



2023 ASAA / First National Bank Track & Field State Championships Policies & Procedures

Date: Friday, May 26 - Saturday, May 27
Location: Palmer High School - Palmer

Regional Qualifying Berths to State: The 2023 Track & Field State Championships consists of two separate classifications, Division II and Division I. Regions can host meets for both classifications. After all automatic qualifiers, all other results are placed in a pool for at-large selection.

State Qualifying Format: Division II State Meet and the Division I State Meet will consist of prelims and finals for each event except for the 1600, 3200, and all relay events. Field events will be run concurrently. Division II running events will be run prior to the Division I events as scheduled.

Division II Individual and Relay Berths: The top finisher from the finals from Regions 2,3,5,6 plus the next 12 statewide best times or distances from finals will qualify for the State Championship. Region 1 will notify ASAA at least three weeks prior if there is an automatic qualifier. If so, then the next 11 statewide best times or distances will be invited to state. The top relay team from the finals from Regions 2,3,5,6 plus the next 4 best statewide times from finals will qualify for the finals at the State Championship. If Region 1 has an automatic qualifier, the next 3 best statewide times from finals will qualify for the finals at the State Championships.

Division I Individual & Relay Berths: The top finisher from the finals from Regions 3,4,5,6 plus the next 12 statewide best times or distances from finals will qualify for the State Championship. The top relay team from the finals from Regions 3,4,5,6 plus the next 4 best statewide times from finals will qualify for the finals at the State Championship.

Ties: Ties for the last qualifying position will be invited (exception for High Jump) to the State Track and 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.

High Jump: All At-Large High Jump qualifiers must have jumped, at their Region Meet, the starting height of the State Championship to qualify. Boy's Division I High Jump will start at 5'6"; Boy's Division II High Jump will start at 5' 4" with raise increments of 2" until 6', then raise increments of 1". Girl's Division I High Jump will start at 4'6" ; Girls Division II High Jump will start at 4' 4"with raise increments of 2" until 5 feet and then raise increments of 1".

Scratches and Substitutions: Should the 1st 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, or ineligibility), it is the responsibility of the school of the indisposed contestant(s) to declare the intent of the school on athletic.net by unregistering that athlete. Once notified, ASAA will invite the next alternate with the best qualifying mark by the use of athletic.net. After the deadline, if someone is not able to compete, that spot will not be filled. Declared scratches at the Coaches Meeting will be dealt with at that time.

Track & Field Rules: The event shall be conducted in compliance with the 2022-23 NFHS Rule Book and the additional guidelines found in the ASAA handbook on pages 188-189 and this document.

Track & Field State Championships

May 26-27

Palmer HS - Palmer

SATURDAY, MAY 20 - 8:00 PM

- Region Results & State Qualifiers submitted to Rus Schreckenghost <championships@asaa.org> - Email Athletic.net File

SUNDAY, MAY 21 - 2:00 PM

Eligibility Roster Finalized

State Entry Form

Code of Conduct Form

Photo Upload Form

Good Sport Selection Form

MONDAY MAY 22 - 6:00 PM

Deadline for accepting alternates on athletic.net

TUESDAY, MAY 23 - 2:00 PM

• Academic Award

WEDNESDAY, MAY 24 - 6:00 PM

- Deadline for qualified athletes to be scratched and next alternate can be advanced. School must unregister that athlete on [Athletic.net](http://athletic.net).

THURSDAY, MAY 25 - 6:00 PM

- Mandatory Coaches Meeting at Palmer High School

2023 TRACK & FIELD STATE CHAMPIONSHIPS POLICIES & PROCEDURES

Practice Time: Available at Palmer High School Thursday May 25 beginning at 1pm through the conclusion of the coaches meeting (approx. 7:30pm). After the coaches meeting, the facility will be shut down.

Coaches Meeting: All Head Coaches are required to attend. Coaches packets, passes, and tournament instructions will be distributed and reviewed.

Region Results & Qualifying Entries

Qualifying entries must be determined at a Regional Meet. Results of each regional meet must be reported as a CSV or Excel Export to Rus Schreckenghost (championships@asaa.org) Dale Ewart (edward.ewart@matsuk12.us) and Kathleen Navarre (Kathleen@asaa.org). E-mail athletic.net file. **The names of ALL Relay Team member Qualifiers must be listed in the results.** Qualifiers will not be posted on the web until Monday. This is to allow for confirmation and accuracy.

Substituting Qualifiers based on the criteria below:

Deadline for contacting ASAA (using athletic.net) is 9:00am Wednesday, May 24, 2023

Once the list of qualifiers is posted, any athlete who cannot compete in any event(s), may be substituted with an alternate selected from the list of the next best qualifiers from all Regional Championships. If a coach knows that a qualifier will not be competing in an event that he/she qualified, the coach or school administrator is required to declare the intent with athletic.net by unregistering that particular athlete in order that an alternate may be selected. An E-mail will be sent when an alternate becomes a participant. Notify Rus Schreckenghost (schreck@asaa.org) if you have any difficulties. The list of qualified athletes will be updated on athletic.net.

Roster: ASAA is using Arbiter Athlete for its School Activities Reporting System (SARS). Schools need to indicate which students have qualified for state through this system. This can be done by accessing the Track & Field eligibility roster. Indicate the student is a state qualifier. In addition, the State Entry Form must be submitted. Both submissions are due by 2pm on Sunday May 19th.

Passes:

Coaches: Only certified coaches listed on the School Activities Reporting System (SARS) will receive a pass. Coaches must have on their person the pass. If not the school will be fined \$25.

Participants: Passes will be based on qualified athletes (including managers). All participants must be in uniform or have their pass with them. If not the school will be fined \$10.

Administration: Each school will be provided one pass for attending administrators. The administrator should check in at the gate to receive the pass.

Schedule: The entire schedule for each day's events can be found at asaa.org on the Track & Field page.

Results: All results will be posted online as soon as possible during events each day. You will be able to see results at asaa.org on the Track & Field page.

Appeals: Head Coaches can report possible violation to the Referee. Please fill out and follow the process on the State Track & Field Championships Appeals Form.

Water: Water will be provided by Palmer High School at the Clerking Tent, the Finish Line, and at the Field Event venues.

Medical: Medical coverage will be provided by Larson Chiropractic and OPA. Ice will be available in emergencies.

Event Supervision: Each participating school will be requested to identify an Administrator or other person approved in advance by the Principal who is responsible for the conduct of its coaches, participants and fans throughout the contest, as defined in the ASAA bylaws Article 6, Section 4.

2023 TRACK & FIELD STATE CHAMPIONSHIPS POLICIES & PROCEDURES

Photography/Videotaping (Parents, Yearbook and School/Team Photo/Video): No flash photography. Fans, parents, coaches, school employees, etc. are not allowed to photograph outside the spectator area. Designated areas outside the spectator area are reserved for working members of the media. Video service of each event will not be provided by ASAA. Only ASAA Credentialed Media are allowed to by outside the spectator area.

State Merchandise: Northwest Designs is the Official State Merchandise Vendor. NWD will have a large variety of apparel and feature on-site printing with customized made to order commemorative items. A web store is also available online at ASAA.org/store.

Awards: All teams are expected to be in team uniforms or warmups to participate. Awards will be presented in the Stadium.

Good Sport Athletes: Coaches may select individual(s) that demonstrated good sportsmanship throughout the season. If four athletes (per gender) then one athlete is chosen - if eight or more athletes (per gender) than two athletes are chosen.

Individual Awards:

- Friday field event awards will be presented the same day.
- Saturday's awards will be presented throughout the final races.

Team Awards: At the end of the tournament, the following team awards will also be given for each classification and gender:

- 1st Place & 2nd Place Team Trophies
- Sportsmanship Award: Team members/fans displayed the best behavior and sportsmanship.
- Academic Award to the team with the highest combined GPA for the preceding semester – must have a minimum of four competitors per gender.
- Outstanding Competitor Award: Voted by coaches based on performance(s) at the state meet.

Admission Prices: One price all day

- Adults – \$10.00
- Elders (65+) and Children Under 7th Grade FREE
- Students (gr. 7-12) – \$5.00
- School passes honored during reg. season are NOT valid for the state tournament.

Participation Fee: The Board of Directors has authorized the assessment of a participation fee for all state championships and festivals. The fee for Track & Field will be \$10 per student participant (including student managers) with no maximum. Once the deadline for withdrawals and substitutions has passed the state meet, the roster will be considered final and schools will be invoiced that amount following the event.

SPECIFIC TRACK & FIELD SITE GUIDELINES

Field Rules: NO FOOD allowed including SUNFLOWER SEEDS, DRINKS OTHER THAN WATER, GUM, OR PEANUTS are allowed on the field!

Palmer School Building: The lower commons of the school building will be open for locker room use.

Team tents: will be allowed along the upper fence behind the Home Bleachers and on the far side of the practice field.

Restricted Areas: Coaches and athletes may not enter restricted areas which is the perimeter around the track except for the designated observation areas for the Jumps.

Awards Stand: Located in the middle of the field allowing for photo taking from the stands in both sides.

Team Banners: Teams are encouraged to bring banners with their school logos and hang them on the fence between the 200 meter start line and the 100 meter start line. All banners must be placed at least one hour before the start of the running events.

Field Implements: Schools may use their own implements if they are judged as legal. All field implements must be brought to Palmer High School during the Coaches Meeting on **Thursday May 25** for inspection or on **Friday May 26 and Saturday May 27 between 8-8:30 am**. Only implements that pass inspection will be used during competition. Indoor shots will not be allowed.

High Jump: This will occur outdoors on the All-Weather Surface same as the track. There will be an opportunity for high jumpers to practice on Palmer's outdoor pit on Thursday afternoon starting at 1:00 pm.

Jump Markers: The Games Committees decision regarding Long Jump, Triple Jump and High Jump markers is: Each jumper is allowed one mark for their starting location and one mark in their approach, but no marks are permitted within 5 meters of the bar or take-off board. Tape is only to be used as markers on the runway and surface.

Field Events: The preliminary flights for Long Jump, Triple Jump, Shot Put, and Discus will be seeded with three flights of 5, 5, and 6. Flight 3 would include the 6 best qualifying marks from the Regional competitions. If weather permits two Flights, the first flight will include the lower eight qualifying marks with Flight 2 the higher eight qualifying marks.

Alternates for finals: At the completion of the preliminaries, three alternates (three fastest non automatic qualifying times) will be identified for each running event of 800 meters or under. Those alternates may check in at the clerk's tent with the finalists. If there is a scratch by one of the eight finalists, the first alternate will be entered. If a second scratch occurs, the second alternate will be entered and continued. The seeding will not be redone. Alternates will fill the lanes of those they are replacing. False starts will not be replaced with alternates