



2025 ASAA/FIRST NATIONAL BANK ALASKA TRACK & FIELD STATE CHAMPIONSHIPS

May 30-31, 2025 at DIMOND HIGH SCHOOL

POLICIES AND PROCEDURES

Schedule:

Friday, May 30
9:00 AM Meet Begins
Saturday, May 31
8:00 AM Meet Begins

Format: The meet will consist of prelims and finals for each event except for the 1600, 3200, and all relays. Field events will run concurrently. DII running events will be run prior to the DI events

Rules:

- 2025 National Federation of High School (NFHS) Track & Field Rules Book.
- Policy & Procedure in the ASAA Handbook (page 187-192)
- 2025 T&F Games Committee Rulings

Region Results: Qualifying marks must be determined at a Regional Meet. Results of each regional meet must be finalized in athletic.net by 8:00 PM Saturday May 24th. The names of ALL Relay Team members must be entered in athletic.net. State qualifiers will be posted on the ASAA website Monday.

Division II Berths: The top finisher from the finals of Regions 2,3,5,6 meets plus the next 12 statewide best qualifying marks 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 of Regions 2,3,5,6 meets 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 Berths: The top finisher from the finals of Regions 3,4,5,6 meets plus the next 12 statewide best times or distances from finals will qualify for the State Championship. The top relay team from the finals of Regions 3,4,5,6 meets 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 5'0" and then raise increments of 1".

IMPORTANT DATES

SATURDAY, MAY 24 - 8:00 PM

- Final Regional Results posted on athletic.net

SUNDAY, MAY 25 - 2:00PM

- [Eligibility Roster Finalized](#)
- [State Entry Form](#)
- [Photo Upload Form](#)
- [Code of Conduct Form](#)
- [Good Sport Selection Form](#)

TUESDAY, MAY 27 - 5:00PM

- [Academic Award Entry](#)

WEDNESDAY, MAY 28 - 6:00PM

- Deadline to scratch an athlete and advance the alternate

THURSDAY, MAY 29 - 6:00PM

- Coaches Meeting - Mandatory at Dimond High School Old Gym

Scratches and Substitutions: Should the top finisher 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 unregister that athlete on athletic.net. 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.

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.

Roster: ASAA is using Bigteams 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 roster. Indicate the student is a state qualifier. In addition, the State Entry Form, Photo Upload, Code of Conduct form and Good Sport Selection Form can be accessed through Bigteams. All submissions are due by 2pm on Sunday May 25th.

Practice: Available at Dimond High School Thursday May 29 beginning at 1pm through the conclusion of the coaches meeting (approx. 7:30pm). After the coaches meeting, the facility will be shut down.

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 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.

Results: All results will be posted on athletic.net at the end of each day.

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

Medical: Medical coverage will be provided by 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. Please have the designee check in with ASAA staff upon arrival at the event.

Photography/Videotaping: 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 and must have a media pass. If a team has a team photographer the admin needs to contact Isaiah (isaiah@asaa.org) prior to the meet to obtain a temporary media pass.

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.

FACILITY & MEET GUIDELINES

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

Dimond School Building: The old gym of the school building will be open as needed for inclement weather.

Team tents: will be allowed along the upper grass area behind the concessions stand, on the top row of the stadium seating and in the grass area on the finish line side.

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, facing 100m straight away.

Team Banners: Teams are encouraged to bring banners with their school logos and hang them on the fence between the 300 meter start line and the 200 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 Dimond High School during the Coaches Meeting on **Thursday May 29** for inspection or on **Friday May 30 and Saturday May 31 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 Dimond'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.