

2019 MSHSL Section 3AA Track and Field Championships & State Qualifying Meet

Dates:	Wednesday, May 29 and Friday, May 31, 2019
Site:	Prior Lake High School 7575 - 150th Street West Savage, MN 55378-2131
Tournament Manager:	Russ Reetz, Activities Director, Prior Lake High School
Meet Manager:	Greg Utecht
Timing/Scoring:	Fast Finish Results (Bob Ertl)
Participating Schools:	Academy of Holy Angels (boys and girls) Apple Valley High School(boys and girls) Bloomington Jefferson High School (boys and girls) Bloomington Kennedy High School (boys and girls) Burnsville High School(boys and girls) Eagan High School (boys and girls) East Ridge High School (boys and girls) Eastview High School (boys and girls) Henry Sibley High School (boys and girls) Park High School (boys and girls) Prior Lake High School(boys and girls) Richfield High School (boys and girls) Saint Thomas Academy (boys) Simley High School (boys and girls) South Saint Paul High School (boys and girls) Visitation School (girls) Woodbury High School (boys and girls)

The section championship & qualifying meets for boys and girls are held at the same site and time to bring efficiency in meet administration, transportation, and more. They are separate meets for scoring.

Section champions are determined in individual events and relays. By Minnesota State High School League policy for section track and field, awards to individuals will be distributed to places 1-6. Team points will be awarded at this meet to the top 9 places in each event. The team with the highest score shall be the section champion with the runner-up being the team with the next highest. Team plaques will be awarded to places 1 and 2 for boys and girls separately.

Scoring for the places in each event shall be 12-10-8-6-5-4-3-2-1 respectively from first through ninth. Ties for places will receive points based on adding the points together for the number of tied places and dividing by that number (for example, a three-way tie for 3rd place would add the points for 3rd-4th-5th giving 19. Dividing by 3 means each would receive 6.33 points. The next place awarded would then be 6th).

Advancement to the state meet is automatic for the first two placers in each event, whether individual or relay. Additional qualifiers may advance if they 'equal or better' the 2019 standard performance in the finals of a particular event. For races run primarily on one straightaway, the performance must NOT be wind-aided. For the MSHSL, this means a trailing wind of greater than 4.0 meters/second in speed. This will be measured for finals races in the 100 meter, 200 meter, 100 meter high hurdles (girls), and 110 meter high hurdles (boys). In addition, the wind readings will be taken for every jump in the long jump and triple jump, with the same standard and wind allowance used.

Individual event advancers are limited to those who place in the top two and those who qualify by standard. Relay qualifiers advance as a school representative. The specific individuals who run in relays at the state meet can be any eligible team members from the official roster. Each relay team may list six (6) team members, four (4) of whom will run in the race. The same six are listed for both preliminaries and finals but any combination of four may run in the race. Membership on a relay team is subject to the maximum participation rules of the National Federation of High Schools (NFHS) and the Minnesota State High School League (MSHSL).

Should an athlete who qualifies to participate in the state championship meet be unable to do so for any reason, that individual's qualifying spot shall be vacated. No additional athletes will be moved ahead to take his/her place.

Each school may enter up to three (3) athletes in each individual event and one (1) relay team in each relay event. Athletes must be eligible to compete and rostered with the MSHSL on the track and field page for the school team. An individual may be entered in a maximum of four (4) events but no more than three (3) of either field or running. Athletes may be listed as relay possibilities if doing so will NOT cause them to violate the maximum participation rule. Finally, athletes may not compete in more than two (2) races/relays in which they would run 800 meters or more as a separate race or leg of a relay.

By MSHSL policy, athletes must compete in every individual event entered. Failure to do so is cause for disqualification from all events entered, including those already completed, and forfeiture of places/points earned and advancement rights to the next level. Medical exceptions may be appealed to the games committee of the section meet. An explanatory note from a medical provider is required.

The entry is official at the deadline for entries published in this document. After the deadline, scratches from events mean scratches from the meet for entrants. No additions or changes to entries are allowed after the deadline.

The deadline for entries is 2:00 pm CDT on Sunday, May 26, 2019 at the on-line site using the process communicated to coaches by the MSHSL.

Information for Individual Running Events

Preliminary heats will be run on the first day of the meet in the 100 meter, 200 meter, 400 meter, 800 meter, 100 meter high (33") hurdles [girls], 110 meter high (39") hurdles [boys], 300 meter low (30") hurdles [girls], and 300 meter intermediate (36") hurdles [boys].

The number of preliminary heats for each event shall be the fewest needed to have all entrants compete with each being assigned a separate lane on the track.

For all events, the preferred lanes for seeding in a heat shall be in this order:

10 lane track	5-6-4-7-3-8-2-9-1-10
9 lane track	5-4-6-3-7-2-8-1-9
8 lane track	4-5-3-6-2-7-1-8

Seeding of preliminary heats shall be done using the fully automatic times submitted for each entrant by coaches and following the procedures of the NFHS rules.

The first finisher in each heat shall automatically advance to the finals. Additional runners shall advance from the entry field at large based on times from the preliminary heats so as to exactly fill the number of lanes on the track for the final race.

Preferred lanes in the final will be filled first with the heat winners, then with the best remaining times.

The 1600 meter and 3200 meter races shall be contested in two sections of the final with the 3200 meter on the first day of the meet and the 1600 meter on the second day. The second section of each race shall have the fastest entered times. The first section shall have all remaining runners. If times are very close at the break, the meet director may add to the second section.

The faster section shall have 4 less runners than twice the number of track lanes: 16 on a 10 lane track, 14 on a 9 lane track, 12 on an 8 lane track.

Runners will be placed on the double-waterfall lines and be staggered for the first full turn in the race. The state meet method of placing runners on the appropriate waterfalls and positions shall be used in setting up the race sections.

Places in the 1600 meter and 3200 meter shall be the fastest nine (9) times in each race between the sections.

Information for Relay Running Events

Relays to be contested include the 4x100 meter, 4x200 meter, 4x400 meter, and 4x800 meter.

The 4x100 meter and 4x200 meter are lane races, meaning all members of the relay team run in the assigned lane for the entire leg of the relay.

The 4x100 meter, 4x200 meter, and 4x400 meter relay races will all be contested on the second day of the meet as two (2) section timed finals. The fastest entries equal to the number of lanes on the track shall run in the second section. The remaining entries shall run in the first section. The preferred lanes as shown earlier in this document shall be used in determining lane assignments.

For the relays with initially-assigned lanes run in multiple sections, the place winners and qualifiers will be determined by comparing the official times from the two sections of each race.

The 4x800 meter shall be contested on the second day in a single section. Lead-off runners will be placed on the double-waterfall start based on seed time entries for the schools using the state meet procedure.

Additional relay information:

For the 4x100 meter and 4x200 meter, athletes may use 'half' tennis balls provided by the host school as markers. There is no limit of the number of marks used. Marks must be fully inside the athlete's lane, meaning it cannot be placed on or touch the inside lane line. The use of tape is allowed but must be provided by the team involved.

No markers are allowed for the 4x400 meter or 4x800 meter relays.

The 4x400 meter relay will use a three-turn stagger. The lead runner shall run the entire 400 meters in the assigned lane and hand off in that lane within the prescribed exchange zone stagger. The second runner shall remain and run in the assigned lane for the entire first curve of the relay leg. S/he may move to the inside lane of the track after crossing the break line. Moving to the inside shall only be done when it can be accomplished without interfering with the stride of other runners to the inside. Exchanges for runners three and four shall occur in a common handoff area that straddles the finish line. Runners' positions will be determined by the order of runners as they round the middle of the final curve about 150 meters from the exchange. Runners are to hold their positions as determined by the meet officials so the incoming runners move to them for the handoffs. After a successful handoff, the outgoing runner may move to the inside lane when clear of other runners.

The 4x800 meter relay shall utilize a one turn stagger for the first runner. All exchanges shall be done using the same process as the three and four runners in the 4x400 meter.

Batons will be provided for all races by the meet host. Schools may use their own batons subject to inspection and approval by the clerks of the course.

Information for Field Events

Field events will be contested on each day of the meet. First day field events by gender will be those conducted on the first day of the state meet; second day events shall follow the same protocol.

Horizontally measured field events shall have entrants placed in one of four flights with the best seed performances in the final flight. Each flight's order shall be from lower seed to higher seed.

Competitors shall have three attempts in the preliminary flight. Performances across all flights (and ties for the final place according to NFHS rule) shall advance to the final round and receive three additional attempts. The number to advance to finals shall be one more than the number of scoring places in the meet. Places will be awarded based on the best performance across all six attempts for each competitor. State qualifying standard performances may be any of the attempts in the competition.

The long jump, triple jump, and shot put attempts shall be measured and recorded in feet and inches to the nearest lesser one-quarter inch.

The discus throw attempts shall be measured and recorded in feet and inches to the nearest lesser inch.

Athletes who have conflicts with running events or other field events may check out of an event when it's time to compete elsewhere. Running events take precedence over field events. Event judges have the authority to move athletes between flights or positions as needed or to require consecutive jumps, etc. to keep the event moving. An athlete who checks out is expected to return immediately upon completion of the race or trial s/he was excused for. Athletes whose events will conflict need to report before the meet to the clerking area for running events and be pre-clerked for those events, then report directly from the field event when it's time to run.

Vertically measured field events will have the order of competition determined by seed heights from the entry lists with the better seeds competing last. The starting heights for these events will be determined by working down in height from the state meet qualifying standard for each event using the normal progressions. The goal is to exactly match the qualifying standard as a height in the competition during normal raising of the bar.

Starting heights for 2019	High Jump	Pole Vault
Girls	4'8"	7'7"
Boys	5'8"	10'5"

Vertical progression from the starting height in the pole vault will be 6" until 5 or less competitors remain at the beginning of a height. At that point, the progression will be 3" raises.

Vertical progression from the starting height in the high jump will be 2" until 5 or less competitors remain at the beginning of a height. At that point, the progression will be 1" raises.

If more than 5 competitors remain and a bar change would bypass the state standard, the bar will raise to the standard and the smaller progressions will be used for the remainder of the event.

Should ties occur in the vertical jumps that would involve more than two advancers and the standards have not been met, NFHS tie-breaking procedures shall be used to determine the appropriate qualifiers for the state meet.

For all runway field events, athletes may place marks to the side of the runway with tape, half tennis balls, etc. Shoes and other similar gear are not allowed.

No markers may be placed anywhere by athletes in the throwing events.

Tape may be used as markers in the high jump.

Field event venues shall be selected each day of the meet by the field referee in consultation with the meet manager. The games committee reserves the right to alter the selection based on its assessment of meet conditions.

Conduct of the Meet

Referees will make all reasonable attempts to locate and inform the head coach of an athlete facing disqualification from an event or the meet within the time allotted for protests. Protests of referees' decisions shall first be made orally to the specific referee. If further protest is desired to the jury of appeals, it must be done in writing through the meet manager who will convene the appropriate jury if the protest is allowable by rule. Forms will be available at the meet for protests.

Team camps are allowed outside the track at the southeast corner and north/northeast areas. No camps are allowed in the infield nor on the area directly north of the home bleachers. Additional camp areas are located outside the admission gate.

Admissions will be charged and tickets collected through the final event each day of the meet.

Coaches' boxes for field events will be created near each venue. Coaches may use electronic devices as allowed by NFHS rules when in the coaches' box. No other personnel are to be in the boxes (no athletes, parents, spectators, managers, etc.) Because these boxes may be limited in size due to the venue and the number of teams competing, there may not be room for everyone to bring and use things like folding camp chairs. Please be aware and ready for that eventuality.

The track and infield are considered the restricted area for running events. Additionally, the field event venues and the surrounding areas designated for athletes and coaches are also restricted areas. Only athletes entered in that day's events and meet officials are to be in those areas. Coaches may be inside the track within the coaches' boxes for the high jump and pole vault if they have athletes competing that day in those events. They may be in that area only until their athletes have finished competing.

Athletes not competing on the specific day are not allowed on the infield (for example, girls pole vaulters are not allowed on the infield to watch the boys pole vault).

There will be a single call over the public address system for a given event at which time all entrants in that event are to report, runners to the clerk of course, field event personnel to the head

judge for the event. Athletes are to report in uniform ready to compete. All field event personnel for all flights must report and check in prior to the start of the first flight.

Runners will receive hip numbers and instructions together, then be allowed to continue warming up in an area of the track infield. Athletes not in proper uniforms may be denied the opportunity to compete if they cannot change into legal uniforms in time for their events.

The timing contractor may 'recall' a race in the event the timing system(s) malfunction. Races 800 meters or less may be recalled this way and a suitable rerun of the heat or section will take place as determined by the referee.

Should the automatic timing malfunction during the 1600 meter or 3200 meter, times will be determined by use of a hand-held multi-place timer run by the head finish judge or other referee's designee. This same system will be used for the 4x400 meter and 4x800 meter relays.

There will be a head coaches' meeting each day for any announcements or other meet business. Issues that need decisions beyond the meet manager or tournament director will be referred from those meetings to the appropriate games committee for its deliberation.

Implements to be used each day in the throwing events must be weighed and inspected during the time set in the schedule for that purpose. Implements found unacceptable will be held until the competition is complete for the day. Only legal implements passing inspection are allowed for warm-up and competition.

Vaulting poles will be inspected at the pole vault venue by the vault judge, field referee, and their designees. Poles must meet the criteria set forth in NFHS rules. Coaches must turn in the signed pole vault weight verification form for the entries in the meet, specifying name, grade, and weight in pounds. These forms will be checked against the poles the athlete brings for use at the meet.

Relay cards will be distributed at the coaches' meeting on the first day of the meet. They will be color-coded by event and gender. Cards must be filled out legibly with the relay names as listed in the entries (up to six) and turned in to the clerk of course no later than when the call is made for the event. Teams without a relay card for check-in will NOT be allowed to run.

Awards will be presented to the top six in each event per MSHSL policy. It is appropriate to recognize all finalists, so the ten should all report to the awards area when called. Athletes are to receive their awards in school uniform.

Athletes are reminded that the use of any electronic devices at any time in the restricted area is a violation of MSHSL policy. Telephones, tablets, music players, headphones, ear buds, and so on are not allowed. Coaches are requested to help police this with their athletes and remind them to leave these devices away from the meet areas.

Hanging hammocks along the cyclone fences is not appropriate and athletes doing so will be counseled to remove them.

The use of shelters from the sun or rain at the field event areas is a function of several things: the need for the event judge to maintain contact with the athletes (in case turns need to be taken out of

order, e.g.), the sight lines for spectators to see the event, available space at the event with other things taking place, and so on. Setting up tents or shelters-that-close will not be permitted. Sportbrellas or very small open tents may be allowed. Folding camp chairs may or may not be allowed based on space.

The press box and trailer areas used by the meet timer/scorer and meet management are off-limits to school personnel (athletes and coaches). Any questions about the conduct of running or field events are to be taken to the appropriate referee. Any questions about the conduct of the meet (following procedures, etc.) are to be brought to the meet manager.

Coaches who have athletes who qualify to advance to the state meet may receive a state meet parking pass from the meet manager at any time after the athlete has officially qualified. Only the meet manager will have and dispense the passes.

Teams that wish to leave their tents/canopies at the site between preliminaries and finals may store them in the garage areas near the admissions gate.

Starting blocks will be provided. Schools may use their own subject to inspection/approval by the starter. Blocks need to be capable of holding steady for the start without the use of blockholders. The host site will specify the maximum length of spikes allowed in blocks brought by the competing schools.

Maximum spike length and shape in runners' shoes is ¼" pyramid.

In the event of ties for medal places, the tied athlete in the higher school grade shall receive the medal at the meet. Additional medals will be ordered and delivered to the schools with tied athletes. If tied athletes are in the same grade, the medal shall go to the athlete whose school is located farthest in distance from the meet site.

Should teams tie for the team awards, the school farthest in distance from the meet site shall receive the plaque at the meet. Any additional tied teams shall receive duplicates that will be ordered for them.

Ranking of Distances from PLHS (farthest to closest using google maps)

<u>School</u>	<u>Miles</u>	<u>School</u>	<u>Miles</u>
Park	30.1	Eagan	15.0
East Ridge	28.9	Richfield	14.1
Woodbury	28.1	Bloomington Jefferson	11.3
South Saint Paul	23.5	Bloomington Kennedy	11.1
Simley	23.2	Eastview	10.5
Henry Sibley	20.2	Apple Valley	8.7
Saint Thomas Academy	18.5	Burnsville	8.0
Visitation	18.4	Prior Lake	0.0
Academy of Holy Angels	15.1		