



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION

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TO: HEAD TRACK COACHES
FROM: CHAD WHITWORTH, ASSOCIATE COMMISSIONER
DATE: APRIL 8, 2024
SUBJECT: STATE TRACK

BOYS AND GIRLS STATE TRACK MEET

May 16-17-18, 2024

Meet Director – Chad Whitworth
Harry Geldien Stadium -- Kelly Walsh High School, Casper

Thursday Team Information

Gates will open on Thursday at 10:00 a.m. for team camp set up. **Please do not come before 10:00 a.m.**

Team packets may be picked up at the stadium ticket window beginning at 10:00 a.m.

The only entrance to the infield will be by the track shed at the south end of the stadium. The west gate on the back straightaway will only be an exit gate. Coaches and athletes will not be allowed to enter the infield from this gate.

Important Notices to Coaches

You will receive information at the State Track Meet which will have heats, lanes, and a schedule of events, plus numbers for your participants. All participants must wear their assigned numbers at all times while competing and for admission to the field and stands. **Bib numbers should be worn on the back of the uniform except when competing in the pole vault and high jump events.**

Coaches, managers, and bus drivers will be issued passes for admittance to the meet. Track participants will not be allowed on the field unless they are dressed in track uniforms **and wearing their numbers. No one except competitors will be allowed on the track or infield.** A warm-up area has been designated and participants may warm-up there only.

Since we want to run this meet on schedule, please alert your track competitors to be listening for calls and report to the starting line, pit, or ring on time. Competitors will have to be there on time or be scratched.

State Meet Heat & Flight assignments will be posted on our web page <www.whsaa.org> by Monday morning. Please check this information and call the WHSAA office by 10:00 a.m. Tuesday with corrections.

Please review the following information which outlines the three ways that a relay team can qualify for the State Meet.

*****Each school may have only one relay team per relay event at the regional and state meet.**

- a. A relay team is entered (non-prequalified by mark) in the Regional Track Meet. The teams that place in the top four at Regional Meets qualify for the State Meet. The coach is free to make substitutions in this relay for the State Meet as long as students are eligible by all WHSAA rules and do not surpass individual event limits.

- b. A relay team (pre-qualified) is entered in the Regional Meet by submitting a completed Track Qualifying Standard Report Form along with the school's entries by the deadline (On or before the date requested by the regional host). The relay team then places in the top four at a Regional Meet. The coach is free to make substitutions for the State Meet as long as students are eligible by all WHSAA rules and do not surpass individual event limits.
- c. A relay team (pre-qualified) is entered in the Regional Meet by submitting a completed Track Qualifying Standard Report Form along with the school's entries by the deadline (on or before the date requested by the regional host). The relay team does not finish in the top four at a Regional Meet. The relay team is still entered and qualified for State, but the same four student-participants who ran on the relay team at the Regional Meet must run on the team at the State Meet.

NOTE: If there are any substitutions to a prequalified relay team, including for an injured participant, the relay team is no longer prequalified and must place in the top 4 in order to qualify for state.

- **If a runner is injured, a replacement may be entered with approval of the Commissioner of the WHSAA.**
- **If an athlete is injured and an alternate replaces him/her, the injured athlete will not be allowed to participate in the State Meet.**
- **If an athlete is injured during the State Meet, he/she will not be allowed further participation.**

Relay Team Numbers - Numbers assigned to your participants are the same numbers to be used for your relay team. If you need additional numbers (for those who are only participants in relays and were not assigned a number), please report to the area from which you picked up your team packet and request the additional numbers and pins needed.

By WHSAA Board adoption upon request by the Wyoming Track Coaches Association are the following:

- a. In Regional Track Meets nine athletes qualify for the finals in shot put, discus, long jump, and triple jump.
- b. Heats and lanes for the preliminaries of running events and relays at the State Meet for all classes will be seeded from Regional Meets by both place and time, and then those who qualified by standard will be heated. The first place finisher from each heat and the next fastest times (regardless of heat) to fill a field of eight will qualify to the finals at the State Meet.
- c. When there are eight or fewer teams at the Regional and State Meet in the 4 X 800 relay, the alley start shall be waived, and each team assigned a lane.

The Games Committee has determined that in regards to removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal. The area of competition at the State Meet shall be defined as inside the fenced area for all track events. The area surrounding the discus, shot put and pole vault shall be in effect during and immediately after the event.

Heating for the State Track Meet

RELAY HEATING - ALL HEATS ARE FINALS

- A. 4x800 Relay: 1 heat, regardless of number of qualifiers
- B. 4x100, 4x400 and 1600 Medley relays:
 1. At least 6 teams in the fast heat.
 2. Heat #1 is the slow heat; heat #2 is the fast heat.
 3. Heat divisions:
 - 9 teams---3 in heat #1; 6 in heat #2
 - 10 teams---4 in heat #1; 6 in heat #2
 - 11 teams---3 in heat #1; 8 in heat #2
 - 12 teams or more---8 in heat #2 the remaining in heat #1
 4. Lane assignments for the State Meet will be determined by the teams' place and time at the Regional Meets. All relay teams who have qualified only by qualifying mark will be placed by time after all Regional Qualifiers have been seeded.

PRELIMINARY HEATING -- All qualifiers from the Regional Track Meets will be seeded according to their place and time from the Regional Meet. After all Regional Qualifiers are placed, those who have qualified through qualifying standards will be placed according to time.

HEATING FOR FINALS - Adopted by WHSAA as per Wyoming Track Coaches' Association recommendation.

The first-place finisher from each heat and the next fastest times (regardless of heat) to fill a field of eight.

Preliminary heat timing procedures in place for using handheld times if timing system fails.

- A. Events - 200, 100, 100/110 Hurdles
Two watches on first, second, third, fourth, fifth, sixth, seventh, and eighth.
- B. Events - 300 Hurdles, 400
One watch on first, second, third, fourth, fifth, sixth, seventh, and eighth.

800, 1600, 3200 Meter Runs

These events will all be started with a one turn alley start at the State Track Meet. The 4 x 800 relay will be run in lanes if there are eight or fewer teams qualified in that classification.

1600 Medley Relay

The 1600 Medley Relay will be a 3-turn stagger. Acceleration zone may be used for the 1st and 2nd exchanges.

4 X 100 Relay

½ tennis balls will be provided for marking acceleration zones. If you want to use something else, you **MUST** get it approved by the meet referee.

Runways

The following areas of Harry Geldien Stadium's track have rubberized surfaces: running surfaces, long jump, triple jump, pole vault runways, and high jump. Spikes other than 1/4" on these areas are not allowed. **The WHSAA and meet officials request that coaches make sure that competitors are wearing spikes that do not protrude more than 1/4" beyond the sole of their competitive footwear.** Shot and discus areas are concrete.

Starting blocks will be provided for all lanes. Blocks will be set and left in that position for all heats of a particular race.

State Meet Starting Heights

Starting heights for the pole vault and high jump for all classes have been determined with input from the Wyoming Track Coaches Association and are as follows:

Pole Vault:	<u>BOYS</u>	<u>GIRLS</u>
	4A---11'	4A---7' 06
	3A---11'	3A---7'
	2A---10'	2A---6' 06
	1A---9'6"	1A---6'
High Jump:	<u>BOYS</u>	<u>GIRLS</u>
	4A---5' 08	4A---4' 06
	3A---5' 08	3A---4' 06
	2A---5' 04	2A---4' 02
	1A---5' 04	1A---4' 02

The Commissioner of the WHSAA may at his discretion alter the starting heights in the high jump and pole vault, providing fewer than **eight** athletes have cleared the starting height at the regional meets.

In case of bad weather, meet management may adjust the starting heights. These starting heights are for the State Meet only. Regional starting heights will be set by meet management.

High Jump

Each athlete will be allowed one mark on the apron. Chalk will not be allowed on the apron. In case of bad weather, an exception may be made to allow chalk.

Pole Vault

All pole vault participants will be weighed, and all poles used during the meet will be checked for proper markings and correct body weight rating. Pole vault participants will weigh-in wearing the uniform they will vault in.

On Thursday, 3A Boys and 1A Girls will be weighed in from 1:30-2:30 p.m. for their scheduled pole vault event. Please be listening for public address system announcements of these weigh-ins. Vaulters do not need to take poles to weigh-ins.

On Friday, all remaining vaulters will be weighed in from 7:30-9:00 a.m. We will weigh the 1A boys and the 3A girls first, followed by the remaining Friday vaulters. Any Friday vaulter not weighing in during this time period will not be eligible to participate. Discovery of any vaulter using a pole in violation will be dealt with as unacceptable conduct with the vaulter being disqualified from the event.

Should weather require us to move any event to the following day, vaulters will need to weigh-in again that morning.

When there are four or fewer competitors remaining in the pole vault, the bar shall be raised in 3" increments.

Coaches Boxes

A coaching box will be provided for each of the field events located in the infield area during the State Meet. This area will be restricted to one coach from the school of the participating athlete. Coaches are asked to stay in the designated area until their athlete has completed the competition. Athletes will not be allowed to run across the track to talk with a coach in the stands.

*****Coaches boxes are not to be used during running events or relays. These areas are only to be used during the field events. There should be no coaches in the restricted infield area when their athlete is not competing in a field event and/or there are only running events taking place.**

*****Violation of this rule may be considered an unsporting act and the coach may be disqualified for the remainder of the State Meet. If a coach is disqualified, they will go through the Coaches Buy Back Program as outlined in Rule 3.5.35 of the WHSAA Handbook.**

Implement Weigh-Ins

Shot put and discus weigh-ins will be done, one hour before their scheduled event time. Shot puts will be weighed at the west side of the white track shed. Discus weigh-ins will be near the discus ring. Please be listening for public address system announcements of these weigh-ins.

Athletes with Asthmatic Conditions

The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the Meet Director/Referee prior to the beginning of the meet.

Unrestricted Area for Coaches

The area outside the chain link fence around the track or in the stands is the unrestricted area for coaches. There will be a coaching box provided for pole vault and all jumping events. These will be the unrestricted areas during those events. Only one coach per school may be in the coaching box. The shot and discus unrestricted area will be explained at the site.

Pictures

The awards stand will be placed in the infield close to the stadium seating. Pictures may be taken from the grandstand area. **Coaches and parents will not be allowed in the infield to take pictures.**

Dressing rooms

- Girls; south dressing room under the stadium
- Boys; north dressing room under the stadium

We would appreciate your cooperation in keeping these changing rooms as clean as possible. If you are using the showers, please make sure they are turned off after use.

The stadium dressing rooms and pool area will be available to athletes should there be inclement weather.

Towels

Towels will not be furnished.

Valuables

You are responsible for your individual valuables.

Staging Area

When your event is called, report to the staging area as announced. When reporting, please use the far south stairs to gain access to the track.

Warm-Up Area

The warm up area for athletes will be the football field. Those athletes not warming up or competing should remain in their team camp areas.

Student Workers

Only student workers as assigned by the Meet Director, will be permitted to transfer sweat clothes from the start line to the finish line and hold starting blocks when participant desires.

Athletic Trainer

An athletic aid station will be set up in the white shed at the south end of the straightaway. We will offer ice and hot pack treatment and taping, as well as first-aid for injuries. If a whirlpool or other specialized treatment is necessary, we can offer this in the training room inside Kelly Walsh High School. If you have an athlete who requires a wrap or taping, PLEASE FURNISH THE SUPPLIES.

Time Schedule

As you can see from the time schedule in your packet, running events and field events will be going on at the same time. It will be the contestant's responsibility to go from the running event to the field event immediately upon completion of the running event. They must also notify the official in charge of the field event the reason for their absence before taking part in the running event.

Pressbox

Restricted to meet officials only, please do not ask for admittance.

Ticket Prices

	<u>Adults</u>	<u>Students</u>
All Day Thursday	\$5.00	\$3.00
All Day Friday	\$6.00	\$4.00
Friday - Afternoon Session	\$4.00	\$2.00
All Day Saturday	\$6.00	\$4.00
Saturday – Afternoon Session	\$4.00	\$2.00
All Session Pass	\$13.00	\$9.00
All Session Pass – Friday & Saturday	\$11.00	\$7.00

Awards

All track and field event place winners will be awarded their medals immediately following the event. The eight (8) medal winners are to accompany the designated official to the awards stand. No call for award winning finishers will be made.

Best of the Best

In addition to the medals awarded to the top eight place finishers at the conclusion of each event, we are recognizing the best performance by girls and boys in each event, regardless of class.

These special awards will be called **THE BEST OF THE BEST**.

Please note the time schedule for these presentations. You will need to know if your student/athlete is the State's best in each event. The winners will not be called to the awards stand. If the winners are not present at the assigned time, their medal will be given to their respective coach.

Final Race Lane Assignments

Upon completion of the preliminaries Friday afternoon, you may pick up Saturday's event information at the ticket window in the back of the Press Box.

Appeal Process and Form

The Referee is solely responsible for the proper conduct of all phases of the track and field competition. The Referee will rule on infractions of the rules or irregularities which may not be covered within the rules. Appeals regarding misapplication of the rules, must be filed within 30 minutes after the announcement of the results in that event. Any such appeal must be submitted in writing by the head coach to the Referee. The Referee shall render a decision after reviewing the appeal. A jury of appeals has been appointed and the decision of the Referee may be appealed. The enclosed form must be used when making an appeal.

APPEAL PROCESS

The jury of appeals will function as the final board of appeals and all decisions are final.

(A) What Is Subject to Appeal?

- (1) Appeals regarding misapplication of the rules must be filed within 30 minutes after the announcement of event results;
- (2) Appeals dealing with correction of clerical or team scoring errors may be corrected up to 48 hours;
- (3) Appeals dealing with correction of meet results involving an ineligible participant may be made at any time discovered;
- (4) Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the Meet Director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

(B) What Is Not Subject to Appeal?

- (1) Any judgment decision pertaining to violations or alleged violations of the rules;
- (2) A decision made by the finish judges or timers that does not involve a misapplication of a rule, or the terms and conditions of competition.

(C) The Appeal Process

- (1) Must be made by the head coach, in writing, on a form designated for that purpose.
- (2) Must include competitor's name, school and number, as well as the event involved;
- (3) The specific rule in question;
- (4) A brief description of the situation or ruling being appealed. The appeal should be presented to the proper authority, i.e., the jury of appeals.

The jury of appeals for the 2024 State Track Meet will consist of Chad Whitworth, Ted Schroeder, Chris Gray and Tom Nirider.

WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION

STATE TRACK MEET

APPEAL FORM

(Please Print)

Date Filed _____ Time _____

Event _____ Boys _____ Girls _____

Individual _____ # _____

School _____

*Rule Reference _____

* This line must be completed in order to have an appeal.

Description of the Appeal

_____ Print Name of Head Coach

_____ Signature of Head Coach

State Track