 GHSA Online Track Rules Clinic

Monday, February 7, 2022..... Earliest Date for Track & Field Meet

Saturday, April 30, 2022..... Deadline to complete Area/Region Meets

Monday, May 2, 2022..... **9 am** Deadline for electronic submission of Area/Region results on GHSA MIS site (<https://app.ghsa.net>)

Tuesday, May 3, 2022..... **(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 4, 2022..... **12:00 noon** Deadline for submitting Replacements from Area/Region Meets to Sectional Meets (<https://app.ghsa.net>)

Saturday, May 7, 2022..... Sectional Meets

Monday, May 9, 2022..... **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 10, 2022..... **12:00 noon** Deadline for submitting Replacements from Sectional Meets to State Meets (<https://app.ghsa.net>)

Thu-Sat, May 12-14, 2022 State Meet (Hugh Mills Stadium, Albany, GA)



2022 GHS A Track & Field



Excerpts from 2021-22 GHS A Constitution (Pp. 86–87)

GENERAL INFORMATION:

- C. Schools must enter team schedules, rosters and weekly game/meet results during the season on MaxPreps and be responsible for updates as needed. This information will support statewide media, event programs, broadcasts, partners and GHS A Region Standings. Teams are encouraged to maintain team/individual statistics on MaxPreps.
- D. 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.
- E. **Any meet involving eight (8) or more schools must be approved by the GHS A Executive Director in accordance with the process described in By-Law 2.64: “(b): All applications for sanctioning must be submitted to the GHS A thirty (30) calendar days prior to the tournament <track meet> by a GHS A-member school.”**
- F. A contestant in Track and Field may compete in **a maximum of four (4) events** and may 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 compete 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.
- G. The following regulations apply to the Pole Vault event:
1. All GHS A 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 GHS A 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 [GHS A web site](#)) is to be submitted before each competition.
- H. The GHS A 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” (including bottoms with a crotch outline) will NOT meet the NFHS or GHS A 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 GHS A and NFHS uniforms rules.
- I. Athletes may not compete while wearing electronic devices.
- J. 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.



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.



2022 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 Area/Region 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)
- 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 that school’s Area/Region roster and entries. Head Coaches should ask their AD for these login credentials.

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 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.

2022 GHS A Track Markings Requirements

With the addition of the 4x200 Meter Relay for the 2022 season, the GHS A will require the following track markings for the 4x200 Meter Relay and the 4x800 Meter Relay. These will be required for all Area/Region, Sectional, and State Meet competition.

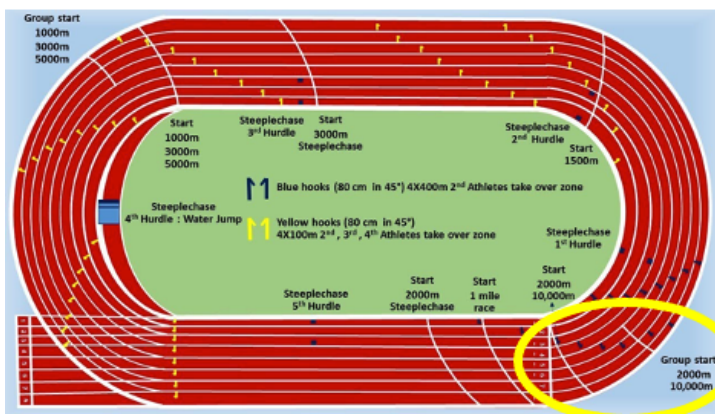
4x200 Meter Relay: four-turn stagger with runners running in their lanes the ENTIRE RACE.

Many (most?) tracks will need to have these start & exchange zone markings added to their tracks for the 2022 season.

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

Since many (most?) tracks will need to add the 4x200 Meter Relay start & exchange zone markings to their tracks in preparation for the 2022 season, they should also add the markings for a “dual-alley” start for the 4x800 Meter relay 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.





2022 GHS A Track & Field



Region/Area Competition Guidelines and Clarifications

Excerpts from 2021-22 GHS A Constitution (Pp. 87-88)

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 GHS A 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 GHS A web site 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/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. Region Secretaries/Area Coordinators (or designee) must "close" the MIS electronic entries for the deadline established by each Region/Area.
- B. The time schedule for the Region/Area 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
4x800m Relay	Discus (Girls 2.20 lb./1kg.) (Boys 3.53 lb./1.6 kg.)
Girls 100m Hurdles (33")	High Jump
Boys 110m Hurdles (39")	Long Jump
100m Dash	Pole Vault
4x200m Relay	Shot Put (Girls 8.81 lb./4 kg.) (Boys 12 lb./5.443 kg.)
1600m Run	Triple Jump
4x100m Relay	
400m Dash	
300m Hurdles (Girls 30" / Boys 36")	
800m Run	
200m Dash	
3200m Run	
4x400m Relay	
 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/Area Meet may list a maximum of eight (8) runners.
 - (a) The relay names remain the SAME throughout the State Meet Series (Region/Area/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/Area Meet to the Sectional Meet to the State Meet.
 - (c) Any four (4) competitors listed on a Region/Area Meet relay event entry may run in that event in any round of advancement (Region/Area, 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/Area 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/Areas conduct the boys and girls competitions on the same dates in order to comply with the GHS A deadline for completion of Region/Area track competitions.
- C. When there is a tie in any event involving more contestants than the Region/Area 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 events must determine clear 5th and 6th place finishers in Classes A Public and 2A-7A, and clear 6th and 7th place finishers in Class A Private.



2022 GHS A Track & Field



POINTS OF EMPHASIS:

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



◦ Region Rosters

The Region/Area Results form must be completed electronically by each Region Secretary / Area Coordinator (or designees) on the GHS A MIS site (<http://app.ghsa.net/>). The deadline is 9 am on Monday, May 2, 2022.



◦ Region Results

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

Download a Printable Copy

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

Relay Team Members Clarification

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

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

1. When a Region/Area 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 / Area Coordinator (or designee) of that competitor's inability to advance and compete in the next round of competition.
2. The Region Secretary / Area Coordinator (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 Meet with that competitor's coach.
3. ***All REPLACEMENTS from Region/Area Meets to Sectional Meets must be submitted ELECTRONICALLY using the form posted on the GHS A MIS site (<http://app.ghsa.net/>). ONLY the REGION SECRETARY / AREA COORDINATOR (or designee) may make confirmed changes and/or corrections. The DEADLINE for all changes is 12:00 noon on Wed., May 4, 2022.***
4. All Sectional Meet entries will be posted on the GHS A 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 a Region/Area 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/Area to Sectional / State Meets may not be modified.



2022 GHSA Track & Field



Sectional Competition Guidelines and Replacement Procedure

Excerpts from 2021-22 GHSA Constitution (P. 88)

SECTIONAL COMPETITION:

A. Basic Information

1. The top four (4) finishers in each event from each Region Meet (A Public, 2A–7A) will advance to a Sectional Meet. In Class A Private, the top five (5) finishers in each event from each 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 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 Meet.
 - (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 Meet.
 4. For Horizontal Field Events prelims and finals will be held in all events with the top eight (8) finishers advancing to the State Meet.
 5. For replacement purposes, ALL events must determine clear 9th and 10th place finishers.
 6. Relay teams entered in the Sectional Meet may list a maximum of eight (8) runners.
 - (a) NO replacements may be made in the Relay list of runners advancing from the Sectional Meet to the State Meet.
 - (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 Meet. Admission fee for all Sectional Meets shall be \$5.
- C. All replacements from the Region/Area meets for the Sectionals must be made ELECTRONICALLY using the form posted on the GHSA web site. The REGION SECRETARY / AREA COORDINATOR or his designee may make confirmed changes and/or corrections. The deadline for all changes is 12:00 noon on Wednesday, May 4, 2022.
- D. A listing of Sectional Sites may be found on the track page of the [GHSA web site](#).

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 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 Tuesday, May 10, 2022.**
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 Area/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



2022 Sectional Meet Sites for Track and Field Saturday, May 7, 2022

Class 4A

Sectional A - Regions 1,2,5,7

Central-Carroll HS

113 Central Road

Carrollton, GA 30116

Meet Director: Jasper Harvey (619-865-7094)

email: jasper.harvey@carrollcountyschools.com

AD: Wes Shiver (wes.shiver@carrollcountyschools.com)

Sectional B - Regions 3,4,6,8

North Oconee HS

1081 Rocky Branch Rd

Bogart, GA 30622

Meet Director: Ken Hutto (706-540-9237)

email: khutto@oconeeschools.org

AD: Michael Dowis (mdowis@oconeeschools.org)

Class 1A-Public

Sectional A – Regions 1,2,3,4

Montgomery County HS

701-C Dobbins Street

Mt. Vernon, GA 30445

Meet Director: Tim Suttles (912-282-1219)

email: tsuttles@montgomery.k12.ga.us

AD: Tim Suttles (tsuttles@montgomery.k12.ga.us)

Sectional B – Regions 5,6,7,8

Commerce HS @ Banks County HS

1486 A Historic Homer Highway

Homer, GA 30547

Meet Director: Chas Hardy (706-983-9037)

email: Chas.hardy@commercecityschools.org

AD: William Smith (william.smith@commercecityschools.org)



Sectional Meet Schedule

Classes 1A–7A

(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 7, 2022

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

2:30 pm	4x800 Meter Relay (1 Section-all qualifiers girls/boys; dual-alley start)
3:05 pm	100/110 Meter Hurdles (2 Heats each girls/boys)
3:25 pm	100 Meter Dash (Ambulatory, then 2 Heats each girls/boys)
3:45 pm	4x200 Relay (2 Heats each girls/boys)
4:05 pm	1600 Meter Run (1 Section-all qualifiers girls/boys)
4:40 pm	4x100 Meter Relay (2 Heats each girls/boys)
5:15 pm	400 Meter Dash (Ambulatory, then 2 Heats girls/boys)
5:45 pm	300 Meter Hurdles (2 Heats each girls/boys)
6:10 pm	800 Meter Run (Wheelchair, Ambulatory, 2 Heats each girls/boys, one-turn stagger)
6:30 pm	200 Meter Dash (Wheelchair, Ambulatory, 2 Heats each girls/boys)
6:50 pm	3200 Meter Run (1 Section-all qualifiers girls/boys)
7:20 pm	4x400 Meter Relay (2 Heats each girls/boys)

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

Classes 1A-2A:

Boys' Pole Vault – 9'6"	Boys' High Jump – 5'8"
Girls' Pole Vault – 7'0"	Girls' High Jump – 4'6"

Classes 3A–5A:

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

Class 6A–7A:

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



2022 GHS A Track & Field State Meet Guidelines and Clarifications



Excerpts from 2021-22 GHS A Constitution (Pp. 88–89)

STATE MEET:

- A. *The State Championship Meets will be held on ... (May 12-14, 2022). 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 (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), 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 Meet in Classes A-7A.*
 - 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 made ELECTRONICALLY using the form posted on the GHS A web 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., Tuesday, May 10, 2022.*
 - 3. *All entries for the State Meet will be posted on the GHS A web site (<https://www.ghsa.net/ghsa-track-field-state-championship>) 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.*
- 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, Area hosts and Sectionals hosts must have the 34.92-degree sectors in place for the Region/Area 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. *Replacement spikes will be sold at each state meet site.*
 - 4. *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.*



GHS A STATE TRACK & FIELD STATE CHAMPIONSHIPS
1A-PUBLIC, 4A GIRLS' & BOYS'
Hugh Mills Stadium, Albany, GA
May 12-14, 2022



Thursday, May 12, 2022 – Session I - Field Events / 4x200 Prelims, 4x800 Finals

- 11:00 am High Jump-Class 1A-Public Boys, Pole Vault-Class 4A Boys, Discus Throw-Class 4A Girls, Shot Put-Class 1A-Public Boys, Long Jump-Class 4A Girls, Triple Jump-Class 1A-Public Boys
- 1:00 pm High Jump-Class 1A-Public Girls, Pole Vault-Class 4A Girls, Discus Throw-Class 4A Boys, Shot Put-Class 1A-Public Girls, Long Jump-Class 4A Boys, Triple Jump-Class 1A-Public Girls
- 3:00 pm High Jump-Class 4A Boys, Pole Vault – Class 1A-Public Boys, Discus Throw – Class 1A-Public Girls, Shot Put-Class 4A Boys, Long Jump-Class 1A-Public Girls, Triple Jump-Class 4A Boys
- 5:00 pm High Jump-Class 4A Girls, Pole Vault-Class 1A-Public Girls, Discus Throw-Class 1A-Public Boys, Shot Put-Class 4A Girls, Long Jump-Class 1A-Public Boys, Triple Jump-Class 4A Girls
- 7:00 pm 4x200 Relay Prelims (1A-Public/4A Girls, then Boys)
- 7:40 pm 4x800 Relay Final (1A-Public/4A Girls, then Boys) (Dual-Alley Start)

Friday, May 13, 2022 – Session II

Qualifying Heats for Running Events and 4x800 Meter Relay, 3200 Meter Run Finals

The running order in all Prelims will be 1A-Public/4A girls, followed by 1A-Public/4A boys

- 12:00 pm 100 Meter Hurdles / 110 Meter Hurdles Prelims
- 12:40 pm 100 Meter Dash Prelims
- 1:20 pm 1600 Meter Run Final (1A-Public Girls/Boys)
- 1:40 pm 4x100 Meter Relay Prelims
- 2:20 pm 400 Meter Dash Prelims
- 3:00 pm 300 Meter Hurdles Prelims
- 3:40 pm 800 Meter Run Prelims (one-turn stagger)
- 4:20 pm 200 Meter Dash Prelims
- 5:00 pm 3,200 Meter Run Final (4A Girls/Boys)
- 5:50 pm 4x400 Meter Relay Prelims

Saturday, May 14, 2022 – Session III - Finals for Running Events

The running order in all races will be 1A-Public/4A girls, followed by 1A-Public/4A boys

- 12:00 pm 100 Meter Hurdles / 110 Meter Hurdles
- 12:30 pm 100 Meter Dash
- 12:50 pm 4x200 Meter Relay
- 1:20 pm 1600 Meter Run (4A Girls/Boys)
- 1:50 pm 4x100 Meter Relay
- 2:20 pm 400 Meter Dash
- 2:50 pm 300 Meter Hurdles
- 3:20 pm 800 Meter Run (one-turn stagger)
- 3:40 pm 200 Meter Dash
- 4:00 pm 3,200 Meter Run (1A-Public Girls/Boys)
- 4:30 pm 4x400 Meter Relay
- 5:10 pm **Presentation of Trophies**



Advancement: Area/Region Meets to Sectional Meets

Top 5 Places in every event from each Area Meet (1A-Private) and Top 4 Places in every event from each Region Meet (2A,7A) advance to Sectional Meets. ***(For REPLACEMENT purposes, ALL EVENTS must determine clear 5th and 6th place finishers in Classes A Public and 2A - 7A, and clear 6th and 7th place finishers in Class A Private.)*** In the event of a tie for an advancement place that needs to be broken, whether from Area/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 Area/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 Area/Region Meets):

All SEEDING at Sectional Meets is based on Area/Region Meet performances.

Sectional Meet Seeding will be done by the GHS A after all Area/Region Meet results have been submitted.

Running Events (Laned Races):

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

Running Events (4x800 Relay, 1600, 3200):

- 4x800 Relay, 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.
- Two heats each event: Heat winners and next 6 fastest times advance to State Meet

Running Events (4x800 Relay, 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)

- **Vertical events will conclude after clear 9th and 10th place finishers have been established for Replacement Purposes.**

Seeding at State Meet (from Sectional Meets):

All SEEDING at State Meets 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.

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

Running Events (4x800 Relay, 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):

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



2022 GHSA Track & Field GHSA/NFHS Uniform Rules Clarification



- Undergarments having a crotch outline and/or opening are NOT legal as uniform bottoms.
- 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.



GHS A 2021-22 Constitution & By-Laws - Section 16 - Track and Field

GENERAL INFORMATION: Sections B, H (Pp. 86–87)

- B. All GHS A 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.)
- H. The GHS A 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” (including bottoms with a crotch outline) will NOT meet the NFHS or GHS A 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 GHS A 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, volleyball, basketball, wrestling, etc.); these tops/bottoms do NOT satisfy the GHS A REQUIREMENT of a “Track and Field uniform.”]

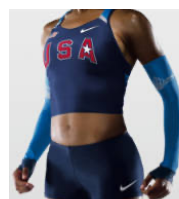
NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHS A and NFHS uniforms rules.!!

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



LEGAL (as of 2022)
Uniform Bottoms with
multiple
manufacturer logos /
on waistbands are
NOW legal.



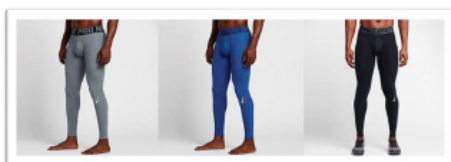
ILLEGAL
Uniform Bottoms
with crotch outline/
opening



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



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



ILLEGAL
Uniform Bottoms with
crotch outline



LEGAL
Uniform Bottoms
with single
manufacturer logo;
multiple logos on
waistband is NOW
legal.



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. 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 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, and must include signatures from the Principal, Athletic Director and Track Coaches.**

School Name _____

Classification _____

Name of Meet _____

Date _____

	<u>Full Name of Pole Vault</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 Principal (please print) _____

Signature of Principal _____

Name of Athletic Director (please print) _____

Signature of Athletic Director _____

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.**



GHSA POLE VAULT SYSTEM CHECKLIST



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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.

