

TRACK AND FIELD

DATES FOR TRACK & FIELD MEETS

	District Meets	
Classes B and C.....		May 11-16
	Divisional Meets	
All Classes.....		May 18-23
	State Meets	
All Classes.....		May 29-30

I - GENERAL RULES AND REGULATIONS

- (1) The Montana High School Association will promote, provide for and control all interschool track and field activities among member schools for both boys and girls.
- (2) All track and field meets shall be conducted under the Track and Field Rules of the National Federation except when modified by the Association Rules.
- (3) MHSA rules modify Rule 4, Section 2, Article 4 of the National Federation Track Rules to provide that each school can enter up to five (5) contestants per individual event in meets involving four or more schools.
- (4) The member schools shall be classified as AA, A, B and C for track and field. The classifications shall be the same as for basketball.
- (5) The Montana High School Association Executive Board shall establish the starting date for practice and the first allowable date when any meets may be held.
- (6) No individual shall compete in any Association contest until he/she has a minimum of ten (10) days of track and field practice and at least one practice session per day on ten (10) different days (no practice permitted on Sunday), prior to the date of the first allowable contest. The track season for both boys and girls officially closes with the end of the state meet.

If a student begins his/her ten days of required practices and that period of days is interrupted by sickness, injury, academic ineligibility or for any other reason for a period of two weeks, then the student shall be required to practice an additional five (5) days and in cases of sickness or injury to produce a doctor's release.

Athletes participating on teams competing in MHSA post season play, which overlaps the beginning of the next MHSA sanctioned activity starting practice date, may be credited for practices during the overlap period toward meeting the minimum practice requirement of the overlapped activity season.

- (7) No team shall participate in more than ten (10) meets excluding Association sponsored meets and excluding top ten or top eight meets.
- (8) No school is required to take part in any contests or athletic events, but once entered, teams are obligated to participate in a contest or athletic event to its normal conclusion unless the contest is terminated by mutual consent of the school officials involved due to unusual weather or game conditions, or situations which could be hazardous to participants or spectators. Any coach is prohibited from unilaterally refusing to play.

If a school fails to complete contests or athletic events that they have entered, the violating school would be subject to penalties as deemed appropriate and necessary by the Executive Director.

- (9) MHSAs rules modify National Federation Track & Field rule 4, section 2, articles 1 and 2, Limitation of events: In one-day meets a contestant shall not be allowed to participate in more than five events (track and/or field), including relays.

Note: It is possible for a competitor to qualify in 5 individual events at the divisional and then also compete on a relay team or teams at the state meet, thus participating in more than 5 events. The state meet is considered to be more than a one day meet.

- (10) Scoring for all MHSAs meets shall be according to National Federation Rule 2 - 1 - 2. Each relay race shall be included in the scoring. District, division and state meets shall score six (6) places in individual and relay events (using 10-8-6-4-2-1 scoring). In the case of a tie for fifth place in any individual event at a divisional meet, all tying participants shall qualify for entry in the state meet (except as noted). This applies to all classes.

Note: No ties for fifth place will be permitted in the 100-meter dash, 200-meter dash, 400-meter dash, hurdles and relay races. Divisions must settle ties in these events so that only the correct number of contestants qualify for the state meets.

- (11) Qualifying relay teams are not limited to the same personnel at the state meet who participated in the divisional meet. No substitutions are allowed in individual event(s).
- (12) Interstate Meets: Any interstate meet must be sanctioned as set forth in Rule 15 in the Association General Rules and Regulations before any member school may participate.
- (13) All participants are prohibited from wearing any garments with alcohol or tobacco advertisements, profanity or other inappropriate messages at track meets. It is the responsibility of coaches and meet directors to ensure that inappropriate apparel be removed. Participants who fail to remove inappropriate apparel on request to do so shall be disqualified from participation in the meet.
- (14) In all meets an athlete must have a legally recorded mark in the preliminaries to advance to the finals.
- (15) For an athlete to be eligible to compete in post-season competition he/she must compete in at least two (2) Association sanctioned meets during the regular track and field season. Only a medical waiver from a certified physician stating that an athlete has sustained an injury preventing him/her from competing until that time will be accepted as a condition to be exempt from this rule. The high school for which the student will participate must file a request with the MHSAs Executive Director for consideration of a waiver of this rule.
- (16) All schools will be required to process the pole vaulters' weight verification form listing each student participating in the pole vault event. The form is to be on file in the Activities Director's office prior to a pole vaulter's first interscholastic competition.
- (17) The MHSAs prohibits any use and/or possession of tobacco, alcohol or other mood altering drugs during competition. Violation will cause the **coach or participant** to be disqualified from further participation in that event.
- (18) ***A state track and field meet participant may only wear one watch during competition. The watch must be unadorned and may be worn only on the wrist.***

II - DISTRICT AND DIVISIONAL MEETS

- (1) For purposes of elimination for the State Track Meet, schools shall be divided into district and divisions the same as basketball.
- (2) The responsibility for staging district and divisional meets rests with the schools in the respective districts and divisions. Times and distances used for seeding at the district (Classes B and C) and divisional (Classes AA and A) levels must be from performances established during the current season.
- (3) District meets must be held in Classes B and C to determine participants in the divisional meets. In Class C the first five place winners in each event and the first five relay teams will qualify for advancement to the divisional meets except for the following:

Eastern C - eight will qualify
Southern C – six will qualify
District 11/12 C - eight will qualify
District 13C and 14C - six will qualify

In Class B district meets the first six place winners in each event and the first six relay teams will qualify for advancement to the divisional meet.

Relay teams are not limited to the same personnel at the divisional meets as participated in the relay at the district meets. Advancement to divisional meets is restricted to only those who qualify at the district meets. No substitutions are allowed, except in relay personnel. District meet managers are responsible to certify entries from their districts to the divisional meet managers.

- (4) Divisional meets must be held in Class AA, A, B and C to qualify contestants to the State Track Meet. The first five place winners in Classes AA, A and C, including ties for 5th place in all field events, ***and the first six place winners in Class B including ties for 6th place in all field events***, will qualify for advancement to the State Track and Field Meet. Qualifying relay teams are not limited to the same personnel at the State Track and Field Meet who participated in the divisional meet. Advancement to the State Meet is restricted to only those who qualify at the divisional meets. No substitutions are allowed, except in relay personnel.

Note: No ties for fifth place will be permitted in the 100-meter dash, 200-meter dash, 400-meter dash, hurdles and relay races. Divisions must settle ties in these events so that only the correct number of contestants qualify for the state meets.

- (5) Districts and divisions shall not permit more than one relay team per school to be entered for each relay event.
- (6) Divisional track meets may be conducted on two days, providing the meet does not start before 2:00 P.M. on the first day and that the requirements for limitations on the number of events remain the same as for one day meet.
- (7) Financing of district and divisional track meets is the responsibility of the respective district or division.
- (8) ***Immediately following each district or divisional track and field meet the meet manager should submit a financial report to the MHS Executive Director on the official MHS financial report form.***
- (9) All entries must be certified by each divisional meet manager and reported to the manager of the State Track Meets on or before the Monday preceding the state meet. Entries received after that date will not be accepted for participation in the State Track Meets.

III - TOURNAMENT PROGRAMS, CONCESSIONS AND CORPORATE SPONSORS

- (1) The tournament program rights for all district and divisional programs will be determined by the respective district or division. The tournament program rights for all state tournaments will be the responsibility of the MHSA Executive Board.
- (2) The concession rights for any state tournament must be approved by the Executive Director. Concession rights include but are not limited to t-shirts, other apparel, photos, buttons etc.
- (3) At district and divisional events, concessions where goods and/or services are received would be at the approval of managers of events.
- (4) Corporate sponsorship of any post season event is the responsibility of the MHSA Executive Board and requires Board approval. Exceptions are: a) program advertisements and b) signage or announcements acknowledging the receipt of donated goods including food or beverages for the hospitality room, the use of tents at outdoor events, or the use of other equipment necessary for staging the event. Signage should be placed only in the appropriate areas; i.e. on the tents or in the hospitality room/area.

Established facility sponsorships are not affected provided that MHSA corporate sponsorship requirements are met.

IV - STATE MEETS

- (1) The Executive Board shall be responsible for staging the state track meets for all four classes. They shall determine the sites, set the dates and appoint the state track meet managers. The managers shall be responsible to the Executive Board to conduct the state track meets in accordance with the rules of the Montana High School Association.
- (2) Judges and other meet officials shall be selected by the meet managers subject to the approval of the Executive Board.
- (3) The use of two way radio communications systems at the state track meets by other than authorized track officials is prohibited.
- (4) All relay races will be started at the juncture of the straight away and the curve at the state meets.
- (5) It is recommended that state track meets be run with fully automatic timing.
- (6) Participation in the State Meets: State Meet qualifiers are outlined in II-District and Divisional Meets, (3) and (4).
- (7) All entries must be certified by each divisional meet manager and reported to the manager of the state track meets on or before the Monday preceding the state meet. Entries received after the date will not be accepted for participation in the state track meets.
- (8) The MHSA will follow the basic record recognition for changing from the English to the metric System as that of the National Federation. The current English system of the MHSA records will stand and be listed as the Metric record for that distance until someone betters that time of the equivalent Metric distance. Until someone betters that record, the English distance record will continue to be shown. The exception to this would be the 100 meter dash. Hand held records and automatic timing records will both be recognized if the hand held time is faster.

- (9) Timed finals will be utilized in the 300 meter hurdles, 400 meter dash, and the 1600 meter relay for both boys and girls.
- (10) The same number of participants shall qualify for the field event finals as qualify for dashes and relays.
- (11) State Track and Field Championships Pass Policy

The following Pass Policy will be followed for State Track and Field Championships:

- A. Administrators, athletic directors of participating schools, and coaches of participating schools only: Boys' AA and A - 7; Girls' AA and A - 7; Boys' B and C - 3; Girls' B and C - 3.
- B. Contestants - Bona-fide contestants (1).
[Each school shall receive two (2) packets - one (1) for Boys Teams and one (1) for Girls Teams.]
- C. Managers - One (1) per team per school.
- D. Montana High School Coaches without contestants - None.
- E. Media
 - 1. **Print news media - one pass for Associated Press and passes for working staff of local newspapers of teams in the tournament or newspapers in the marketing area of those teams. Members of the print media are required to show their Montana Newspaper Association press credentials when picking up their passes.**
 - 2. **Television news media - passes for working staff of local stations of teams in the tournament or stations in the marketing area of those teams.**
 - 3. **Commercial photography or broadcast - passes for working staff as contracted by the event manager or MHSA.**
 - 4. **Passes will not be issued for spouses or children who attend the event with working members of the media.**
- F. Montana High School Coaches other than track - None.
- G. Track team members who call for tickets - None.
- H. Families of any administrator, athletic director or coach - None.

Note: When more administrators and/or coaches attend than passes permitted by the above policy, extra tickets must be purchased.

- (12) State Track and Field Meet Ticket Prices

The Executive Board has established the following minimum ticket prices for all State Track Meets.

	Adult	Student
Single-Session (Friday or Saturday)	\$ 8.00	\$ 6.00
All-Session (two days)	\$15.00	\$10.00

- (13) Financial Report of the State Meet

A financial report will be submitted to the MHSA Executive Director immediately following the completion of the State Track Meets by each respective meet manager on the official MHSA report form.

IV - LIST OF EVENTS

For all state, divisional and district track meets the following is a list of approved events for boys and girls:

Track Events

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|--|---|
| 1. 100-Meter Dash | 6. 300-Meter Intermediate Hurdles
(8 hurdles: boys = 36" high) |
| 2. 200-Meter Dash | (8 hurdles: girls = 30" high) |
| 3. 400-Meter Dash | 7. 400-Meter Relay
(4 competitors: 100 meters each) |
| 4. 800-Meter Run | 8. 1600-Meter Run |
| 5. 110-Meter High Hurdles (boys)
(10 hurdles: 39" high) | 9. 3200-Meter Run |
| 100-Meter High Hurdles (girls)
(10 hurdles: 33" high) | 10. 1600-Meter Relay
(4 competitors: 400 meters each) |

Field Events

- | | |
|----------------|-------------|
| 1. Pole Vault | 5. Discus |
| 2. High Jump | 6. Javelin |
| 3. Long Jump | 7. Shot Put |
| 4. Triple Jump | |

V - ORDER OF EVENTS FOR BOYS AND GIRLS

The order of events for track and field meets for a one session meet when no preliminary flights or heats are required — Rule 1, Section 2, Article 1A and Rule 1, Section 3, of the National Federation Track and Field Rules: For one session meets that require preliminaries the recommended order of events should follow Rule 1, Section 2, Article 1B and Rule 1, Section 3, of the National Federation Track and Field Rules.