

# TRACK & FIELD

## (BOYS AND GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2010-11

First day of Season: March 7, 2011  
Last Regular Season Contest Date: May 14, 2011

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

### E. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school track & field teams while they are members of a school track & field team.

### F. RULES

National Federation

### G. SANCTIONED EVENTS

Only track & field events that have been previously sanctioned by the Board of Directors may be included in seasonal and championship meets.

### H. REGIONAL MEETS

Regions will host meets for both classifications with the first place winner in each event getting an automatic berth to state. All other results are placed in a pool for selection. Should the first place winner decide not to attend state, that position cannot be transferred to the second place finisher in that region.

### I. STATE CHAMPIONSHIPS

Date: May 20-21, 2011  
Site: Lathrop High School, Fairbanks  
Host: ASAA, Lathrop High School, and Running Club North

#### 1. STATE MEET BERTHS

There will be two state tournaments to be held jointly. One for Schools in 1A-2A-3A classifications in which only finals will be run; One for only 4A Schools in which both prelims and finals will be run.

1A-2A-3A Individual Berths: The top finisher from the finals from Regions 2,3,5,6 plus the next four statewide best times or distances will qualify for finals at the State Tournament. (If Region 1 has a qualifier, then the next three statewide best times or distances will be invited to state.)

4A Individual Berths: The top finisher from the finals from Regions 3,4,5,6 plus the next 12 statewide best times or distances will qualify for the 4A State Tournament.

1A-2A-3A Relay Berths: The top top relay team from the finals from Regions 2,3,5,6 plus the next four statewide best times will qualify for finals at the State Tournament.

4A Relay Berths: The top relay team from the finals from Regions 3,4,5,6 plus the next four best statewide best times will qualify for the finals at the State Tournament.

Member Statewide Correspondence Programs: Any student enrolled full time in a member statewide correspondence program classified as 1A, 2A, 3A, or 4A may qualify for the state tournament by becoming a finalist at a respective regional tournament. In all cases, this berth would be at-large within the respective classification, and the student would not displace an athlete from a school within that region. In addition, the student would not be eligible for regional awards.

#### 2. STATE MEET FORMAT

- The 1-2-3A State Meet will consist only of finals for each event. Field events may be run concurrently with 4A field events. Running events will be run prior to the 4A events as scheduled.
- The 4A State Meet will consist of prelims and finals in each event except the 1600 meter and 3200 meter run and relays.
- Specific guidelines for each event will be posted on the track page of the [asaa.org](http://asaa.org) website.

#### 3. AWARDS

- First and Second Place team trophies for boys and girls in each tournament.
- Individual medallions for first, second, third, and fourth places in each event including relays for both boys and girls.
- Separate academic awards for highest team GPA for both boys and girls for both tournaments. Note: Teams must have minimum of five (5) members of one gender to be eligible.)
- Outstanding Competitor Award for boys and girls for each tournament.
- School sportsmanship award for both boys and girls for each tournament.