

NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION

2009-10

POLICIES AND PROCEDURES

FOR

**BOYS AND GIRLS
INDOOR TRACK**



INDOOR TRACK COMMITTEE

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- **TRAINERS** – Schools requesting medical services are to provide the necessary supplies for the trainer at all regular season and tournament events.

Championship Meet Information

DATES AND TIMES OF STATE MEET:

CLASS	DATE	TIME
I, M-S – Boys & Girls	Sunday, February 7, 2010	10:30 a.m.
L – Boys & Girls	Sunday, February 7, 2010	3:00 p.m.
SNOW DATE	Sunday, February 14, 2009 (same time & place)	

1. **The meet will be held at the Leverone Field House at Dartmouth College.**
 2. The rules governing this meet will be those found in the National Federation Rules Book and in the NHIAA Handbook.
 3. Seeding for the State Meets will take place at Londonderry High School on:
Class I-M-S - Monday, February 1, 2010 at 5:00 p.m.
Class L - Monday, February 1, 2010 at 7:00 p.m.
- All coaches are invited to participate in the seeding meeting.
4. An admission charge of \$7.00 for Adults and \$5.00 for Students will be charged to spectators. This includes all team members who are not entered in the meet. All non-qualifiers will be expected to pay. A maximum of two (2) managers will be allowed to enter with the team.

5. Class I, M-S - ORDER OF EVENTS:

- | | |
|------------|----------------------------------|
| 10:30 a.m. | - Shot Put; High Jump; Long Jump |
| 10:30 a.m. | - 4 x 800m Relay (Girls/Boys) |
| | - 55m Hurdle Trials (Boys/Girls) |
| | - 55m Dash Trials (Boys/Girls) |
| | - 3000m Run |
| | - 300m Dash (Girls/Boys) |
| | - 55m Hurdle Finals (Girls/Boys) |
| | - 1500m Run (Girls/Boys) |
| | - 55m Dash Finals (Girls/Boys) |
| | - 4 X 400m Relay (Girls/Boys) |
| | - 1000m Run (Girls/Boys) |
| | - 4 X 200m Relay (Girls/Boys) |
| | - 600m Run (Girls/Boys) |

Class L - ORDER OF EVENTS:

- | | | |
|-----------|----------------------------------|-------------------------------|
| 3:00 p.m. | - Shot Put; High Jump; Long Jump | |
| 3:00 p.m. | - 4 x 800m Relay (Girls/Boys) | |
| | - 55m Hurdle Trials (Boys/Girls) | |
| | - 55m Dash Trials (Boys/Girls) | |
| | - 3000m Run | - 300m Dash (Girls/Boys) |
| | - 55m Hurdle Finals (Girls/Boys) | - 1500m Run (Girls/Boys) |
| | - 55m Dash Finals (Girls/Boys) | - 4 X 400m Relay (Girls/Boys) |
| | - 1000m Run (Girls/Boys) | - 4 X 200m Relay (Girls/Boys) |
| | - 600m Run (Girls/Boys) | |

6. Entries are due on DirectAthletics by:

Monday, February 1, 2010 at 12:00 Noon

Note: It takes 24 hours for new users to be accepted into the Direct Athletics system.

Entries: If your school offers the sport and is not entering any athletes, the NHIAA must be notified in writing before or on the deadline date. There is no section on the website to indicate this information.

7. Spikes that are 1/4" or shorter will be allowed in events except the Shot Put.
8. Hard Shell shot puts made with a polyethylene shell are banned from being used at the Meets (Class and State).
9. It is the responsibility of the coach to ensure competence and control in the athlete(s) throwing rotational shot put.
10. All times or distances that do not appear on the New Hampshire Indoor Track "Battle Notes" must be verified.
11. Any questions concerning the entry form should be directed to:
Larry Martin at Londonderry High School (432-6941 ext. 2795)
12. Only athletes who have met the qualifying standards (SEE #14) set by the NHIAA Indoor Track Committee, are eligible to be entered in the meet. All qualifying standards must be met at NHIAA sanctioned meets.
13. In case of inclement weather the day of the meet the following cell phone numbers can be utilized
Larry Martin: 303-0688
Rich Nagy: 759-4957

14. **2009-2010 QUALIFYING STANDARDS:**

CLASS L			CLASS I-M-S		
Event	Boys	Girls	Event	Boys	Girls
55m HH	8.4	9.2	55m HH	8.5	9.7
55m	6.7	7.5	55m	6.7	7.6
300m	38.5	45	300m	39.0	45.5
600m	1:29	1:45	600m	1:30	1:48
1000m	2:43	3:15	1000m	2:46	3:18
1500m	4:20	5:13	1500m	4:25	5:15
3000m	9:25	11:25	3000m	9:40	11:30
Shot Put	42'0"	30'	Shot Put	40'	29'0"
High Jump	5'10	5'	High Jump	5'8"	4'10"
Long Jump	20'0"	15'6"	Long Jump	19'0"	14'6"
4 X 400 Relay	*Top 12	*Top 12	4 X 400 Relay	*Top 12	*Top 12
4 X 200 Relay	*Top 12	*Top 12	4 X 200 Relay	*Top 12	*Top 12
4 X 800 Relay	**Top 9	**Top 9	4 X 800 Relay	**Top 9	**Top 9

***Top 12 relay teams will be chosen according to NH Indoor Track League Battlenotes**

**** Top 9 relay teams will be chosen according to NH Indoor Track League Battlenotes**

15. If there are less than 12 final entries in an event the NHIAA Indoor Track Committee will fill the field up to 12 athletes, selecting these athletes from non-qualifiers.
16. If an athlete is entered in multiple events, the Indoor Track Committee reserves the right to enforce an "Honest Effort" Policy.
17. **UNIFORMS:**
All team members shall wear the school uniform. In relay races, each team member shall wear identical uniforms (same color and design of jersey and shorts). In relay races, when other apparel is worn under the jersey, or tights or body suits are worn under the trunks by more than one team member, that apparel must be of the same color. No hats or caps or other adornment may be worn.
18. **SCHOOL DESIGNATED ADULT:**
Athletes participating in NHIAA sponsored post-season activities must have a school designated adult supervisor in attendance at the event throughout the athletes' participation in such event. The high school principal must authorize the school designated adult supervisor and the athlete must present such authorization to the event director prior to participation. Only that person may check in entries and receive competitors' numbers. Obviously, in most cases, this person is the school's coach.
19. **50/50 RAFFLES:**
Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event (s). Fifty-fifty raffles will not be permitted at "neutral sites" that are not NHIAA Member School sites.
20. **JEWELRY AND BODY PIERCING RULE:**
No jewelry, which includes body-piercing objects, shall be worn. Religious or medical alert medals must be properly secured under the uniform.

21. **TOURNAMENT EVENT POSTPONEMENTS (WEATHER):**

- **Neutral Site – During the Week:** The decision to postpone a tournament event during the week will be made by the NHIAA. Schools, Supervisor of Officials, Game Directors, Police and Trainers will be notified by the NHIAA.
- **Neutral Site – Weekends & Holidays:** The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit www.nhiaa.org and click on the “tournament info” link). The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. **TEAMS PLAYING IN EARLY GAMES SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE HAS BEEN UPDATED.**

22. **APPEAL PROCESS:**

Larry Martin will serve as the referee at the NHIAA Indoor Track State Meets. Any protest you have should be directed to him directly, and he will rule on your protest. If you do not agree with his decision, you may appeal his decision (provided, of course, it can be appealed) to the jury of appeals, who will act as a Final Board of Appeals and whose decision will be binding.

A. WHAT IS SUBJECT TO APPEAL?

1. Misapplication of a rule.
2. Clerical errors in placing competitors in individual events or relays - provided the appeal is made no later than 30 minutes after the conclusion of the meet.
3. Errors in team scoring - provided discovery is made within 48 hours of the completion of the meet.
4. Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, etc.

B. WHAT IS NOT SUBJECT TO APPEAL?

1. Any judgment decision pertaining to violations or alleged violations of the rules.
2. A decision made by the finish judges or timers that does not involve a misapplication of a rule, or the terms and conditions of competition.

C. WHAT IS THE APPEALS PROCESS?

1. Must be made by the head coach in writing (form below).
2. Must include the competitor's name, school and the event involved.
3. The specific rule in question.
4. A brief description of the situation or ruling being appealed.

