



## TRACK PLAN

### Track Dates:

| Date | Event                         | Location-Address  |
|------|-------------------------------|---|
| 4/11 | Austin Regional Championship  | Texas State University- 601 University Dr, San Marcos, TX 78666 |
| 4/18 | Houston Regional Championship | TBD   |
| 4/25 | HCAL State Championship       | TBD   |

### Rules

The *NFHS Track and Field and Cross-Country Officials Manual* will govern all rules.

#### Professional Dress

When coaching and/or administering a track meet, the minimum dress is business casual. All member schools' staff are required to wear school polos and/or other related apparel that is professional and represents your school in a positive and professional manner. Jeans, t-shirts, cargo pants, and athletic shorts are NOT acceptable.

#### Divisions

- Varsity Boys
- Varsity Girls
- Middle School Boys
- Middle School Girls

#### Uniforms

- The track uniform consists of a minimum of a full-length track top and track bottom or one- piece uniform, of uniform color and design, which are not objectionable, and shoes or spikes on both feet, which may be supplied by the contestant.
- When other apparel is worn under the jersey; or if leotards, biker shorts or body suits are worn under the shorts, by more than one team member (two or more), that apparel should be the same color.
- Contestants may not wear caps, headbands or toboggans, or jewelry. They may use string, rubber bands or tape to keep hair in place. (The meet referee may allow toboggans and other apparel in inclement weather.)
- The competitor must wear the assigned contestant number when numbers are used.
- Removal of any part of the uniform at the competition site may result in disqualification.

#### Regional/State Meet Registration

All entries will be processed online through [www.athletic.net](http://www.athletic.net). Entry instructions will be sent out approximately 2 weeks prior to the meet and distributed to coaches and/or athletic directors. Entries must be submitted by the deadline to be processed. Review the calendar of events for compliance and roster deadlines.

#### Track Events (bring your own batons and blocks)

100 m Dash  
 4x200 m Relay  
 1600 m Run  
 4x100 m Relay  
 400 m Dash  
 800 m Run  
 200 m Dash

**3200 m Run (High School Only)**  
**4x400 m Relay**

**For the 100m, 200m, 400m, 4x100m and 4x200m races and relays, athletes must stay in their lanes, or they will be disqualified.**

Fields Events (3 hours prior to the start of the running events)  
Athletes will be given 3 attempts to achieve their best result.

**Long Jump**

- The measurement will be from the edge of the take-off board closest to the sand pit to the closest indentation made by any part of the athlete's body in the sand pit
- If the athlete steps over the foul line before take-off, the jump is considered a foul and not measured.
- Runway will be 147 ft 6 inches when applicable

**Triple Jump**

- The measurement will be from the edge of the take-off board closest to the sand pit to the closest indentation made by any part of the athlete's body in the sand pit
- If the athlete steps over the foul line before take-off, the jump is considered a foul and not measured.
- If an athlete does not land in the pit, it will be scored as a scratch
- Runway will be 147 ft 6 inches when applicable

Distances from foul line to pit (adjustments can be made upon approval)

Long Jump Boys 12 feet (3.7 meters), Girls 8 feet (2.5 meters)

Triple Jump 32 feet (9.8 meters), 24 feet (7.3 meters)

**Discus- athletes must have a legit mark from a previous meet to compete (verification will need to be provided)**

- **Athletes must bring their own discus (will be approved by HCAL staff)**
- MS/Varsity Girls- 1kg, Varsity Boys- 1.6kg
- The discus can be thrown in any way.
- The athlete may enter the circle from any direction but must exit from the rear half of the circle.
- The athlete must not leave the circle until the discus has landed.

An unsuccessful attempt is when:

- The discus lands on or outside the throwing sector. Landing on the sector line is a foul.
- The athlete touches the circle or the ground outside the circle before the discus has landed, (the competitor may touch the inside edge of the iron band but must not touch the top of the band or the ground outside the circle)
- The athlete does not leave through the back half of the circle after completing the throw.

**Shot Put**

- MS Girls 6lbs, MS Boys/HS Girls-4 Kilo, HS Boys- 12 lb
- **Athletes must bring their own shot put (will be approved by HCAL staff)**
- The shot must land inside the throwing sector
- The shot must be pushed, not thrown, above the shoulder and close to the neck. The shot must not move behind the shoulders
- The athlete cannot leave the circle before the shot hits the ground and cannot put a foot past the toe board.

**Individual/Team Relay Entries**

- Athletes must comply with established regulations for entry limits (NFHS modification 4--2--1)
- Individuals + Relay teams
  - An individual may enter no more than three (3) running events, including the relays, and not over five (5) events total.
  - Alternates count towards the entry meet limits for running events.

- **Team Limit.** A school may enter only one boys' team and one girls' team at each division.
- **Each school will be limited to 3 entries in each individual event and one team per relay**

#### **Scratch/Change Policy**

- **We will not be making changes on the day of the meet - scratches and running in the name of- changes only.**
- **All runners must be listed on the HCAL final Rosters to be eligible.**

#### **Heats + Lanes**

- **Heats will be randomly seeded based on registration on athletic.net**
- **The coach of each team is responsible for ensuring their runners know their heats and lanes prior to the race start.**
- **Each contestant is responsible for obtaining their number and knowing the schedule of events. Each contest is solely responsible for prompt reporting for each event entered and at the location designated.**
- **No excuse shall be accepted for failure of a team or contestant to appear at the time announced for the event to start. They will not be allowed to join another heat.**

#### **Finish Line**

- **A finish judge with fully automated timing will evaluate finish line pictures/video and establish the order of finish.**

#### **Appeals**

- **Appeals regarding timing or misapplication of the rules shall be filed within 30 minutes after the results have been posted or announced in that event. A written appeal shall be made to the meet director. Forms will be located at the timing table and in team packets.**

#### **Scoring (Regional/State)**

- **Points will only be awarded for those who finish 1<sup>st</sup>-6<sup>th</sup>**
- **Points for Individual Events**
  - **1<sup>st</sup>- 10, 2<sup>nd</sup>- 8, 3<sup>rd</sup>- 6, 4<sup>th</sup>- 4, 5<sup>th</sup>-2, 6<sup>th</sup>-1**
- **Points for Relays**
  - **1<sup>st</sup>- 20, 2<sup>nd</sup>- 16, 3<sup>rd</sup>- 12, 4<sup>th</sup>- 8, 5<sup>th</sup>-4, 6<sup>th</sup>-2**

**Tiebreakers for field events will utilize the 2<sup>nd</sup> best attempt and the 3<sup>rd</sup> best attempt if needed to determine the winner.**

#### **Qualification for State Championship Meet (HS only)**

**Top 4 runners/jumpers/throwers and relay teams from each city from each event finals will qualify to compete at the state championship.**

#### **Regional/State Awards**

- **The top 4 finishers will receive medals at Regionals for Varsity and Top 3 for Middle school.**
- **Overall Regional Team Awards will be given to the top 4 teams for Varsity and Top 3 teams for Middle school.**
- **The top 3 finishers will receive medals at State.**
- **Overall State Team Awards will be given to the top 3 teams.**
- **Coach of the Year will be awarded to the coach of the overall varsity boys and varsity girls state champions.**

### **Substitutions (State Championship Meet)**

- **Individual events-** Only qualified contestants are allowed to participate in the state championship, but in the event a qualified contestant is unable to compete at the state championship, the next highest place winner from the regional meet will be permitted to participate.
- **Relay teams qualify by school.** Relay team members may be changed according to the rule.
  - A member or alternate on a relay team cannot participate in any other event except the relay unless the member/alternate qualified in another event.

### **Points of Emphasis**

- **There will be a zero-tolerance policy for unsportsmanlike behavior or any comments that do not represent the HCAL brand in a positive manner.**
- **No one is allowed to run alongside any of the athletes during any of the events. This will result in the athlete being disqualified.**
- **All spectators should be in their designated areas and not in the team areas.**
- **Running Events:** Please notify all stakeholders that placing in individual heats does not represent final standings. Final standings will be calculated by the results of all heat combined.
- **No eating on the infield of the tracks (warm-up area). Please pick up all trash and leave a place better than you found it.**