

# **NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION**

**2010**

## **POLICIES AND PROCEDURES**

**FOR THE**

## **OUTDOOR TRACK & FIELD**



### **OUTDOOR TRACK & FIELD COMMITTEE**

Judy Farr, Chair, Tilton; Scott Clark, Sant Bani; Paul Dutton, Londonderry;

John Eastman, Souhegan; Nancy Eastman, Supervisor, Rochester;

Andrew Gamble, Lebanon; Kristi Hikel, Prospect Mountain;

Michael Monahan, Asst. Chair, Exeter; Rich Nagy, Hollis/Brookline;

Amy Sanborn, Merrimack; Mike Smith, Mascenic

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Questions or suggestions regarding this manual should be directed to the Outdoor Track Committee through the Executive Director.

All schools must be aware of the NHIAA By-Laws and Policies relative to Outdoor Track which are published annually in the “NHIAA Handbook” as well as the rules of competition published by the National Federation of State High School Associations.

### **POINTS OF SPECIAL EMPHASIS**

- **SAT's will be given on June 5, 2010. Please note and make the necessary arrangements. Please make note of the start time of the Meet of Champions – 2:30 p.m.**
- **State Meet 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. **\*It will take 24 hours for new users to be accepted into the DirectAthletics system. Be sure to register before entries are due.**
- At all Class Meets and Meet of Champions, all vaulters shall be weighed and all poles inspected.
- Meet Directors from each of the Class Meets and Meet of Champions should review the final results and submit records to the Committee for approval.
- The Committee recommends the lines on the fields for the javelin and the discus event should be either white or yellow.
- Pole Vault Certification must be renewed once every three (3) years.
- Qualifying lists from all classes will be posted on Lancer Timing two days after the seedings meetings.
- Coaches and athletes that are not participating in events on the infield will not be permitted on the infield during the Class Meets and Meet of Champions.
- In the event of extreme circumstances, the Outdoor Track Committee reserves the right to modify the order of events.
- There will be a preseason meeting for Outdoor Track coaches in Class I at Merrimack Valley High School on Wednesday, March 24, 2010 at 6:00 p.m. Class L will be held at Merrimack High School on a date to be announced.
- All entries for the class meet are subject to challenge if they do not appear on the Battlenotes of that particular class if Battlenotes exist. Verification by means of meet results will be required for the verification. The coach of the athlete being challenged must provide these results.
- Qualifying performances must be achieved during the current outdoor track season as designated by the NHIAA.
- REMINDER – The hosting school is responsible for supplying the shells for the starting pistol.

## INTRODUCTION

This packet contains all necessary information and forms for Class Meets and the Meet of Champions. It is the NHIAA Outdoor Track Committee's belief that to insure successful Championship Meets, it is the coaches' responsibility to **READ ALL MATERIALS CAREFULLY** and promptly and accurately fill out entry information. Please direct any questions or concerns to the NHIAA Outdoor Track Committee. These meets will be governed by the rules of the National Federation. All coaches are expected to have read the rulebook and instructed their athletes accordingly.

### I. LOCATION AND DATES OF MEETS

#### A. CLASS MEETS (Boys and Girls):

	<b>Friday May 28, 2010 - 4:00 p.m.</b>	<b>Spike sizes:</b>
<b>CLASS L:</b>	<b>Merrimack High School</b>	<b>Class L 1/4 inch</b>
Site Director:	Andrew Krahlung	
Meet Director:	Mike Monahan	
	<b>Saturday May 29, 2010 – 10:00 a.m.</b>	
<b>CLASS I:</b>	<b>Coe-Brown Northwood Academy</b>	<b>Class I 3/16 inch</b>
Site Director:	Matt Skidds	
Meet Director:	Tim Cox	
	<b>Saturday, May 29, 2010 – 10:00 a.m.</b>	
<b>CLASS M-S:</b>	<b>Winnisquam High School</b>	<b>Class M-S 3/16 inch</b>
Site Director:	Jeff Cloos	
Meet Directors:	Kristin Hikel	

#### B. MEET OF CHAMPIONS: Saturday June 5, 2010 2:30 p.m

	<b>Merrimack High School</b>	<b>M.O.C.- 1/4 inch</b>
Site Director:	Andrew Krahlung	
Meet Director:	Mike Monahan	

#### C. NEW ENGLAND CHAMPIONSHIPS (Men and Women): June 12, 2010 Veterans Stadium, New Britain, CT

**New Englands  
1/4 inch**

### II.

#### MEET OF CHAMPIONS - GAMES COMMITTEE

John Eastman	J_eastman@mcttelecom.com	456-3802
Judy Farr	sparkyf@metrocast.net	934-6449
Andrew Gamble	agamble@myfairpoint.net	443-9717
Kristi Hikel	khikel@alton.k12.nh.us	455-5774
Nancy Eastman	neastman@metrocast.net	332-7327
Amy Sanborn	alrun2@aol.com	628-1653
Rich Nagy	rich.nagy@comcast.net	623-3073
Michael Monahan	mmonahan@sau16.org	775-8587
Scott Clark	Scott@Santbani.org	267-7083
Paul Dutton	pddutton@londonderry.org	432-6941
Mike Smith	msmith@mascenic.org	878-0865

### III. TOURNAMENT EVENTS POSTPONMENTS:

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.nhiala.org](http://www.nhiala.org) and click on the "tournament info" link). The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE.**

- **Once at the site:** “In the event that there is a need to postpone or reschedule a class meet or the Meet of Champions the decision will be made by the meet director and members of the outdoor track committee at the site. The first option will be to move the meet to the next day (Sunday), and then if that is not possible, the meet will be scheduled the Monday or Tuesday following the original day of the meet.”

#### IV. QUALIFYING STANDARDS FOR 2010 CLASS MEETS:

BOYS EVENTS	CLASS L	CLASS L	CLASS I	CLASS I	CLASS M-S	CLASS M-S
	Automatic	Provisional	Automatic	Provisional	Automatic	Provisional
110m H*	16.1	17.0	16.0	17.8	17.2	19.5
300m H**	42.5	44.5	42.5	45.0	44.5	47.8
100m	11.2	11.4	11.2	11.7	11.4	11.8
200m	23.0	23.5	23.3	24.1	23.8	24.8
400m	51.5	53.5	52.5	54.5	54.5	56
800m	2:01.0	2:03.5	2:03.0	2:09.0	2:07.0	2:13.0
1600m	4:30.0	4:40.0	4:35.0	4:50.0	4:40.0	5:00.0
3200m	9:50.0	10:10.0	10:05.0	10:45.0	10:35.0	11:19.0
Shot Put	44'0"	41'0"	42'6"	39'0"	41'0"	36'06"
Discus	130'0"	115'0"	120'0"	105'0"	115'0"	100'0"
High Jump	6'0"	5'10"	6'0"	5'8"	5'10"	5'06"
Long Jump	20'6"	19'3"	20'0"	18'9"	19'0"	17'08"
Triple Jump	40'6"	39'0"	40'0"	38'0"	39'06"	36'06"
Javelin	155'0"	140'0"	150'0"	133'0"	140'0"	125'0"
Pole Vault	11'6"	10'6"	11'0"	10'0"	10'0"	8'6"
*Hurdle Height: 39"						
**Hurdle Height: 36"						

GIRLS EVENTS	CLASS L	CLASS L	CLASS I	CLASS I	CLASS M-S	CLASS M-S
	Automatic	Provisional	Automatic	Provisional	Automatic	Provisional
100m H*	16.1	17.2	16.5	17.7	18	19
300m H**	49.0	50.5	49.0	53.5	53.0	57.0
100m	12.6	13.0	12.8	13.3	12.9	13.6
200m	26.4	27.3	26.7	28.0	28.0	28.9
400m	61.0	63.0	62.0	64.5	64	68.0
800m	2:24.0	2:28.0	2:26.0	2:32.0	2:30.0	2:45.0
1600m	5:26.0	5:36.0	5:26.0	5:45.0	5:40.0	6:10.0
3200m	11:45.0	12:20.0	11:45.0	12:30.0	12:50.0	13:55.0
Shot Put	33'0"	29'6"	31'0"	27'6"	30'0"	26'06"
Discus	98'0"	85'0"	95'0"	80'0"	85'0"	75'00"
Javelin	105'0"	95'0"	95'0"	80'0"	105'0"	80'0"
High Jump	5'0"	4'10"	5'0"	4'8"	4'10"	4'6"
Long Jump	16'0"	15'3"	16'0"	14'6"	15'0"	14'00"
Triple Jump	34'3"	32'6"	32'6"	30'0"	31'00"	29'0"
Pole Vault	8'6"	7'6"	8'0"	7'0"	7'0"	6'0"
*Hurdle Height: 33"						
**Hurdle Height: 30"						

**RELAYS:** (4 X 100 m) No minimum required. (No Prelims)  
 (4 X 400 m) No minimum required. (No Prelims) Maximum six (6) entries on relays.  
 (4 X 800 m) No minimum required. (No Prelims)

**V. ENTRY REGULATIONS AND INFORMATION - Please Read Very Carefully**

**\*It will take 24 hours for new users to be accepted into the Direct Athletics system. Be sure to register before entries are due.**

**SPECIAL NOTES:**

Any variation/exception to any of the regulations outlined in the Policy and Procedures Manual must be for medical reasons and have the prior approval of the Committee/Meet Director. Written documentation from a physician must be provided to the Committee/Meet Director prior to competition.

**A. CLASS MEETS ENTRY INFORMATION -**

All schools must use the DirectAthletics web site ([www.directathletics.com](http://www.directathletics.com)) to enter the athletes. No forms will be accepted. Please enter the athlete's full name (no nicknames). An improper entry will not be accepted.

**1. Entries shall be entered to DirectAthletics by Friday May 21, 2010 11:59 P.M.**

“It is the responsibility of the meet director to check the entries on Direct Athletics to be sure all schools have made their entries by the due date. If there are schools that have not entered their entries the meet director shall contact the NHIAA to advise of the late entry and the NHIAA will then contact those schools.”

DirectAthletics will reopen by 12:00 noon on Saturday. All entries and/or changes **MUST BE** entered on DirectAthletics by **Sunday, May 23, 2010 by 9:00 p.m. No school will be allowed to enter after that date.** All coaches are to print the receipt of their entries from DirectAthletics. They **MUST** bring TWO (2) copies to the seedings meeting. Coaches will hand in one copy to the person running the meeting. Only athletes on this receipt will be added if they were mistakenly left off the performance list. No other additions will be allowed.

2. If an athlete meets the Automatic Qualifying Standards, he/she may be entered in the class meet. The meet director will fill the field from all the entries meeting the Provisional Standards by the following formula: on an eight (8) lane track up to a maximum of sixteen (16) entries in the running events, and sixteen (16) entries in the field events unless it interferes with meet management; on a six (6) lane track up to a maximum of eighteen (18) entries in the running events and eighteen (18) entries in the field events, unless it interferes with meet management. If an athlete does not meet the Provisional Standards, he/she may not be entered.
3. Procedures for Class Meet Entries
  - A. A coach may enter athletes per event as follows:
    - Only 6 if all 6 are automatic.
    - More than 6 if there are provisionals.
    - Only 1 relay team per relay event
  - B. An athlete may be entered in 4 automatic events and any number of relays.
  - C. An athlete may be entered in 4 or less automatic events and any number of provisional events plus any number of relays.
4. A Seedings Meeting will be held for ALL Classes. See below for dates and times for each class. As provisional qualifiers will be dealt with at these meetings, it is important for all coaches to attend in order to provide their input for their provisional athletes.

5. All times submitted to the NHIAA Outdoor Track Seeding Committees should be recorded with tenths of a second (example: 2:01.5 or 15.3). Any time not submitted with tenths will be rounded to the highest tenth (example: 11 seconds will be interpreted as 11.9 or 2:05 will be interpreted as 2:05.9).
6. National Federation and NHIAA Rules will apply.
7. The Meet Directors reserve the right to request verification of any entries.
8. **SCRATCHES**- A competitor who scratches **after** the **Seeding Meeting** becomes ineligible for any further competition, including relays, from that point on!
9. **CLASS L ENTRY:**  
The Seeding Meeting for Class L will be held at **Merrimack High School on Monday, May 24, 2010 at 6:00 p.m.**
10. **CLASS I ENTRY:**  
The Seeding Meeting for Class I will be held at **Coe-Brown Northwood Academy on Wednesday, May 26, 2010 at 6:00 p.m.**
12. **CLASS M-S ENTRY:**  
The Seeding Meeting for Class M-S will be held at **Winnisquam Regional High School on Tuesday, May 25, 2010 at 6:00 p.m.**
13. Qualifying lists from all classes will be posted on Lancer Timing two days after the seedings meetings.
14. Appeals shall be made in accordance with the accepted standards of the National Federation rulebook. (Form attached)
15. Team champion and runner-up plaques will be awarded. Ribbons will be awarded to the top 6 places.
16. Relays will be run in sections only - NO TRIALS!
17. Starting heights, heat and lane assignments will be determined by the Games Committee based on entry information.
18. Admission will be charged to non-competitors.  
ADULTS - \$7.00 – STUDENTS/SENIORS - \$5.00

#### **B. MEET OF CHAMPIONS – Saturday, June 5, 2010**

1. The top performers in each event in each Class Meet will qualify for the Meet of Champions according to the following formula: CLASS L - top 5; CLASS I - top 4; and CLASS M-S - top 3 (plus any ties). In addition, the next four (4) best performers regardless of class will also qualify for the Meet of Champions. Relay teams will qualify for the Meet of Champions using the same procedure as individuals. (Top 5 in Class L, 4 in Class I, and 3 in Class M-S, plus the next four fastest times from the Class Meets.)

#### **2. MEET OF CHAMPIONS - QUALIFYING STANDARDS**

Athletes who do not qualify by means of their finish at the Class Meet, who have achieved the qualifying (FAT) standard in their event (listed below) will be eligible for the State Meet of Champions. The NHIAA Outdoor Track Committee shall be solely responsible for determining the proper seeding position of all entrants.

<b>GIRLS</b>			<b>BOYS</b>	
100m Hurdles	15.44		110m Hurdles	15.06
300m Hurdles	47.31		300m Hurdles	40.23
100m Dash	12.8		100m Dash	11.37
200m Dash	26.10		200m Dash	22.67
400m Run	57.88		400m Run	50.33
800m Run	2:15.33		800m Run	1:56.78
1600m Run	5:04.62		1600m Run	4:20.32
3200m Run	11:17.38		3200m Run	9:30.46
Shot Put	37'03.75"		Shot Put	52'05.40"
Discus	114'04.00 "		Discus	153'05.80"
Javelin	124'06.80 "		Javelin	168'07.10"
High Jump	5'03.60"		High Jump	6'03.20"
Long Jump	17'05.60"		Long Jump	21'06.35"
Triple Jump	37'04.25"		Triple Jump	43'03.75"
Pole Vault	9'08"		Pole Vault	13'02.40"

**GIRLS RELAYS**

4X100	50.23
4X400	4:03.80
4X800	9:45.01

**BOYS RELAYS**

4X100	44.09
4X400	3:26.76
4X800	8:10.69

3. The NHIAA Outdoor Track Committee reserves the right to accept petitions from a member school's principal, athletic director or coach on behalf of an athlete who would like to be considered for competition in the State Meet of Champions, but was unable to qualify under By-Law Article XXIII Section 3-B due to exceptional circumstances. This petition should be emailed or faxed to NHIAA (225-7978) by 12:00 noon, **Tuesday, June 1, 2010.**

**4. SCRATCH RULE:**

Athletes and relay teams that qualify for the Meet of Champions because of placement in the Class Meets are automatically entered into the Meet of Champions. Coaches are encouraged to scratch athletes and relay teams at their respective Class Meets or by calling Rich Nagy at 623-3073 on **Monday, May 31, 2010** between 12:00 and 4:00 p.m. Final Seedings for the Meet of Champions will be available at Lancer Timing Services' Web site address: [www.lancertiming.com](http://www.lancertiming.com) which can be found as a link on the NHIAA web site at [www.nhiala.org](http://www.nhiala.org) on **Wednesday, June 2, 2010.**

5. **AWARDS** – Official NHIAA place medals will be awarded to the top six (6) finishers in each event, including relays for boys and girls.

**C. NEW ENGLAND CHAMPIONSHIP MEET**

The top six (6) athletes in each event will qualify for the New England Championship Meet. There will be no alternates accepted for this meet. Plan on an entry fee of at least \$15.00 per athlete and \$35.00 per relay team. More information will be available at the Meet of Champions.

**VI. FIELD EVENT IMPLEMENTS**

All field event implements must meet specifications for competition.

## VII. SPECIAL NOTES

- A. THE DRAW AND LANE ASSIGNMENTS:  
CLASS MEETS - formation of heats and lane assignments for running events and the order of field event competition will be determined from entry form information.  
MEET OF CHAMPIONS - from performances in Class Meets.  
 (Lane positions and heat assignments for semifinals and finals will be based on previous preliminary performances.)
- B. 4X800 Relay teams will be seeded randomly.
- C. Shot Put and Discus circles are concrete.
- D. High Jump, Pole Vault, Long Jump, Triple Jump and running events will be conducted on all weather surfaces.
- E. Starting Height and increments for High Jump and Pole Vault will be determined by the Games Committee.
- F. For safety purposes a coach's area will be designated at the pole vault event at all Class Meets and the Meet of Champions.

## VIII. INVITATION TO HOST NHIAA OUTDOOR TRACK CHAMPIONSHIP MEETS

All New Hampshire High School Principals, Athletic Directors and Track Coaches are invited to host a Championship Meet for the **2011** season. These meets will be the: Class L Championship Meet, Class I Championship Meet and the Class M-S Championship Meet all tentatively scheduled for **May 27 and 28, 2011**; and the State Meet of Champions, which is tentatively scheduled for **June 4, 2011**. Any school interested in hosting a meet should contact the Outdoor Track Committee by writing to: NHIAA, Outdoor Track Committee, 251 Clinton Street, Concord, New Hampshire 03301. We are now accepting applications to host the 2011 class meets.

## IX. STATE TRACK AND FIELD RECORDS

NHIAA Outdoor Track performances, at meets other than Class Meets and the State Meet of Champions, may make athletes eligible for State record status. In order to be eligible however, a performance must be at a meet, which meets the following criteria:

- A. The meet must be sanctioned by the NHIAA. Any regular season meet or invitational, which appears on a school's schedule, as approved by the NHIAA, shall be considered.
- B. The meet must conform to Rule 10 of the National Federation Track and Field Rules Book.
- C. The performance must meet all established criteria for the accurate measurement and verification of the performance.

All nominations for new state records must be submitted on the appropriate form to: NHIAA Outdoor Track Committee, c/o the NHIAA Office, by the third weekend in June of the current season.

Other meets, which fail to meet the eligibility requirements, may be certified if they request certification *in advance*, in writing, to the NHIAA Outdoor Track Committee through the NHIAA Executive Director.

## X. FIFTY/FIFTY (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.

**XI. BLOOD SPILLAGE AND BODY FLUIDS:**

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

**Housekeeping Procedures for Blood and Body Fluids**

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

**INTERPRETATION OF EXCESSIVE BLEEDING**

National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place.

For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

**XII. APPEAL PROCEDURE AT STATE CHAMPIONSHIPS:**

There shall be no appeals to the Executive Director. All appeals shall be resolved by the Jury of Appeals.

**XIII. NHIAA SITE SELECTION CRITERIA POLICY:**

NHIAA Sports Committees will make every effort to provide sites with the following criteria in mind. The criteria are not listed in order of priority.

1. Health and safety of participants.
2. Comfort and safety of spectators (including adequate seating and parking, and restrooms).
3. Handicapped accessible for spectators.
4. Relative travel requirements of participating schools.
5. The ability to collect tickets in a secure manner, when applicable.
6. Playing surfaces must meet the requirements as established for that sport.
7. Costs of facility and personnel associated with facility.
8. Sufficient parking.
9. Cost of public safety personnel (fire and police).
10. Receptivity and cooperativeness of personnel working at site.

**XIV. CLASS MEET SCHEDULE****Class L - Friday Night Meet****ORDER OF EVENTS:****3:00 p.m. Check-in begins****3:00 - 3:45 p.m. Pole Vault Check in, Implement Certification and Weigh In.****Field Events****4:00 p.m.** Field event order will be posted on the NHIAA website two weeks prior to event.**Track Events**

<b>5:00 p.m.</b>	G	4 X 800 Final	B	4 X 800 Final
	B	110m Hurdles Trials	G	100m Hurdles Trials
	B	100m Trials	G	100m Trials
<b>6:00 p.m.</b>	G	100m Hurdles Final	B	110m Hurdles Final
	G	100m Final	B	100m Final
	G	1600m Final	B	1600m Final
	G	4 X 100 Relay Final	B	4 X 100 Relay Final
	G	400m Final	B	400m Final
	G	300m Hurdles Final	B	300m Hurdles Final
	G	800m Final	B	800m Final
	G	200m Final	B	200m Final
	G	3200m Final	B	3200m Final
	G	4 X 400 Relay Final	B	4 X 400 Relay Final

**AWARDS PRESENTATION**

\*NOTE: Between the trials and finals, a break will be given to all officials and athletes.

**Class I, M-S****ORDER OF EVENTS:****9:00 a.m. - Check in begins****9:00 a.m. – 9:45 a.m. Pole Vault Check in, Implement Certification and Weigh In****Field Events:****10:00 a.m.** Field event order will be posted on the NHIAA website two weeks prior to event.**Track Events**

<b>11:30 a.m.</b>	G	4 X 800 Final	B	4 X 800 Final
	B	110m Hurdles Trials	G	100m Hurdles Trials
	B	100m Trials	G	100m Trials

**Finals**

<b>12:30 p.m.</b>	G	100m Hurdles Final	B	110m Hurdles Final
	G	100m Final	B	100m Final
	G	1600m Final	B	1600m Final
	G	4 X 100 Relay Final	B	4 X 100 Relay Final
	G	400m Final	B	400m Final
	G	300m Hurdles Final	B	300m Hurdles Final
	G	800m Final	B	800m Final
	G	200m Final	B	200m Final
	G	3200m Final	B	3200m Final
	G	4 X 400 Relay Final	B	4 X 400 Relay Final

**AWARDS PRESENTATION**

\*NOTE: Between the trials and finals, a break will be given to all officials and athletes.

**SATURDAY, June 5, 2010****MEET OF CHAMPIONS****ORDER OF EVENTS:**

<b>1:30 p.m. -</b>	<b>Check in begins</b>
<b>1:30 p.m. -</b>	<b>Pole Vault Check in, Implement Certification and Weigh In</b>
<b>2:30 p.m. -</b>	Field Events

**FIELD EVENTS:** Field event order will be posted on the NHIAA website two weeks prior to event.  
**RUNNING EVENTS (GIRLS FOLLOWED BY BOYS - ALL FINALS)**

**Track Events**

<b>3:30 p.m.</b>	G	4 X 800 Final	B	4 X 800 Final
	B	100m Hurdles Trials	G	110m Hurdles Trials
	B	100m Trials	G	100m Trials
<b>4:30 p.m.</b>	G	110m Hurdles Final	B	100m Hurdles Final
	G	100m Final	B	100m Final
	G	1600m Final	B	1600m Final
	G	4 X 100 Relay Final	B	4 X 100 Relay Final
	G	400m Final	B	400m Final
	G	300m Hurdles Final	B	300m Hurdles Final
	G	800m Final	B	800m Final
	G	200m Final	B	200m Final
	G	3200m Final	B	3200m Final
	G	4 X 400 Relay Final	B	4 X 400 Relay Final

**XIX. OUTDOOR ENVIRONMENTAL SAFETY LIGHTNING:**

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are recommended:

1. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff?). An emergency plan should include planned instructions for participants as well as spectators.
2. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should include National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.

3. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.  
Safe structure or location is defined as:
  - a. Any building normally occupied or frequently used by people, i.e., a building with plumbing and /or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.
  - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**
4. **WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. “IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).” WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.**

If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

### **XXI. NHIAA GUIDELINES ON OZONE POLLUTION AND PHYSICAL ACTIVITY:**

School Administrators and coaches as well as other appropriate staff are to use this document in making decisions regarding indoor and outdoor activities during periods of high ozone pollution.

#### **CHARTING AIR QUALITY**

Local officials use a simple scale to forecast and report on smog levels and other air pollution. Depending on where you live, it might be called Air Quality Index (AQI) or Pollutant Standards Index (PSI).

Current air quality is reported as a percentage of the federal health standard for a pollutant. If the current index is above 100, air pollution exceeds the level considered safe.

At Ozone smog levels above 100, children, asthmatics and other sensitive groups should limit strenuous exercise. Even otherwise healthy people should consider limiting vigorous exercise when ozone levels are at or above the health standard.

If the index is above 200, corresponding to an ozone pollution level of .20 parts per million (ppm), the pollution level is judged unhealthy for everyone. At this level, air pollution is a serious health concern. Everyone should avoid strenuous outdoor activity, as respiratory tract irritation can occur.

#### **U.S. EPA Air Quality Index**

<b>Index Value</b>	<b>Descriptor</b>	<b>Color</b>	<b>1 hr. Ozone ppb</b>
0 – 50	Good	Green	---
51 – 100	Moderate	Yellow	---
101 – 150	Unhealthy for Sensitive Groups	Orange	125 – 164
151 – 200	Unhealthy	Red	165 – 204
201 – 300	Very Unhealthy	Purple	205 – 404
301 – 500	Hazardous	Maroon	405 – 604

## **OBSERVING AIR QUALITY**

1. Watch the Calendar  
Ozone smog tends to be worst during the May – to – September “smog season.” Be especially conscious of smog levels during warm weather. In warm areas, smog can be a problem at any time of the year. Carbon monoxide pollution levels also are related to the weather, as well as to altitude. In the western U.S., the highest carbon monoxide levels are found in the winter months.
2. Watch the Clock  
Since sunlight and time are necessary for ozone smog formation, the highest levels of ozone typically occur during the afternoon. Since carbon monoxide is produced primarily by motor vehicles, the highest carbon monoxide levels usually occur during rush hour or during other traffic congestion situations.
3. Watch the News

## **GUIDELINES FOR PARTICIPATION**

1. Observe appropriate physical activity restrictions represented above.
2. If an ozone exceedance is expected, but has not yet occurred at the time an interscholastic practice or contest is scheduled to begin, that event may begin as scheduled.
3. If an interscholastic practice or contest is scheduled to begin and an E.P.A. warning is in effect (PSI 201 or higher), the event shall be cancelled, delayed or rescheduled.

When ozone levels reach a national PSI level of 201 (.201 parts per million), exercising indoors or outdoors may cause significant respiratory tract irritation and a decline in lung function. Therefore, strenuous exercise indoors and outdoors is to cease.

## **RECOMMENDED RESTRICTION OF PHYSICAL ACTIVITY**

The following limits on activity for each type of episode are as follows:

- A. Level Orange, PSI 101-150 (Unhealthy for Sensitive Groups)
  1. Active children and adults and people with heart or respiratory disease, such as asthma or allergies, should limit prolonged outdoor exertion.
  2. Healthy individuals with noticeable health effects associated with existing conditions should minimize outdoor activity.
- B. Level Red, PSI 151-200 (Unhealthy)
  1. All athletes should discontinue prolonged, vigorous exercise indoors and outdoors.
  2. Sensitive individuals, primarily children who are active outdoors and people with heart or respiratory disease such as asthma or allergies, should avoid indoor and outdoor activity.
  3. Indoor and outdoor activities that should be avoided include, but are not limited to, calisthenics, basketball, baseball, running, field hockey, soccer, football, tennis, swimming and diving.
- C. Level Purple, PSI 201-300 (Very Unhealthy)
  1. All athletes shall discontinue vigorous indoor and outdoor activities, regardless of duration.
  2. All indoor and outdoor physical education classes, sports practices and athletic competitions shall be rescheduled.

Note: Indoor practices may be held if an air-conditioned facility is available.

### **Procedures for the Outdoor Track Class Meet Seeding Meetings.**

1. All entries received on DirectAthletics are considered entered in the meet regardless if the coach is at the seeding meeting.
2. All entry marks in the running events will be converted to hand times by meet management before the seeding meeting and printed on the seeding sheets provided to coaches at the meeting.
3. All entries for the class meet are subject to challenge if they do not appear on the Battlenotes of that particular class if Battlenotes exist. Verification by means of meet results will be required for the verification. The coach of the athlete being challenged must provide these results.
4. The starting height in the pole vault or high jump is to be the provisional qualifying height. If for some reason meet management feels that the starting height must be lower due only to the possibility of not enough jumpers will clear opening height then the height will be dropped by 6” in the vault and/or 2” in the high jump.
5. Procedure for each event:
  - a. The person in charge of the seeding will call the names of each athlete from the worst seed to the best seed that is automatically qualified, and then the coach will declare either that the athlete is “in” or “out” of the event. The person in charge of the entries will declare an athlete whose coach is not present at the meeting “in” the event.
  - b. Once the automatic qualifiers are completed the person in charge will declare the number of athletes that may be added from the provisional list to fill the field to at most 16 (8 lane track) or 18 (6 lane track).
  - c. The person in charge will then call the names of the athletes from the best provisional qualifier down until the number of required athletes are declared by the same procedure as in a. The person in charge of the entries will declare an athlete whose coach is not present at the meeting “in” the event.
  - d. If a coach of a provisionally qualified athlete is not present at the seeding meeting and there is a tie for the 16th (8 lane track) or 18th (6 lane track) the athlete of the school where the coach is not present will be removed before resolution of the tie.
  - e. If there is a tie for the final spot in the event among provisionally qualified athletes, then none of these athletes will not be entered. There will never be more than 16 (8 lane track) or 18 (6 lane track) except if there are more automatic qualified athletes than the prescribed number. Exceptions: If a resolution among coaches is made to bring the number to 16 (8 lane track) or 18 (6 lane track), then those athletes will be entered.
  - f. Once an event is closed a coach cannot go back to the event later and take an athlete out.
6. Procedures at the class meets are the sole responsibility of the games committee or the meet director. No vote of coaches will be taken on any issue. The meet director can solicit the opinion of coaches before making his/her decision. (As per National Federation Rules.)

### Meet Information

- **Registration:** There will be a sign-in table for the school-designated adult and to pick up any additional information. There will be NO competitor's numbers issued. Track event competitors will be issued hip numbers for each separate event.
- **Trainer:** The NHIAA provides a certified trainer for this event. The trainer will be on the infield for pre-meet preparation as well as for problems that arise during the meet. For those athletes requiring pre-meet preparation such as taping and wrapping, please bring supplies needed for your athletes such as tape, wraps, dressing, splints, pads, etc.
- **Results:** Results will be posted at the site after the official results of each event are announced. Final results can be found on the Lancer Timing web site in the evening after the completion of the meet.
- **Reporting to Event:** Athletes MUST report to an event, track or field, by the second call and check in with the Clerk or field event official. Simply arriving and not physically and verbally reporting does not constitute officially reporting for the event.
- **Seeding for Track Events:** Final seeding for track events will be made at the site after "Third and Final Call" has been announced. No athletes will be added once the final seeding has been started.
- **Time Limits:** Field events will close five minutes after the final attempt of the last competitor present. Athletes must complete a trial or pass within 1 minute after being called or be charged with an unsuccessful attempt except in the pole vault where 1 1/2 minutes is the time limit. Exception: when only three or fewer remain in the vertical jumps as stipulated by the rules of the event.
- **Uniforms:** Federation rule 4-3 applies. Jerseys MUST be tucked inside the shorts so that the hip number is clearly visible on the designated hip. In the relays, uniforms must be identical.
- **Headwear:** Caps, hats, visors, headbands or any other headwear is not considered to be part of the uniform and may not be worn while competing in an event, track or field.
- **Restricted Areas:** The infield, the track, areas along the jump and javelin runways and adjacent to the throwing circles and sectors are considered "restricted areas" and no one is allowed in these areas except meet personnel and competitors for events in progress. Exception: Designated coaches areas as determined by the meet director.  
Coaches, please remind your athletes that removal of any part of the team uniform except shoes while in restricted areas shall lead to a warning, and if the incident recurs, the athlete will be disqualified from further competition in the meet.
- **Relay Teams** must now qualify for the Meet of Champions.
- **Schools Designated Supervisor:** Athletes participating in NHIAA State Championship Meets must have a school designated adult supervisor in attendance at the event throughout the athletes' participation in such event. The Principal must authorize the adult supervisor and the athlete must present such authorization to the event director prior to participation.

## 2010 Track and Field Rules Changes

**3-2-4g New NOTE:** NOTE: All areas designated for the coaches to observe and confer with competitors shall be clearly identified and marked by the host meet management.

**Rationale:** The games committee has the authority to “designate specific areas for coaches to observe and confer with competitors.” The rules now give further instructions regarding the requirement for these areas to be clearly identified and marked by the host meet management. Coaching boxes are established for a specific purpose, to assist competitors by way of better communication with their coaches, however, proper location and identification are important.

**3-2-7:** Video replay or television monitoring equipment, other than the official equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

**Rationale:** The current rule allows for the use of video replay or television monitoring equipment to be used to make decisions related to the meet only if declared official and approved by the games committee. Now the determination to approve such equipment must be made prior to the start of competition eliminating electronic images and video from being presented to meet officials for approval after competition begins.

**3-17-2:** ...and finish. In all races that require a wind reading, the anemometer shall be set 50 meters from the finish line, and for the long jump and triple jump, 20 meters from the foul line. It shall face...

**Rationale:** This change makes more specific the location of the anemometer for all events requiring wind readings. In the horizontal jumps, where competitors have a choice of take-off boards, the anemometer will remain at 20 meters from the foul line regardless of choice. The anemometer distance will be measured from the common take-off board, not the alternate choice board. The language regarding the 200 meter dash is out of date and no longer needed.

**4-5-8e:** e. Communicating with a competitor through the use of any device.

**Rationale:** This rule change broadens the description of devices that cannot be used to communicate with competitor. As technology evolves new devices will be developed. The rule now prohibits communication with “any” device and eliminates the need for new language to constantly address new devices.

**5-6-3:** All heats and/or sections shall use the same starting procedure.

**Rationale:** In order for all competitors to receive an equal opportunity in a running event, the starting procedure for the event shall be the same for all heats and/or sections. This change does not prohibit sub-varsity heats and/or sections from using an alternate starting procedure to accommodate expanded participation, as determined by the state association or individual school.

**5-13-2b:** b. Knocks down any hurdle by hand

**Rationale:** The word “deliberately” has been deleted from this rule. The official no longer needs to determine the intent of the competitor. The word “foot” has also been deleted from the rule. The deletion of the word “foot” does not remove the requirement that hurdlers must attempt to clear each hurdle.

**6-5-5:** A 34.92-degree sector shall be marked on the ground. Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle to form an area into which legal puts shall be made. The inside edges of these lines shall mark the sector, and the lines shall be placed equidistance from the ends of the stopboard.

**Rationale:** The rule was changed to correct a statement within the rule regarding the position of the sector lines in reference to the stopboard. With the 34.92-degree sector the radial lines no longer extend from the extremities of the stopboard.

**7-2-11 New NOTE:** NOTE: A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee.

**Rationale:** The use of a bungee cord/elastic crossbar in the pole vault during warm-ups has previously not been allowed. A bungee cord/elastic crossbar may now be used during warm-ups for both the high jump and the pole vault. If used, the bungee cord/elastic crossbar must be approved by the games committee and must be a bungee cord/elastic crossbar manufactured specifically for use in track and field for this purpose. A bungee cord/crossbar may only be used if the standards for the event are such that they accommodate the specific bungee cord/elastic crossbar approved for use by the games committee.

**7-4-6, 7-5-11 New NOTE:** NOTE: Effective January 1, 2013, the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal for competition.

**Rationale:** Crossbars are now being manufactured as circular cross bars. The January 1, 2013 effective date will allow for the replacement of current crossbars which are not circular.

**7-5-4:** A competitor shall not use a variable weight pole, a pole which is improperly marked, a pole rated below his/her weight, or any other equipment which is not legal during warm-up or competition.

**Rationale:** The reference to the use of a bungee cord during warm-ups has been removed. If used, the bungee cord must be approved by the games committee and must be a bungee cord manufactured specifically for use in track and field for this purpose. A bungee cord may only be used if the standards for the event are such that they accommodate the specific bungee cord approved for use by the games committee.

**7-5-29g:** Deleted letter g, "clears the crossbar with the uprights positioned incorrectly."

**Rationale:** A competitor who clears an attempt in the pole vault should not be responsible for the uprights not being properly positioned by the officials.

### **Major Editorial Changes**

4-3-3, 4-5-9, 6-3-2a, 7-5-3

### **Points of Emphasis**

1. Coaching Box
2. Pole Vault
3. Games Committee Responsibilities
4. Contestant/Competitor
5. Application of "Design of Uniform" for Relays and Cross Country

**NHIAA CROSS COUNTRY and OUTDOOR TRACK & FIELD****APPEAL FORM**

Appeals may only be made involving a violation or misapplication of a rule and NOT on decisions of judgments.

Name of Meet: \_\_\_\_\_ Date of Meet: \_\_\_\_\_

Competitor's Name & Number: \_\_\_\_\_ -

School: \_\_\_\_\_

Area of Concern (circle one):      Running Event                      Field Event

Event: \_\_\_\_\_                      Rule Reference: \_\_\_\_\_

Description of Appeal: \_\_\_\_\_

Signature of Head Coach: \_\_\_\_\_

Time Submitted to Referee: \_\_\_\_\_

Decision of Referee (circle one):      Appeal Upheld                      Appeal Denied

Signature of Referee: \_\_\_\_\_

Appealed to Jury of Appeals (circle one):      Yes                      No

Decision of Jury of Appeals (circle one):      Appeal Upheld                      Appeal Denied

Signature of Head of Jury of Appeals: \_\_\_\_\_

**NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION**  
**REPORT OF NEW OR TIED RECORD IN TRACK AND FIELD**

EVENT: \_\_\_\_\_ DATE: \_\_\_\_\_

MEET NAME: \_\_\_\_\_

COMPETITOR'S NAME: \_\_\_\_\_

COMPETITOR'S SCHOOL: \_\_\_\_\_

CITY/STATE: \_\_\_\_\_

NEW/TIED RECORD DISTANCE/HEIGHT: \_\_\_\_\_ FEET \_\_\_\_\_ INCHES

NEW/TIED RECORD TIME: \_\_\_\_ : \_\_\_\_ . \_\_\_\_ MUST BE TIMED BY FAT

THE SIGNATURES BELOW INDICATE THAT YOU OBSERVED THE MEASUREMENT OF THE NEW/TIED RECORD IN A FIELD EVENT OR TIMED OR OBSERVED THE TIMING OF A TRACK EVENT:

SIGNATURES OF OFFICIALS:

HEAD OFFICIAL: \_\_\_\_\_

ASSISTANT OFFICIAL: \_\_\_\_\_

ASSISTANT OFFICIAL: \_\_\_\_\_

REFEREE SIGNATURE: \_\_\_\_\_

CERTIFIED OFFICIAL SIGNATURE: \_\_\_\_\_