

2020 District 17-AAAAAA Track and Field Policy

VARSITY MEET INFORMATION

- District Track and Field Date—Three day format with rain dates built in.
 - Mon., 3/30, Tue., 3/31, Thur., 4/2 (Rain Dates Wed., 4/1, Fri., 4/3, Sat 4/5)
- Day 1: Running Prelims & 3200M Final – Monday, March 30
- Day 2: Field Events – Tuesday, March 31
- Day 3: Running Finals – Thursday, April 2
- Site – Stratford HS, SBISD
- Meet Director – Michael Stokebrand

DIRECTOR RESPONSIBILITIES

- Awards – Secure awards from DEC Chair.
- Meet organization
- Workers assignments – Assignments for each field event/relay exchange zone will consist of coaches from different campuses. The event coordinator must have experience in running off the event.
- Organize district meeting prior to varsity meet. **(Thursday, March 26th, 2020)**

VARSITY DISTRICT MEET INFORMATION

- All preliminary running events, including relays, will be heated by FAT times that may require documentation if requested. All preliminary heats including relays, will have a heat leader. Other lane assignments will be drawn randomly. Heats will be reviewed once all entries are entered.
- Prelim times will determine lane assignments for the finals. Lane assignments for the finals will be the fastest 8 preliminary times and will be assigned from the fastest qualifying time to the slowest qualifying times in lanes: 4, 5, 3, 6, 2, 7, 1, 8
- All field events will be flighted by prior meet performance except the pole vault and high jump. A maximum of 9 contestants per field event flight will be allowed. Contestants will be ranked and flighted by prior meet performance. If this occurs, the third flight will consist of the best performances.
- All field event flights will be completed in prelims before going to the next flight. All legal attempts will be measured.
- **Relays:**
 - If, more than 8 schools, we will run prelims.
Heat leader, rest of heat will be random (noted above)
 - If, 8 schools or less, all lane assignments will be randomly drawn and all teams will advance to finals (no prelims).
- **Horizontal jumps:**
 - Three attempts, top 8 go to finals, 3 more attempts.
 - Each competitor will be allowed one minute to attempt a jump after called.
 - Each legal attempt measured.
 - There will be 10 minutes between flights.

- **Vertical Jumps:**
 - Each competitor shall be allowed three preliminary trials.
 - Bar will ascend 2" increments for High Jump, until 4 athletes are left, then the bar will ascend 1".
 - Bar will ascend 6" increments for Pole Vault, until 4 athletes are left, then the bar will ascend 3".
 - Once raised, the bar will not come down except in the event of a jump-off.
 - Starting heights will be determined by the coaches in the coaches meeting prior to the district meet. (Thursday, March 26)
 - Each coach is responsible for completing a UIL Pole Vault Certification Form prior to the start of the event and will bring that from to the competitor check-in area.
 - All pole vault athletes will be weighed and poles verified prior to the competition. All legal poles will be marked with tape upon inspection and the tape cannot be removed until the competition has been completed.

- **Throws:**
 - Each competitor shall be allowed three preliminary trials.
 - Top 8 will advance to finals and receive 3 more attempts.
 - All implements will be checked and weighed prior to the meet. All implements (legal and illegal) will be marked. The implements will be pooled and held until the end of the event.
 - Approved (legal) implements will be transported to the event area by a track official or designee.
 - Illegal implements will be transported to the press box by a track official or designee and held until the end of the event.

- **Relays**
 - **4 x 100, 4 x 200, 4 x 400** if running prelims, a heat leader will be assigned and all other lane assignments will be randomly drawn.

- **3200 and 1600m Run all finals-**
Only 1 heat, 2 waterfalls, max of 18 on inside waterfall, max of 9 on outside.

- **800m Run** slow heat and fast heat (Finals only) – break for 2 heats decided at district meeting preceding district meet.

- Ties that occur for first-sixth places will go through the NFHS official tie breaking procedures specified for that event.

COACHES' RESPONSIBILITIES

- Bring copy of UIL Eligibility and UIL Varsity District Track entry form to varsity track meeting on Thursday, March 26th.
- Online entries submitted to Michael Stokebrand by 5:00 pm on Friday, March 27th.
- Scratch, Add and Replace will be available after Coach Stokebrand sends out initial completed entries until 12:00 pm on Monday, March 30.
- After 12:00 pm on Monday, March 30, scratch only to entries. No additions.
- Initial relay cards turned in by coach at arrival of meet. Changes to initial lineup will be allowed. Updated relay cards due to modifications of lineup will be turned in as soon as possible, but no later than check in with the clerk of the course.

RESULTS SENT TO AREA MEET HOST

Coach Stokebrand will submit the results of the 17-6A Meet to the “Area Meet Host” in the format requested.

JUNIOR-VARSITY DISTRICT TRACK MEET FORMAT

- 2-Day meet week prior to varsity meet.
 - Proposed dates for 2020 Sub-Varsity District:
 - Tues. 3/24 and Wed 3/25
- Day 1: Field Events, 3200M – Tuesday, March 24
Day 2: Running Finals by time – Wednesday, March 25
- CFISD will host.
- Athletes will be seeded/ranked by coach at entry.
- All flights/heats will have the best qualifiers grouped together in the last heat or flight.
- Lane assignments will be randomly drawn for all running events.
- All running events will follow a rolling schedule with all heats against times.

- **Relays:**
 - All relays will be finals. Lane assignments will be randomly assigned.

- **Horizontal jumps:**
 - Four attempts, no finals.
 - Each competitor will be allowed one minute to attempt a jump after called.
 - There will be 10 minutes between flights.

- **Vertical Jumps:**
 - Each competitor shall be allowed three preliminary trials.
 - Bar will ascend 2” increments for High Jump, until 4 athletes are left, then the bar will ascend 1”.
 - Bar will ascend 6” increments for Pole Vault, until 4 athletes are left, then then the bar will ascend 3”.
 - Once raised, the bar will not come down except in the event of a jump-off.
 - **Starting heights** will be determined by email survey conducted by CFISD.

- It is the responsibility of the coach to ensure that his/her contestants are using the correct weighted pole at or above the contestant’s weight. Each coach is responsible for completing a UIL Pole Vault Certification Form prior to the start of the event and will bring that form to the competitor check-in area.

- **Throws:**
 - All athletes will receive 4 attempts. All throws will be measured.
 - No Finals

17-6A District Varsity Track Schedule

(3 Day Meet Schedule)

Day 1 – Monday, March 30

- 3:15 Scratch Only Meeting and Meal – Stratford HS Rubber Gym
- 4:00 Running Prelims
- Order: Girls followed by Boys
- 4:00 4 x 100m Relay (if more than 8)
- 4:20 100m Hurdles (Girls 33")
110m Hurdles (Boys 39")
- 4:45 100m Dash
- 5:10 4 x 200m Relay (if more than 8)
- 5:35 400 m Dash
- 6:05 300m IH Hurdles (Girls 30", Boys 36")
- 6:30 200m Dash
- 7:00 4 x 400m Relay (if more than 8)
- 7:30 3200m Run (Finals)

Day 2 – Tuesday, March 31

- 3:00 Scratch Only Meeting and Meal – Stratford HS Rubber Gym
- 4:00 Field Events - **Awards (medals) will be given after the event to athlete.** The athletes will be escorted to the awards stand by a worker and the PA announcer will call out the places and names of the athletes.

Field Event Schedule

4:00	5:30	6:45
Boys High Jump (5'8")		Girls High jump (4'6")
Boys Pole Vault (11')	Girls Pole Vault (7')	
Girls Long Jump	Girls Triple Jump	
	Boys Long Jump	Boys Triple Jump
Girls Discus	Boys Discus	
Boys Shot Put	Girls Shot Put	

Day 3 – Thursday, April 2

- 3:45 Coaches and Workers Meal – Stratford HS Rubber Gym
- 4:15 Track Open For Warm-up
- 5:45 Track Closed For Warm-up
- 5:50 National Anthem
- 6:00 Girls 4 x 100m Relay, Boys 4 x 100m Relay
- 6:10 Girls 800m Run, Boys 800m Run
- 6:25 Girls 100m Hurdles, Boys 110m Hurdles
- 6:40 Girls 100m Dash, Boys 100m Dash
- 6:55 Girls 4 x 200m Relay, Boys 4 x 200m Relay
- 7:10 Girls 400m Dash, Boys 400m Dash
- 7:25 Girls 300m Hurdles, Boys 300m Hurdles
- 7:45 Girls 200m Dash, Boys 200m Dash
- 7:55 Girls 1600m Run, Boys 1600m Run
- 8:15 Girls 4 x 400m Relay, Boys 4 x 400m Relay
- 8:35 Presentation of District Championship Plaques

17-6A District Sub-Varsity Track Schedule

(2 Day Meet Schedule)

Day 1 – Tuesday, March 24

3:15 Scratch Meeting and Meal - Location TBD

3:45 Field Events - Medals will be given after the event is completed.

Sub-Varsity Field Event Order

High Jump – Fr. Boys' – JV Boys' – JV Girls'

Long Jump – JV Girls' – Fr. Boys' – JV Boys'

Triple Jump – JV Boys' – JV Girls' – Fr. Boys'

Pole Vault – Fr. Boys' & JV Boys' (combined) – JV Girls'

Shot Put – JV Boys' – JV Girls' – Fr. Boys'

Discus – JV Girls' – Fr. Boys' – JV Boys'

*Each event will begin 30 minutes after conclusion of the preceding event.

7:00 3200m Run (Finals) Order: JVG, 9B, JVB

Day 2 – Wednesday, March 25

3:15 Scratch Meeting and Meal- Location TBD

4:00 Running Finals by Heat (Top Seeds Last Heat) Order: JVG, 9B, JVB

4 x 100m Relay

800m Run

100m Hurdles / 110m Hurdles

100m Dash

4 x 200m Relay

400m Dash

300m Hurdles

200m Dash

1600m Run

4 x 400m Relay

Awards

See General Policies

ALL-DISTRICT ACADEMIC TEAM

See General Policies

Competition Area Guidelines

- **Field Events:** Spectators will be allowed near the competition area provided they stay within the designated viewing zone. No spectators will be allowed within the competition area. Any non-school coaches will be restricted from the competition area.
- **Running events:** Only athletes, coaches, workers, and designated helpers will be allowed on the field. Spectators may view the running events from the spectator area. Student-athletes should be in competitive school gear or in school-issued team gear. Managers, student trainers and designated student workers will be issued credentials.
- **Team Photographers:** Only photographers who have been issued a district sideline pass by their team coach maybe in the designated photo area. One pass per program will be issued.

Timing System

- A computerized timing system will be used for all heats and finals. At the varsity meet a 2nd computerized timing system will be used as a backup in the event the 1st timing system malfunction. Backup timers with watches and/or will be used as a priority in the event of FAT device malfunction. Spring Branch ISD will oversee the timing of the varsity meet. Greg Zarate will oversee the timing of the sub-varsity meet.

Use of Electronic Communication Devices

- NFHS 2014 Season Rule Changes Rule 3.2.8 Electronic Communication Devices are allowed.
- Technology advancements in the area of electronic audio and video devices have made such items easy to use and very accessible. Their use, if not used for communication during the actual competition when a competitor is on the track or completing a trial, no longer creates an advantage or disadvantage among competitors and it can serve as a coaching tool.
 - Electronic devices can be used in unrestricted areas and coaching boxes, providing the location does not interfere with the progress of the meet as determined by the meet referee.
 - Electronic devices may not be used for any review of an official's decision.

Team Camps

- Team camps are only allowed outside of the competition area.
- All team camps must be picked up at the conclusion of each day's activities.