

TRACK & FIELD

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2026 SEASON

March 4, 2026 - First Practice

March 20, 2026 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

May 23, 2026 - Last Contest (Regular Season or Region Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

National Federation of High School (NFHS) Track & Field rules apply.

E. CONFERENCES

All teams are assigned to conferences (See Track & Field Conferences). Conference meet results determine state championship qualifiers. A contact person must be selected to communicate conference information with ASAA.

F. MAXIMUM MEETS

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

G. SANCTIONED EVENTS

Only events that have been previously sanctioned by the Board of Directors may be included in seasonal and championship meets. The State Championships will be comprised of the following events;

100 meters
200 meters
400 meters
800 meters
1600 meters
3200 meters

100/110 Hurdles
300 Hurdles
4x100 Relay
4x200 relay
4x400 relay
4x800 relay

Discus
High Jump
Long Jump
Shot Put
Triple Jump

For Unified athletes, the State Championships will be comprised of the following events;

| | |
|-----------------------------|--|
| Athlete & Partner Long Jump | Athlete & Partner 100 meters |
| Athlete & Partner Shot Put | 4x100 Relay - Athlete, Partner, Partner, Athlete |

For Adaptive athletes, the State Championships events available based on athlete's participation;

| | | |
|-----------|-------------|-------------|
| Shot Put | Triple Jump | 1600 meters |
| Discus | High Jump | 3200 meters |
| Long Jump | 800 meters | |

H. STATE CHAMPIONSHIPS

1. DATES

May 29 - 30, 2026

2. SITE & HOST

Dimond High School, Anchorage

Hosted by ASAA & Dimond High School

3. STATE CHAMPIONSHIP FORMAT

a. Qualifying Format

- Regions can host meets for both classifications. After all automatic qualifiers are determined, all other results are placed in a pool for selection.
- There will be two state meets held jointly for the Division I and II classifications.
- Division I and II State Meets will consist of prelims and finals in each event except for the 1600, 3200, and relay events.

b. Division I Individual & Relay Berths

The top finisher from the finals from Regions 3,4,5,6 will qualify for the state championship. In addition, the next 12 statewide best track times from the finals and the 12 statewide best field distances from the preliminary and the finals will qualify. The top relay team from the finals from Regions 3,4,5,6 plus the next four best statewide times from finals will qualify for the finals at the State Championship.

c. Division II Individual and Relay Berths

The top finisher from the finals from Regions 2,3,5,6 will qualify for the state championship. In addition, the next 12 statewide best track times from the finals and the 12 statewide best field distances from the preliminary and the finals will qualify. The top relay team from the finals from Regions 2,3,5,6 plus the next four best statewide times from finals will qualify for the finals at the State Championship. (NOTE: Region 1 will notify ASAA at least 30 days prior if there is an automatic qualifier. If so, then the next 11 statewide best times or distances will be invited to state.)

d. Unified Individual and Relay Berths

Athletes must qualify through a region meet. Automatic qualifiers will be the top mark from each region. ASAA will use the remaining marks as possible at-large qualifiers up to a maximum of 8 entrants.

e. Adaptive Athletes: Each school may bring up to four (4) adaptive athletes. They can compete in field events, the 800, 1600 and 3200 meters. Schools must notify ASAA 30 days prior to the state meet which events they will be competing in.

f. Ties: Ties for the last qualifying position will be invited to State Track & Field meet. These ties will be invited as long as the integrity and impact on the event and other athletes is minimal. Ties for the last qualifying position will be evaluated on a case-by-case basis.

g. High Jump: All At-Large High Jump qualifiers must have jumped, at their Region Meet, the starting height of the state championship to qualify.

h. Scratches and Substitutions: Should the first place winner decide not to attend the state meet, that position cannot be transferred to the second place finisher in that region. In the event a qualified contestant is unable to compete due to extenuating circumstances (illness, injury, and ineligibility), it is the responsibility of the school of the indisposed contestant(s) to notify ASAA, by the deadline. Once notified ASAA will invite the next athlete with the best qualifying time. After the deadline, if someone is not able to compete, that spot will not be filled. This substitution must be an ASAA eligible contestant.

4. PROCEDURES FOR STATE ENTIREES

a. All conference meets are required to utilize Athletic.net with each division having its own file.

b. ASAA will post the top 16 qualifiers and up to three alternates on the Monday morning prior to the State Event.

c. All qualified participants are automatically entered. Alternates will be automatically entered as scratches occur.

d. Coaches need to decline those qualifiers not attending the state meet by Wednesday 8:00 AM. To decline, the school will need to unregister the entry on athletic.net. **Once a coach has unregistered an athlete they may not reregister them.**

e. If there is a declared scratch at the Coach's Meeting, ASAA will invite the next available alternate that is already qualified into the meet in another event.

5. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining Track & field championship information (i.e. supplemental rules, substitutes, passes, deadlines, protocol, facility info, coaches meetings, etc) will be available online prior to the start of the championship on the Track & Field Coaches web page. State qualifying teams are required to review this document.

6. STATE CHAMPIONSHIP FORMS

All state forms are accessed through the School Activities Reporting System (SARS) and submitted online. More information and due dates can be found on the Track & Field coaches page at asaa.org. The following forms need to be submitted;

- Eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good Sport Selection Form
- Academic Award Entry Form (submitted by admin, found at asaa.org)

7. AWARDS

- a. First and second place team trophies
- b. 1st - 4th place medallions for EACH event (including Unified Events)
- c. Team Sportsmanship Award
- d. Academic Award (Teams must have a minimum of 4 members of one gender to be eligible.)
- e. Outstanding Competitor Awards
- f. Good Sport Team Members. Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.
- g. Adaptive Awards
 - 1st place medallion for 1-3 participating athlete in each event.
 - 1st and 2nd place medallion for 4-7 participating athlete in each event.
 - 1st-4th place medallions for 8 or more participating athletes in each event.

TRACK & FIELD QUALIFIERS

DIVISION I

Individual Events: The top finisher from the finals from Regions 3,4,5,6 will qualify for the state championship. In addition, the next 12 statewide best track times from the finals and the 12 statewide best field distances from the preliminary and the finals will qualify.

Relay Teams: The first place relay team from each Conference qualifying meet finals plus the next four best times/distances will qualify to the State Championships for a total of eight.

Region 3

Colony
Kodiak
Palmer
Soldotna
Wasilla

Region 4

Bartlett
Bettye Davis East
Chugiak
Dimond
Eagle River
Service
South Anchorage
West Anchorage

Region 5

Juneau-Douglas
Ketchikan

Region 6

Lathrop
North Pole
West Valley

DIVISION II

Individual Events: The top finisher from the finals from Regions 2,3,5,6 will qualify for the state championship. In addition, the next 12 statewide best track times from the finals and the 12 statewide best field distances from the preliminary and the finals will qualify. If Region 1 has an automatic qualifier, the next best 11 times or distances will be invited.

Relay Teams: The first place relay team from each Conference qualifying meet finals plus the next four best times/distances will qualify to the State Championships for a total of eight. If Region 1 has an automatic qualifier, the next best three times will be invited.

Region 2

Allakaket
Anderson
Andrew K Demoski (Nulato)
Birchwood Christian
Cantwell
Cook Inlet Academy
Cordova
Dot Lake
Effie Kokrine
Glennallen

Holy Rosary
Jimmy Huntington (Huslia)
Johnny Oldman (Hughes)
Kaltag
Kenai Peninsula ESSS
Kenny Lake
Knik Charter
Kodiak Island ESSS
Lumen Christi
Maudrey Sommer (Tanana)

Minto
Nenana
Nikolaevsk
Ninilchik
Susan B English (Seldovia)
Su Valley
Tetlin
Tok
Tri-Valley
Walter Northway

Region 3

Grace Christian
Homer
Houston
Kenai Central
Mountain City Christian Academy
Nikiski
Redington
Seward

Region 5

Angoon
Craig
Gustavus
Haines
Hoonah
Hydaburg
Kake
Klawock
Metlakatla
Mt. Edgecumbe
Petersburg
SISD ESSS
Sitka
Skagway
Thorne Bay
Wrangell
Yakutat

Region 6

Delta Junction
Galena
Hutchison
Monroe Catholic
Valdez