

SECTION 8AA TRACK & FIELD CHAMPIONSHIPS

DAY 1: Mollberg Field, Detroit Lakes High School
1301 Roosevelt Avenue, Detroit Lakes, MN
Wednesday - June 1, 2022 - 3:00 pm

DAY 2: Viking Bank Stadium, Alexandria Area High School
4300 Pioneer Road SE, Alexandria, MN
Saturday - June 4, 2022 - 9:30 am

MEET INFORMATION

Meet Entries: All entries must be submitted via Athletic.net. If you are unfamiliar with entries on Athletic.net please watch this video: <https://www.youtube.com/watch?v=kQvoDJ7rRzs> or see instructions at the end of this document.

The entry deadline is Noon Saturday, May 28. **Please use only verifiable meet performances as seed times. Schools are allowed three entries for each individual event and one relay for relay events.

Time Schedule: Day 1 - 3:00 p.m. start field events 3:30 p.m. track events
Day 2 - 9:30 a.m. start field events, 10:00 am track events
*Complete schedule at end of packet

Teams (12): Albany, Alexandria, Detroit Lakes, East Grand Forks, Fergus Falls, Little Falls, Melrose, New London-Spicer, Pequot Lakes, Rocori, Thief River Falls, Willmar

Scoring: 10-8-6-5-4-3-2-1 all events

Advancement to State: Top 2 in individual events and relays (plus those meeting a non-wind aided State Qualifying Standard)

Ticket Prices: Adults - \$8.00 Students (K-12) \$5.00

Programs/Results: Online at: <http://www.herostiming.com/>

Starters Day 1 & Day 2: Mike Traphagen(Starter) and Jim Rislund(Recall)

Referees: Day 1 & Day 2: Rita Rislund(Field) and Brian Hoff(Running)

Coaches Meeting: Day 1: 1:45 a.m. in bleachers in front of the pressbox.
Day 2: 8:15 a.m. in bleachers in front of the pressbox.

T-shirts/Clothing: There will be t-shirt and clothing sales at both locations, from Northwest Graphics, who can put the logo on multiple items as well as names and places.

Scratch Replacement:

1. There will be a scratch meeting at the beginning of the coaches meeting.
2. ***An athlete that is scratched during this meeting is scratched from ALL events for which they were entered. Additions or replacements may not be made for any reason.***
3. If an athlete scratches from a running event from which she/he has qualified for the finals, further participation in the meet will not be allowed.
4. An athlete who has qualified for finals and has been scratched due to an injury, illness, or another emergency, may be reinstated in other events in which she/he has been entered upon proper documentation of the circumstances, authorized medical clearance, and the approval of the game's committee.
5. Relays- When entering a relay, you must enter at least four athletes. Relays do not become official until Saturday when coaches turn in the relay cards. If you choose, coaches can designate 4-8 completely different athletes from the ones originally entered, provided those athletes have not reached their maximum events for the meet.

Game Committee: Boy's Coaches- Thief River Falls and Willmar
Girl's Coaches- New London Spicer and Fergus Falls

Meet Managers: Day 1 – Rob Nielsen, Detroit Lakes
Day 2 – Ben Kvidt, Alexandria

Jury of Appeals: Will consist of the meet referees, meet manager, and the games committee.

Implement weigh in: Day 1 1:30 pm – 2:00 pm - Block building near the throws areas.
Day 2 8:00 am – 8:30 am Near the shot put area at the east garage.
*Implements that do not meet specifications will be held until after the meet.

Track Facilities:

Day 1: ¼" allowed. Chalk used on runways, tennis balls for relay exchanges.
Day 2: 3/16" allowed. Chalk used on runways, tennis balls for relay exchanges.

Team Camps:

Day 1 Detroit Lakes: Area outside the track on the south side and the area west of the pole vault runway

Day 2 Alexandria: West of the stadium, across the road

Running Events

Clerking:

Day 1 Detroit Lakes: Clerking Area

- Clerking for races held on the track will be in the area near the 100M start on the east end of the track near the concession stand.
- Track meet clerk will prepare athletes for designated lane assignments and give instructions.
- NO CALLS WILL BE GIVEN.
- Athletes may check in earlier for their events, just not late.
- Athletes are allowed to use the infield to warm-up 60 minutes prior to the start of their event. No other athletes or spectators will be allowed in the competitive areas.
- Coaching boxes will be designated for field events.

Day 2 Alexandria:

- All athletes must report to the clerk at the northwest corner of the turf, under the tent, 15 minutes before the start of their race.
- Track meet clerk will prepare athletes for designated lane assignments and give instructions.
- NO CALLS WILL BE GIVEN.
- Athletes may check in earlier for their events, just not late.
- Athletes are allowed to use the infield to warm-up 60 minutes prior to the start of their event. No other athletes or spectators will be allowed in the competitive areas.
- Coaching boxes will be designated for field events.

Results: Live Results can be found at:

Day 1: Hero's Timing- <http://www.herostiming.com/>

Day 2: Hero's Timing- <http://www.herostiming.com/>

Running Event Procedures:

D1 400 Meter Dash – 2 turn stagger, in lanes the entire race.

D1 800 Meter Run – 1 turn stagger runners in alleys around one turn. Cut for pole after completion of turn

D2 1600 Meter Run – 2 heats by verified time, 2nd heat fastest times, 1 turn stagger in 4 alleys

D1 3200 Meter Run – 1 turn stagger in 4 alleys.

D1 300M Hurdles – 1 turn stagger, in lanes the entire race.

D2 4X100 Meter Relay – 2 turn stagger, in lanes the entire race.

D2 4X200 Meter Relay – 4 turn stagger, in lanes the entire race.

D2 4X400 Meter Relay – 3 turn stagger, #2 runners may cut for the pole position after the first turn.

D2 4X800 Meter Relay - 1 turn stagger runners in lanes around one turn. Cut for pole after completion of turn

Field event Procedures:

D1 – All Finals: Girls High Jump, Boys Pole Vault, Girls Long Jump, Boys Triple Jump, Girls Discus, and Boys Shot Put.

D2 – All Finals: Boys High Jump, Girls Pole Vault, Boys Long Jump, Girls Triple Jump, Boys Discus, and Girls Shot Put.

*Shot, discus, long jump and triple jump will be flighted. Three prelim attempts will qualify top nine, plus ties, for the finals, for three more attempts.

*Pole vault and High Jump starting heights will be determined by head coaches at the coaches meeting, contingent upon seed heights of entrants.

* The five-alive method may be used.

Checking out of Field Events:

1. Running events take precedence over field events.
2. Athletes shall inform field event judges of the need to move to a running event.
3. Judges may choose to have athletes move up in the flight order and take an earlier attempt but may not take any attempts later in the flight order.
4. Athletes should be encouraged to check into running events at an earlier time, then report back to the field event to make an attempt before checking out for their track event.
5. The field event athlete has 15 min. from checking out to check back in with the field event judge, or the athlete may be scratched or passed from that attempt.
6. Please inform field judges of impending conflicts before they arise.

Exchange Zone Assignments

- 4x100 Zone 1 Willmar, Albany, Thief River Falls
- 4x100 Zone 2 Alexandria, Rocori, East Grand Forks
- 4x100 Zone 3 Pequot Lakes, Fergus Falls, New London-Spicer
- 4x200 Zones 1/3 Alexandria, Melrose, Little Falls
- 4x200 Zone 2 Willmar, Albany, Detroit Lakes

Advancement:

1. Running event prelims -heat winners plus the next fastest times, with a total of nine advancing to D2 finals.
2. 800m - Top 2 from each heat plus the next fastest times, with a total of nine advancing to D2 finals.
3. Field events – Top 9 individuals, plus ties, advance from preliminaries to finals.
4. Top two individuals and relay teams advance to the state meet. In addition, a contestant or relay team will qualify by Standard to the State Meet when their performance in the Section Finals surpasses or equals the established standard without being wind-aided.

Pole Vault Verification Procedure:

1. It will be the responsibility of the head coach to ensure that each vaulter uses properly rated poles.
2. Poles will be checked in by the meet official.
3. Pole Vault verification forms should be turned in for all boy pole vaulters on Day 1 and all girl pole vaulters on Day 2 at the coaches meeting.
4. The form is attached to this document.

Forms/Documents Included:

1. Entry Instructions
2. Rules Modifications
3. Rules/Policies
4. PV weight Verification
5. Simultaneous Event Forms(Field and Running and Two Field Events)
6. Relay Card - Turned in at the Coaches Meeting Day 2
7. Appeal Form
8. Transfer of Care if bringing your own medical personnel
9. Verification Forms must be turned in at Day 1 coaches meeting to Meet Referee
10. State Meet Entries: At the completion of Day 2 coaches who have state qualifying athletes and relays must meet with the Day 2 meet manager to get relay alternates and parking packets.

Awards:

Medals will be awarded for places 1-6 please have all athletes placing 1-8 report to the middle of the field for the presentation of awards. Trophies will be awarded for 1st and 2nd place team finishes.

Parking:

Detroit Lakes: Parking is available in the Mollberg Field lot as well as the High School lot just north of the tennis courts. Buses please park on Madison Avenue on the west side of Mollberg Field.

Alexandria: Buses should unload at the designated point north of the track. (see attached map). Bus parking will be in the north parking lot. Buses will drop teams off and proceed to the north parking lot.

MSHSL STATE CHAMPIONSHIPS QUALIFYING STANDARDS

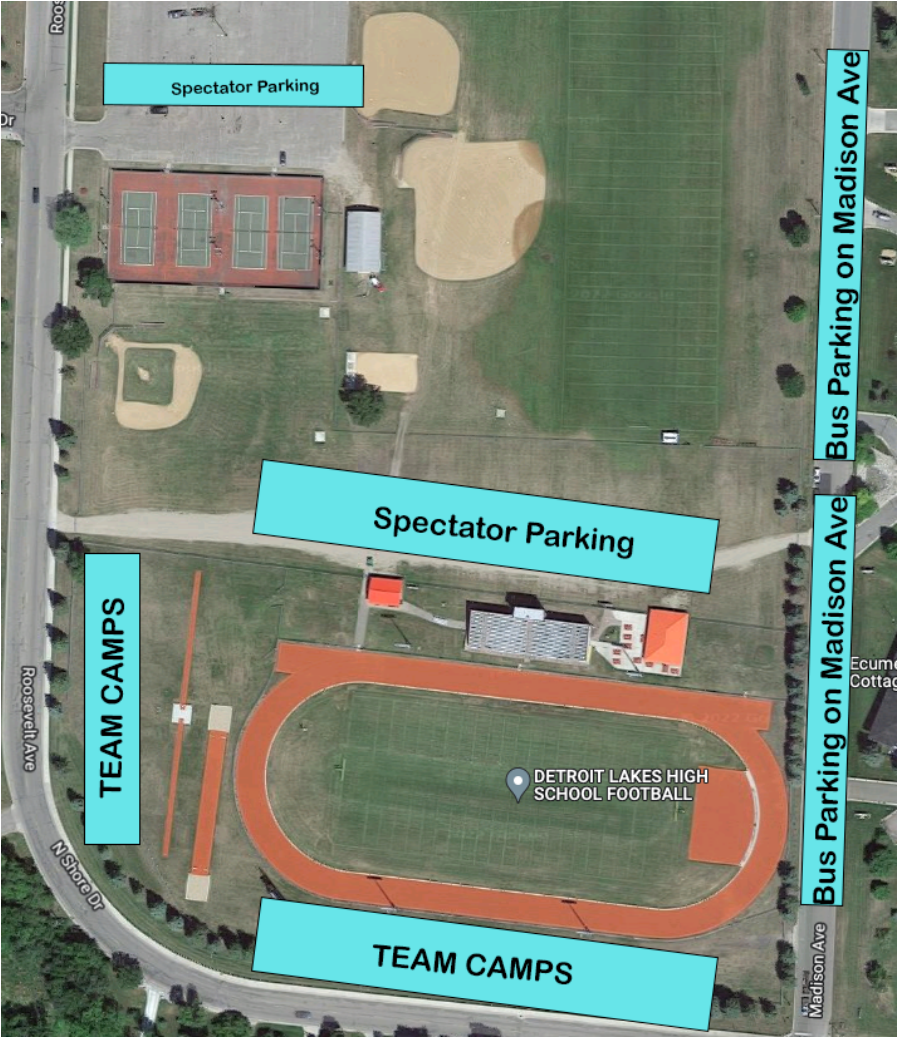
Girls AA	
Event	2022
100m	0:12.45
200m	0:25.53
400m	0:58.16
800m	2:16.39
1600m	5:04.26
3200m	11:01.25
100m H	0:15.01
300m H	0:45.46
4x100m	0:49.44
4x200m	1:44.18
4x400m	4:02.14
4x800m	9:27.73
HJ	5'4"
PV	10'10"
LJ	17'4"
TJ	36'11"
SP	39'8"
DT	125'0"

Boys AA	
Event	2022
100m	0:11.06
200m	0:22.38
400m	0:50.25
800m	1:57.52
1600m	4:21.68
3200m	9:28.79
110m H	0:14.99
300m H	0:39.69
4x100m	0:43.25
4x200m	1:29.89
4x400m	3:26.23
4x800m	8:02.67
HJ	6'3"
PV	13'9"
LJ	21'7"
TJ	44'0"
SP	52'11"
DT	153'1"

EVENTS AND ORDER

DAY 1 - Detroit Lakes - June 1, 2022	DAY 2 - Alexandria - June 4, 2022
3:00 PM	9:30 AM
FIELD EVENTS	
Girls High Jump Finals	Boys High Jump Finals
Boys Pole Vault Finals	Girls Pole Vault Finals
Girls Long Jump Prelims & Finals	Boys Long Jump Prelims & Finals
Boys Triple Jump Prelims & Finals	Girls Triple Jump Prelims & Finals
Boys Shot Prelims & Finals	Girls Shot Put Prelims & Finals
Girls Discus Prelims & Finals	Boys Discus Prelims & Finals
RUNNING EVENTS	
3:30 - Girls 100 M HH Prelims	10:00 - Girls 4 x 800 M Relay Finals
3:50 - Boys 110 M HH Prelims	10:35 - Boys 4 x 800 M Relay Finals
4:10 - Girls 100 M Dash Prelims	10:50 - Girls 100 M High Hurdles Finals
4:25 - Boys 100 M Dash Prelims	11:00 - Boys 110 M High Hurdles Finals
4:40 - Girls 400 M Dash Prelims	11:05 - Girls 100 M Dash Finals
5:00 - Boys 400 M Dash Prelims	11:10 - Boys 100 m Dash Finals
5:20 - Girls 300 M LH Prelims	11:15 - Girls 4 x 200 M Relay Finals
5:40 - Boys 300 M IMH Prelims	11:25 - Boys 4 x 200 M Relay Finals
6:00 - Girls 800 M Prelims	11:35 - Girls 1600 M Run Finals
6:15 - Boys 800 M Prelims	11:55 - Boys 1600 M Run Finals
6:30 - Girls 200 M Dash Prelims	12:15 - Girls 4 x 100 M Relay Finals
6:45 - Boys 200 M Dash Prelims	12:25 - Boys 4 x 100 M Relay Finals
7:00 - Girls 3200 M Run (if 2 heats, Fast heat last) Finals	12:35 - Girls 400 M Dash Finals
7:20 - Boys 3200 M Run (if 2 heats, Fast heat last) Finals	12:40 - Boys 400 M Dash Finals
	12:50 - Girls 300 M Low Hurdles Finals
	12:55 - Boys 300 M Intermediate Hurdles Finals
	1:00 - Girls 800 M Run Finals
	1:10 - Boys 800 M Run Finals
	1:20 - Girls 200 M Dash Finals
	1:25 - Boys 200 M Dash Finals
	1:55 - Girls 4 x 400 M Relay Finals
	2:05 - Boys 4 x 400 M Relay Finals

Mollberg Field - Detroit Lakes Map



Alexandria Area High School Map



Track and Field Rule Modifications

Limitations on Participation

- A. A competitor may be entered and compete in a total of four events (track and field), but not in excess of three track or field events in arriving at the combination of four. (Modifies Rule 4-2-1, 4-2-2) An athlete that is already entered into 3 individual running events is not eligible to be placed as a runner or alternate in a relay.

For Sub-Section, Section, and State Competition

- A contestant becomes officially entered into the first level of competition upon the entry deadline established by the section.
- If section meet procedures allow for scratches on meet day, this will be allowable at the first level of competition only, these must take place PRIOR to the start of the earliest event of the meet. **An athlete that is scratched during this meeting is scratched from ALL events for which they were entered. Additions may not be made for any reason.**
- Once the first level of competition meet begins and/or the athlete advances and the next level meet begins (i.e.; sub-section to section or section to state), they must show up for all events in which they are entered.
- If the athlete does not compete in all events entered, it will result in disqualification of the participant in ALL events in which the contestant is entered (including events that are final).
- Medical exceptions to this policy will be handled on an individual basis at the meet by the Games Committee. A signed Physicians note must accompany all requests.

Relays:

- Relays advance as a school team. Therefore, the relay team (4 runners and 2 alternates) may change from sub-section to section and from section to state. If a Preliminary event is run, the same team of 6 runners must be used in the Finals event. Runners and Alternates must have an available event to be placed on the relay card. Example: An individual who is entered in the 100, 200 and 400 is not eligible to be placed on a relay as a runner OR alternate as they are not eligible to run. An individual who is entered in the 100, 200 and 4x400 may be listed as an alternate in the other relays as they could be utilized by not participating in the 4x400.
 - An athlete that is entered into 3 individual events (100, 200, 400) will be disqualified from ALL events in which they are entered if listed as 1 of the 6 allowable athletes in a relay.
- B. A competitor who fails to qualify in a preliminary of any event shall be considered to have participated in the event.
- C. If a competitor competes in three track events, only two events may be 800 meters or longer. The penalty for violation of (A), and (B) is according to the National Federation Track and Field Rules, **(Modifies Rule 4-2-2)**. All individual and team points earned by that competitor shall be forfeited. If a competitor participated in a relay event, all relay points earned by the team shall be forfeited.
- D. A competitor who meets or exceeds the standard established for advancement to the MSHSL State Track & Field Meet in the section meet finals of the 100m, 200m or 100m/110m hurdle races, or long jump and/or triple jump shall qualify for the state meet if the wind measured during the performance is less than or equal to +4.0/sec. **(Modifies Rule 9-2-1)**.
- E. Participants must wear helmets during practice, warm-ups and competition in the **pole vault**.
- F. If a student should participate in more than one track meet in a given day, the total participation in both meets must not exceed the above limitations.
- G. Any visible garments (with the exception of the sports bra and briefs) worn by two or more relay team members or cross country team members underneath the uniform top and /or underneath the uniform bottom, shall be of the same, single, solid color, but not necessarily the same length. Note...Visible items worn under both the top and the bottom do not have to be the same color. (Modifies Rule 4-3-1b.7)

Best of luck to your school as you prepare for post season competition.



2021-2022

MINNESOTA STATE HIGH SCHOOL LEAGUE

To: Track and Field Coaches
Athletic Administrators
From: Charlie Campbell, Associate Director
Re: Section Entry Process

2022 Track and Field Sub-Section / Section Entry Limitations

The MSHSL Board of Directors policy requires strict enforcement of the National Federation rule (Rule 4, Section 2, Article 4c) limiting member schools to entering a maximum three athletes per track and field individual event at the first level of competition, either subsection or section level. Sections **may not** allow bid-ins, or filling of lanes during the seeding process of sub-section or section meets. Sections may however, have more restrictive entry policies. Entries to the first level of competition, whether at the sub-section or section level, **must submit their entries on the WAYZATA RESULTS (Athletic.net) website by the deadline established by the section.**

2022 Section Entry Deadlines: Deadline dates and times for each section to be added on 5/4/2022

Instructions for Submitting Seed Times for Sub-Section or Section Track and Field Meets:

For post-season competition the head track and field coach must follow the instructions below to enter athletes into the **first level of competition** at the Sub-section or Section level:

1. Go to the Wayzata Results website: mshsltrack.wayzatatiming.com.
2. Click on your Sub-Section or Section. This will take you to the Athletic.net website, you will need to either create an account (see steps below) or log into your account (if you have previously created one on their site).

If you need to create an Athletic.net account follow these steps:

- a. Click "Log In" in the upper right-hand corner (on the Athletic.net page)
 - b. Click "Sign Up" at the bottom of the page. *If you already have an account but forgot your password use the "forgot your password" link on this page.*
 - c. Complete the signup wizard. You will receive a confirmation email (check your spam folder).
 - d. If you don't receive this confirmation email please email: tfentries@wayzatarresults.com (NOT Athletic.net)
3. Your roster should already be imported.
 4. To complete your entries, click on Register Athletes (see video: [HERE](#))
 5. There are two ways to enter your athletes:
 - a. By EVENT:
 - i. Click the event you wish to enter an athlete into
 - ii. Click the Drop-Down Box next to an athlete's name (select "varsity" – that will enter that athlete into that event).
 - iii. If there is an "A" with a Time/Distance/Mark next to it that is the mark that is in Athletic.net - if you wish to override that mark you may do so by typing a new mark in the "Override seed" box next to the entry.
 - iv. If there is No "A" with a Time/Distance/Mark next to the athlete you will have to type in the seed mark in the "Override seed" box after you click "Varsity" in the drop-down box.
 - b. By ATHLETE:
 - i. Click on the Athlete you'd like to register
 - ii. Click on the Drop-Down Box next to the event you'd like to enter that athlete into and select "Varsity". This will enter the athlete into that event.

- iii. If there is an “A” with a Time/Distance/Mark next to it that is the mark that is in Athletic.net - if you wish to override that mark you may do so by typing a new mark in the “Override seed” box next to the entry.
 - iv. If there is No “A” with a Time/Distance/Mark next to the athlete you will have to type in the seed mark in the “Override seed” box after you click “Varsity” in the drop-down box.
6. Your entries are being saved as you go, automatically. You will not need to hit a “declare button” or hit save – they will be saved as you go.
7. How can I check to make sure I did my entries correctly?
You can check your entries by clicking on “Register Athletes” -> Click “Print Entries”
You can print your entries by Event or By Athlete
8. **If at any point, I have questions who can I contact?**
Contact tfentries@wayzataresults.com with any questions we will respond within 20 minutes of all emails.

**REMINDER: PLEASE PRINT A COPY OF YOUR ENTRIES PRIOR TO YOUR ENTRY DEADLINE
TO ENSURE THEY ARE CORRECT!**

Entries will be exported by Wayzata Results and sent to the Sub-Section or Section Meet Manager (as a HyTek Import File). As you enter your athletes be aware of the Track and Field Rule Modifications – Limitations on Participation. They are below for your review.



2021-2022

MINNESOTA STATE HIGH SCHOOL LEAGUE

Boys and Girls Track and Field Rules, Policies, and Bylaws

General Information

See [General Section](#) of the Athletic Rules and Policies Manual for information regarding the following:

- Athletic Director's Checklist
- Coaches Responsibility: Student Eligibility Checklist
- Multiple Level Teams at Sub-Varsity Level
- Official Squad Size
- Revenue Sharing Plan for School Reimbursement
- Substitution in MSHSL Tournaments
- Weather Conditions (heat, cold & lightning)

See the MSHSL Official Handbook [Bylaw 501](#) for information regarding:

- Maximum Number of Contest Chart

CONTEST RULES

Refer to [Bylaw 402](#): Except as modified by the League, the National Federation of High School Association rules for the current year shall be the official game rules for all interscholastic contests in which League members participate.

END OF SEASON

Refer to [Bylaw 411](#)

- A. Student Participation on a Non-School Team While the Season is Still in Progress:
 1. The season shall end when the student or the student's team has been eliminated from further participation in a League tournament series.
 2. Students who have been eliminated from further participation in a League tournament series may participate as an individual or as a member of a non-school team in that sport.
- B. School Team Practice and Competition: The "end of season" shall be defined to be the last date of the state tournament in that sport.
 1. Schools may continue to conduct practice and training for all squad members, including the students who have been eliminated from further individual competition in a League-sponsored series until completion of the state tournament conducted by the League in that activity.
 2. Dual contests may be scheduled after the start of the official League tournament series providing the school does not exceed the maximum number of games/matches/meets permitted in that activity.
- C. No school may engage in any meet or meets, practice, training or other activities between the end of the season and the opening of the next season.

- D. During the Summer Vacation Period (**Bylaw 208** - Non-School Competition and Training - Team and Individual Sports) members of a high school team may participate on a non-school team and they may receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport provided the school has approved a summer coaching waiver for the coach or coaches of that sport.

VIDEO TAPING ANOTHER SCHOOL'S GAME

It shall be an ethical violation to tape another school's game, meet or contest without their permission. Further it may be a violation of the laws governing copyrights. Each school owns the copyrights to their games, meets and contests. Taping another school's game without permission could constitute a violation of the copyright law.

RESPONSIBILITY FOR SPECTATOR CONDUCT

In order to elevate standards of sportsmanship and encourage the growth of responsible citizenship among the students, member schools, fans and school personnel, the MSHSL held a Sportsmanship Summit and asked student participants to identify behavior expectations they felt should be in place at every school event.

These minimum behavior expectations provide a foundation upon which member schools, conferences, administrative regions and the League's Board of Directors can build specific guidelines for activities under their control.

MSHSL **Bylaw 409**, RESPONSIBILITY FOR PARTICIPATING TEAMS, STUDENTS AND SPECTATORS, speaks to this issue, directly, and Bylaw 409-2 specifically states that, "School officials shall be held responsible for the proper conduct of teams, team members, students and home spectators regardless of where the contest is being held."

In all MSHSL activities, each participating school shall designate a person or persons from that school to serve as crowd control supervisors or chaperones. MSHSL tournament staff may require school administrators to contact the tournament manager prior to the start of the tournament game so that they can be immediately contacted to respond to behavioral issues regarding their team members, students and/or spectators at the tournament site. Each supervisor or chaperone should be immediately identifiable to the students and to the tournament site ushers and other security personnel. This will help to coordinate crowd control between school supervisors and tournament site personnel. 8/9/2005

MSHSL MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POST-SEASON TOURNAMENT COMPETITIONS

- Respect the American flag and the National Anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand-held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.

- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

THANK YOU for supporting your student athletes and fine arts participants and for providing a positive environment in which educational activities are conducted.

Track and Field Information – Regular Season

See the MSHSL Official Handbook [Bylaw 519](#) for information regarding:

- Contests
- Equipment Issued
- Last Date to Join a Team
- Practice Sessions before First Contest
- Season Begins

RULE MODIFICATIONS

- A competitor may be entered and compete in a total of four events (track and field), but not in excess of three track or field events in arriving at the combination of four. (Modifies Rule 4-2-1, 4-2-2) An athlete that is already entered into 3 individual running events is not eligible to be placed as a runner or alternate in a relay.
- A competitor who fails to qualify in a preliminary of any event shall be considered to have participated in the event.
- If a competitor competes in three track events, only two events may be 800 meters or longer. The penalty for violation of (A), and (B) is according to the National Federation Track and Field Rules, **(Modifies Rule 4-2-2)**. All individual and team points earned by that competitor shall be forfeited. If a competitor participated in a relay event, all relay points earned by the team shall be forfeited.
- A competitor who meets or exceeds the standard established for advancement to the MSHSL State Track & Field Meet in the section meet finals of the 100m, 200m or 100m/110m hurdle races, or long jump and/or triple jump shall qualify for the state meet if the wind measured during the performance is less than or equal to **+4.0m/sec. (Modifies Rule 9-2-1)**.
- Participants must wear helmets during practice, warm-ups and competition in the pole vault.
- If a student should participate in more than one track meet in a given day, the total participation in both meets must not exceed the above limitations.
- Any visible garments (with the exception of the sports bra and briefs) worn by two or more relay team members or cross country team members underneath the uniform top and /or underneath the uniform bottom, shall be of the same, single, solid color, but not necessarily the same length. Note...Visible items worn under both the top and the bottom do not have to be the same color. (Modifies Rule 4-3-1b.7)

OFFICIAL ORDER OF EVENTS

Track Events

4x800-Meter Relay
100-Meter High Hurdles (33")
110-Meter High Hurdles
100-Meter Dash
4x200-Meter Dash
1600-Meter Run
4x100-Meter Relay
400-Meter Dash
300-Meter Hurdles – Girls
300-Meter Intermediate Hurdles – Boys
800-Meter Run
200-Meter Dash
3200-Meter Run (Finals Only)
4x400 Meter Relay

Field Events

Pole Vault
High Jump
Long Jump
Shot Put
Discus
Triple Jump

Track and Field Information – Post Season

ELIGIBILITY DURING MSHSL TOURNAMENT - SUBSECTION, SECTION AND STATE

Refer to [Bylaw 206](#): A student must be fully eligible under all local school district policies, MSHSL Bylaws and Rules & Policies to be in uniform, occupy the bench or playing area, participate and receive individual and/or team awards, including all-tournament honors, in the awards ceremony.

MINIMUM REQUIREMENTS FOR PARTICIPATION IN LEAGUE-SPONSORED TOURNAMENTS

Refer to [Bylaw 405](#): A member school must schedule a minimum of three interscholastic varsity games, meets or matches to qualify for League-sponsored tournament participation in that sport.

SECTION MEET INFORMATION

All information and instructions for Sub-Section and Section Track Meets will come from the Section Meet Manager.

ENTRIES AND ADVANCEMENT

- A. *Class A, AA and AAA Section*: Not more than three contestants from a given school shall be allowed to enter an individual event (NFHS Rule 4-2-4c). Administrative Regions may adopt a policy that further limits participation. In addition, a section qualifying standard may be utilized to get to the maximum of three entries, however, at no time may the number exceed three entries from a given school. Entries must be submitted by the school. The section entry process may not include a bid-in or filling of lane procedure.

B. Entry Policy for Sub-Section, Section and State Competition

A contestant becomes officially entered into the first level of competition upon the entry deadline established by the section.

- If sub-section or section meet procedures allow for scratches on meet day, this will be allowable at the first level of competition only, these must take place PRIOR to the start of the earliest event of the meet. An athlete that is scratched during this meeting is scratched from **ALL** events for which they were entered. Additions may not be made for any reason.

Once the first level of competition meet begins and/or the athlete advances and the next level meet begins (i.e.; sub-section to section or section to state), they must compete in **ALL** events in which they are entered.

- If the athlete does not compete in all events entered, it will result in disqualification of the participant in **ALL** events in which the contestant is entered (including events that are final).
- Medical exceptions to this policy will be handled on an individual basis at the meet by the Games Committee.
- Relays: Relays advance as a school team. Therefore, the relay team (four runners and two alternates) may change from sub-section to section and from section to state. If a Preliminary event is run, the same team of six runners must be used in the Finals event. Runners and Alternates must have an available event to be placed on the relay card.

Example: An individual who is entered in the 100, 200 and 400 is not eligible to be placed on a relay as a runner OR alternate as they are not eligible to run. An individual who is entered in the 100, 200 and 4x400 may be listed as an alternate in the other relays as they could be utilized by not participating in the 4x400.

An athlete that is entered into 3 individual events (100, 200, 400) will be disqualified from ALL events in which they are entered if listed as one of the six allowable athletes in a relay.

- C. *Class A, Class AA & Class AAA State:* Each Section may advance two contestants in each individual event and **two teams** in each relay event to the state meet. In case of a tie the individual contestant or relay team entitled to advance must be determined. In addition, a contestant or relay team will qualify by standard to the State Meet when their performance in the section finals surpasses or equals the established standard. If a malfunction occurs with the fully automatic timing system, hand-held times will be converted for entries advancing by place or by standard.

STANDARDS FOR TRACK AND FIELD

- Qualifying standards are TBD at this time.
- A contestant or relay team may qualify by standard to the State Meet when their performance in the **section finals** equals or surpasses the established standards. The standards will be posted on the League's Web site, in the Track & Field Section at www.mshsl.org. Wind-aided times do not meet the requirements for qualifying by standard (wind-aided means a wind reading greater than +4.0 m/s - see rule modifications, letter D).

SUBSTITUTIONS FROM SECTION TO STATE

- Individual Events: Substitution will not be allowed for any reason.
- Relays: Unlimited substitutions are permitted.

STATE TOURNAMENT QUALIFYING INFORMATION

Team packets for all schools who have a qualifying athlete will be distributed at the conclusion of the Section Meet. Additional information for state qualifiers is posted on the MSHSL website.

AWARDS

Subsection

- Medals: to the first – sixth place individuals in all events
- Trophies: to the first and second place teams

Section

- Medals: to the first – sixth place individuals in all events
- Trophies: to the first and second place teams

State

- Certificates of Participations: are available for printing on the AD's Dashboard
- Medals: to the first – ninth place individuals in all events
- Trophies: to the first - third place teams



MINNESOTA STATE HIGH SCHOOL LEAGUE

POLE VAULT WEIGHT VERIFICATION FORM

Each member school must complete the **Pole Vault Weight Verification Form** listing each student participating in the pole vault event and keep the information on file in the Activities Director's office. This must be completed prior to a pole vaulter's first interscholastic competition. Periodic verification of a vaulter's weight and pole rating should be conducted during the season.

National Federation Track and Field Rules Book, Rule 6, Section 5, Articles 3 & 4: the competitors weight shall be at or below the manufacturer's pole rating. A competitor shall not use a training pole, a pole which is improperly marked or a pole rated below his/her weight during the warm-up or competition.

School

Name of Vaulter	Weight	Pole Rating
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Date

Signature of Activities Director

Date

Signature of Varsity Head Coach

SECTION TRACK & FIELD SCHOOL RELAY NAMES AND ALTERNATES

SCHOOL:	SCHOOL:
BOYS	GIRLS
4 X 800	4 X 800
1	1
2	2
3	3
4	4
A1	A1
A2	A2
4 X 200	4 X 200
1	1
2	2
3	3
4	4
A1	A1
A2	A2
4 X 100	4 X 100
1	1
2	2
3	3
4	4
A1	A1
A2	A2
4 X 400	4 X 400
1	1
2	2
3	3
4	4
A1	A1
A2	A2

SIGNATURE OF BOYS' COACH:

SIGNATURE OF GIRLS' COACH:

Date: _____

Date: _____



MINNESOTA STATE HIGH SCHOOL LEAGUE

Section/State Track & Field Meet APPEAL FORM

Competitor's Name: _____

School: _____

Time & Date Submitted to Coaches' Representative: _____

Area of Concern (*check one*):

Misapplication of rule

Correction of clerical errors

Misapplication or failure to follow procedure

Correction involving ineligible athlete

Event: _____

Rule Reference: _____

Description of the Appeal:

Head Coach: _____

School: _____

Decision of Jury of Appeals: The Appeal Qualifies Under the Following: National Federation Track and Field Casebook.

Appeals regarding misapplication of the rules must be filed within 30 minutes after the announcement of event results.

Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the Games Committee. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

Appeals dealing with correction of clerical or team scoring errors may be corrected up to 48 hours after conclusion of meet;

Appeals dealing with correction of meet results involving an ineligible participant may be made at any time discovered.

This Situation is Not Subject to Appeal:

Any judgment decision pertaining to violations or alleged violations of the rules.

A decision made by the starting or finish line officials that does not involve a misapplication or a rule or the terms and conditions of competition.

Whether a start is fair and legal.

Jury of Appeals

Date:



TRANSFER OF CARE

The following protocols shall be used in all MSHSL section and state tournaments. With MSHSL or section approval the medical professionals from participating schools may assist with the medical coverage at the section or state tournament. Prior to the transfer of care, school officials and the team physician or team licensed athletic trainer from a participating school must review and acknowledge the following protocols. Once the protocols are reviewed and acknowledged the school medical staff may assist with the medical care of students from that school.

School _____ Team/Individual Student Name _____

Specific injury of individual student _____

Parent (required for individual treatment only): I affirm I am the parent of the student identified above and I am indeed transferring medical care _____ Date _____

Tournament Manager _____ Date _____

Tournament Medical Staff _____ Date _____

SCHOOL REPRESENTATIVE ACKNOWLEDGEMENTS

- We have verified the credentials of our school medical staff and have determined he or she is licensed with the MN Board of Medical Practice and will be working within the legal scope of his or her medical education, training and licensure.
- In all situations, the official MSHSL medical staff will be the first responders to any injury situation.
- If there is a conflict in the management of injury, the MSHSL assigned medical staff has jurisdiction.
- A parent/relative of a participating athlete may not manage the injury or determine return to play status, but will instead retain standard parent/spectator rights.
- The final decision regarding return to play will be that of the official MSHSL medical staff.

I/we have reviewed and understand the MSHSL medical care protocols with the MSHSL official medical staff prior to the transfer of care.

School Representative _____ Date _____

(Principal, Athletic Director, Coach)

SCHOOL MEDICAL STAFF

- I am licensed with the MN Board of Medical Practice or other medical board and I will be working with the legal scope of my medical education, training and licensure.
- I have informed the MSHSL medical staff of my medical specialty.
- In all situations, the official MSHSL medical staff will be the first responders to any injury situation.
- If there is a conflict in the management of injury, the MSHSL assigned medical staff has jurisdiction.
- If I am the parent/relative of an injured participating athlete I may not take over control of injury management and will instead fall under standard parent/spectator rights.
- The final decision regarding return to play will be that of the official MSHSL medical staff.

I have reviewed and understand the MSHSL medical care protocols and I will discuss the transfer of care with the MSHSL official medical staff on site prior to the transfer of care.

School Medical Staff _____ Date _____

MN Board License Number _____

Board Certification in (ie, MD, MD, DO, ATC, DC, EMT) _____