

# ARTICLE 23: TRACK AND FIELD, OUTDOOR

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## 23.1 IMPORTANT DATES

<b>ACTIVITY</b>	<b>CALENDAR WEEK</b>	<b>2007-2008 DATES</b>
1 <sup>st</sup> Official Practice	29 <sup>th</sup>	January 14
1 <sup>st</sup> Meet	34 <sup>th</sup>	February 18
District Meets	42 <sup>nd</sup>	April 14 - 19
End of Regular Season	42 <sup>nd</sup>	April 19
Regional Meet Deadline (2A & 1A)	43 <sup>rd</sup>	April 23
Regional Meet Deadline (B & C)	43 <sup>rd</sup>	April 24
Regional Meet Deadline (5A-4A-3A)	43 <sup>rd</sup>	April 25
State Meet	44 <sup>th</sup>	May 1-3
Spring Practice	Not Allowed	

**23.2** Rules in this article shall apply to both boys' and girls' outdoor track and field unless otherwise specified.

## 23.3 LIMITATIONS

### 23.3.1 SEASON

**23.3.1.1** The number of meets in which a school may participate during a season shall be unlimited.

### 23.3.2 CALENDAR WEEK (*Sunday-Saturday*)

**23.3.2.1** The number of interschool meets in which a student may participate shall be limited to two during a calendar week.

### 23.3.3 SCHOOL-DAY CONTEST

**23.3.3.1** A team shall not participate in an interschool meet during instructional time in a regular season. This rule is explained in the by-laws Article 10: Athletics and Instructional Time.

**23.3.3.2** This rule shall be waived for district, regional and state meets. The principal shall use his/her discretion in releasing students to attend district, regional and state meets.

### 23.3.4 SCHOOL-NIGHT CONTEST

**23.3.4.1** A team shall not participate in an interschool meet more than one night preceding a school day during a week. A school night shall begin at 8 p.m.

**23.3.4.2** If an event begins prior to 8 p.m. and extends past 8 p.m. on a night preceding a school day, it shall be a school night contest.

## 23.4 SPORTS SEASONS

**23.4.1** The sports seasons rule, sports seasons calendar rule, and independent team rule shall apply to track and field. These rules are explained in the by-laws, Article 4: Sports Seasons.

## 23.5 COACHES' RULE

**23.5.1** A track and field coach shall meet the requirements of the LHSA coaches' rule explained in the by-laws, Article 3: Administering, Coaching, and Supervising.

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**23.5.2** If a school enters no more than two contestants in a meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA-approved CECP coach from any other school/school system entered in the meet, if both schools’ principals give written permission.

**23.5.2.1** The written permission shall be presented to the meet director prior to the start of the meet.

**23.6 ELIGIBILITY OF STUDENTS**

**23.6.1** A student participating in outdoor track and field shall meet LHSAA eligibility requirements.

**23.6.2** If a varsity team participant is not LHSAA-registered in another sport, he/she shall register with the LHSAA prior to his/her first regular-season competition.

**23.7 GENERAL**

**23.7.1** Track and field meets shall adhere to the Outdoor Track and Field Rule Book published by the National Federation of State High School Associations and to LHSAA constitutional rules and by-laws.

**23.7.2** Each classification shall devise its own plan to conduct its district and regional track and field meets for state meet qualifying purposes.

**23.7.2.1** To qualify for a regional meet in its classification, a school (*except Class C*) shall participate in a district meet prior to the regional meet.

**23.7.2.2** In all classes (*except Class C*) each district shall conduct a meet to qualify regional contestants.

**23.7.3** A school shall not conduct or enter a contestant in a decathlon.

**23.7.4** The host school of any relay carnival or regular season invitational meet may include and/or omit any track and field event of its choice to include the following with a maximum of eleven running events and seven field events for the girls and eleven running events and seven field events for the boys.

**RUNNING EVENTS**

- 100-meter dash
- 200-meter dash
- 400-meter dash
- 800-meter run
- 1600-meter run
- 3200-meter run
- 100-meter hurdles (33" -girls)
- 110-meter hurdles (39" - boys)
- 300-meter hurdles (30" -girls)
- 300-meter hurdles (36" - boys)
- 400-meter relay
- 800-meter relay
- 1600-meter relay
- 3200-meter relay

**FIELD EVENTS**

- Long Jump
- Triple Jump
- High Jump
- Pole Vault
- Shot Put
- Discus
- Javelin

**23.7.5** Scoring shall be based on the scoring system outlined in the National Federation’s Outdoor Track and Field Rule Book. This scoring system is explained in Rule 23.7.17.

**23.7.6** A meet’s starting time shall be left to the discretion of the host school in all meets prior to the district meet.

**23.7.7** A district committee shall set its district meet’s starting time.

**23.7.8** A regional meet committee shall set its regional meet’s starting time.

**23.7.9** Regular-season meets shall not start during school hours.

**23.7.9.1** A school shall not participate in a meet conducted during a school day.

**23.7.9.1.1** **EXAMPLE:** School "A" dismisses each day at 3 p.m., while school "B" dismisses at 3:30 p.m. School "A" hosts a track and field meet which starts at 3:15 p.m. **RULING:** School "B" shall not compete in any event which begins prior to 3:30 p.m. To prepare for a travel to the meet, a school shall use the time allotted in the athletic release time rule explained in the by-laws in Article 10: Athletics and Instructional Time.

**23.7.9.2** Regular-season and non-district scratch meetings shall not be conducted during a school day.

**23.7.10** The host school of a regular-season non-district meet shall comply with the order of events and time schedule explained in Rule 23.7.14.

**23.7.11** A contestant shall be limited to a maximum of four events (*including relays*) in all track and field meets.

**23.7.12** In dual or triangular meets, the maximum number of contestants one school may enter in an event shall be the same as the number of places for which points are scored in that event.

**23.7.13** In a regular-season non-district meet involving four or more schools, a school shall be limited to three contestants per event.

**23.7.14** **ORDER OF EVENTS AND TIME INTERVAL SCHEDULES** - For all regular-season and post season meets (*To be strictly followed*)

**RUNNING EVENTS**

<b><u>EVENT#</u></b>	<b><u>EVENT</u></b>	<b><u>MINIMUM TIME ALLOTMENT IN BETWEEN EVENTS</u></b>
1	800-meter relay	10 minutes
2	1600-meter run	10 minutes
3	110-meter hurdles ( <i>39" boys</i> )	10 minutes
	100-meter hurdles ( <i>33" girls</i> )	10 minutes
4	100-meter dash	10 minutes
5	800-meter run	10 minutes
6	400-meter relay	10 minutes
7	400-meter run	10 minutes
8	300-meter low hurdles ( <i>30" girls</i> )	10 minutes
	300-meter intermediate hurdles ( <i>36" boys</i> )	10 minutes
9	200-meter dash	10 minutes
10	3200-meter run	15 minutes
11	1600-meter relay	N/A

**FIELD EVENTS**

**BOYS**

1. Running Long Jump
2. Shot put
3. Discus
4. Pole Vault
5. High Jump
6. Javelin
7. Triple Jump

**GIRLS**

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

23.7.15 ORDER OF EVENTS TO BE FOLLOWED WITH PRELIMINARY EVENTS

**EVENT #    PRELIMINARY RUNNING EVENTS**

- 1        110-meter hurdles boys/100-meter hurdles girls
- 2        100-meter dash
- 3        400-meter run
- 4        200-meter dash

**EVENT#    FINAL RUNNING EVENTS**

- 1        800-meter relay
- 2        1600-meter run
- 3        100/110-meter hurdles (*Girls - 33" & Boys - 39"*)
- 4        100-meter dash
- 5        800-meter run
- 6        400-meter relay
- 7        400-meter run
- 8        300-meter hurdles
- 9        200-meter dash
- 10       3200-meter run
- 11       1600-meter relay

**FINAL FIELD EVENTS**

- Running Long Jump
- Javelin
- Discus
- Shot Put
- Pole Vault
- Triple Jump
- High Jump

- 23.7.15.1    The same order of events shall be followed for night meets.
- 23.7.15.2    One-day meets shall follow the order cited in the preceding table.
- 23.7.15.3    A coaches' scratch meeting should (*but shall not be required*) be conducted at least one hour prior to a regular-season non-district meet to make scratches and allow coaches to draw for lanes in running events.
  - 23.7.15.3.1    A coaches' scratch meeting shall be conducted at least one hour prior to district and regional meets.
- 23.7.15.4    A ten-minute interval shall be between each running event.
- 23.7.15.5    The meet director shall adjust a time schedule based on the number of meet contestants.
- 23.7.15.6    The meet director shall notify participating schools about a time schedule revision.

**23.7.16 CONVERTING ENGLISH TIME TO METRIC TIME** - The following table shall be used:

**TO CONVERT TIME FROM:**

100-yards to 100-meters .....	Add	.9 second
220-yards to 200-meters .....	subtract	.1 second
440-yards to 400-meters .....	subtract	.3 second
440-yard relay to 400-meter relay.....	subtract	.2 second
880-yards to 800-meters .....	subtract	.7 second
880-yard relay to 800-meter relay.....	subtract	.5 second
Mile relay to 1600-meter relay.....	subtract	1.1 second
Mile run to 1600-meter run.....	subtract	1.6 second
2-mile run to 3200-meter run.....	subtract	3.4 seconds

**TO CONVERT HURDLE TIME FROM:**

110-yard low hurdles to 110-meter low hurdles.....	subtract	.1 second
120-yard high hurdles to 110-meter high hurdles .....	Time is the same	

**23.7.17 SCORING SYSTEM OF THE NATIONAL FEDERATION**

**23.7.17.1** The following table shall be used for scoring individual events and relay events in all non-district, district, regional, and state meets unless otherwise announced by the games committee:

<b>NO. OF TEAMS COMPETING</b>	<b>POINTS FOR INDIVIDUAL SCORING</b>	<b>POINTS FOR RELAY SCORING</b>
2 Teams	5-3-1	5
3 Teams	5-3-2-1	5-3
4 Teams	6-4-3-2-1	6-4-2
5 Teams	8-6-4-2-1	8-6-4-2
6 Teams	10-8-6-4-2-1	10-8-6-4-2
7 Teams or more	10-8-6-4-2-1	10-8-6-4-2-1

**23.7.18** A regular season outdoor track and field meet conducted by a Louisiana college or university in which LHSAA schools participate shall be co-hosted by an LHSAA school.

**23.7.18.1** The principal of the LHSAA school co-hosting the Louisiana collegiate meet shall obtain written permission to co-host the meet at least 14 days prior to the meet.

**23.7.18.2** An LHSAA school shall not participate in a Louisiana collegiate meet that is not co-hosted by an LHSAA school and approved by the LHSAA under Rules 23.7.18 and 23.7.18.1.

**23.7.18.3** An LHSAA school shall not participate in any event in any Louisiana collegiate meet that is not permitted under the LHSAA By-laws that pertain to this sport as cited in Rule 23.7.4 or 23.7.14. Contestants shall not participate in any event that is not sanctioned by the LHSAA.

**23.7.18.4** A school shall not compete in any manner in any Louisiana collegiate meet against independent teams, recreation teams, club teams, junior colleges or community teams, four-year colleges or university teams, professional or semi-professional teams or individuals that compete "unattached" in high school events.

**23.7.18.5** The practice of having the times/distances or heights recorded by LHSAA contestants officially compared against the times recorded by the contestants from teams cited in Rule 23.7.18.4 or the times, distances or heights recorded by "unattached" individuals for the purpose of determining place of finish in the meet for awarding meet honors shall be a violation under the Rule 23.7.18.4.

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**23.7.18.6** An LHSAA school(s) or individual(s) that fails to comply with Rule 23.7.18 shall be in violation of this rule and shall be subject to the penalties outlined in Rule 6.4.1.18.

**23.7.18.7** With the exception of watches, contestants shall not wear jewelry while competing.

**23.7.19** Filming or videotaping a meet (*other than a school's own*) without the express written consent of the principals or head coaches of the two schools involved shall be illegal.

**23.7.19.1** A violation shall result if a school representative videotapes or films a contest or solicits the services of a non-school representative to videotape or film a meet for a school.

**23.7.19.2** The penalty for violating this rule is specified in the by-laws Article 6: Penalty Code.

### **23.8 DISTRICT MEETS (*Boys and Girls*)**

**23.8.1** Boys' and girls' track and field teams shall compete in the LHSAA Classification Committee's assigned districts in Classes 5A, 4A, 3A, 2A, 1A, and B.

**23.8.2** Schools within their assigned districts in all classes may qualify individual competitors and relay teams for the state meet.

**23.8.2.1** In all classes, each district in outdoor track and field shall qualify the same number of individuals (4) and relay teams (4) to the regional meet, regardless of the number of districts in a region.

**23.8.3** District meets shall be conducted April 14-19, 2008.

**23.8.4** A district committee shall select a meet site and conduct its district meet prior to the deadline for qualifying individual contestants and relay teams to the regional meet.

**23.8.5** A school may enter a maximum of two contestants in each event for individual competitors and one team in each relay event.

**23.8.5.1** For Class 1A schools only, in a district where four or fewer schools participate with a full track team, three individuals shall be allowed to participate in each event. The exception shall be in the relays when only one relay team from each school participates.

**23.8.5.1.1** Schools may enter a maximum of two contestants in each event for individual competitors unless there are four or fewer schools in a district; otherwise, three individuals shall be allowed to participate in each event. The exception shall be in the relays when only one relay team from each school participates.

**23.8.6** A contestant shall be limited to four events (*including relays*).

**23.8.7** A district relay winner school may substitute contestants in that event at the regional meet if the substitute's name has been listed on the relay entry form submitted by the district meet director to the regional meet director.

**23.8.8** Schools may enter alternate contestants until the end of the scratch meeting.

**23.8.9** At the conclusion of a district meet, the meet director shall immediately do the following:

**23.8.9.1** Record first-, second-, third-, fourth-, and fifth place (*if applicable*) winner's times in running events.

**23.8.9.2** Record heights and distances of first-, second-, third-, fourth-, and fifth-place (*if applicable*) winners in all field events.

**23.8.9.3** Send the results to the regional meet's director.

- 23.8.10** This information shall be used to seed regional competitors.
- 23.8.11** If the district meet is conducted on a track constructed in yards, running events shall be conducted in metric or equivalent distances.
- 23.8.12** The English measurement system shall be applied in measuring heights and distances in field events.
- 23.8.13** Seeding for running events shall be according to the seeding procedure explained in Rule 23.10.20.2.9.
- 23.8.13.1** The meet director shall draw for lanes in the presence of witnesses from another school in the district when seeding the contestants in lanes.
- 23.8.14** The 200-meter dash shall be run on the curve.
- 23.8.15** District meets shall adhere to the National Federation's Outdoor Track and Field Rule Book and LHSAA constitutional rules and by-laws.
- 23.8.16** A jury of appeals shall be formed to consider appeals filed at the meet and to make other decisions within its authority as specified in the Outdoor Track and Field Rule Book.
- 23.8.17** A coaches' scratch meeting shall be conducted prior to the meet.
- 23.8.17.1** Coaches shall attend the scratch meeting.
- 23.8.18** Because many track and field facilities are without lights and, therefore, cannot be used for night competition and because more than one classification and/or district may be required to use the same facility on the same day, district track and field meets may begin at 1:00 p.m. with the scratch meeting beginning no earlier than 12:00 noon.
- 23.8.19 SCORING**
- 23.8.19.1** The scoring method explained in Rule 23.7.17 shall be used to score all district meets.
- 23.8.20** Participating schools in a district meet shall be accompanied by a coach/individual who meets the requirements of the coaches' rule and supervision rule as explained in the by-laws in Article 3: Administering, Coaching, and Supervising.
- 23.8.21** The starting time of the meet shall be set by the district committee.
- 23.8.22 SPECIAL DISTRICT RULES FOR CLASS 1A** (*Boys and Girls*)
- 23.8.22.1** If facilities and adequate personnel are available, the finals in all events (*other than the discus throw, javelin throw, pole vault, and running long jump*) shall begin at 7 p.m.
- 23.8.22.1.1** If Rule 23.8.22.1 is applicable, preliminaries shall be conducted as soon as the school day has ended for all competing schools in the event.
- 23.8.22.1.2** If Rule 23.8.22.1 is not applicable, events shall be scheduled in compliance with Rule 23.8.18 for all competing schools.
- 23.8.23 SPECIAL DISTRICT RULES FOR CLASS B** (*Boys and Girls*)
- 23.8.23.1** If facilities and adequate personnel are available, finals in all events (*other than the discus throw, javelin throw, pole vault, and running long jump*) shall begin at 7 p.m.
- 23.8.23.1.1** If Rule 23.8.23.1 is not applicable, events shall be scheduled in compliance with Rule 23.8.18 for all competing schools.
- 23.8.24** In organizing the meet the district committee shall comply with the order of events and time schedule explained in Rule 23.7.14.

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**23.9 REGIONAL MEETS** (*Boys and Girls*)

**23.9.1** Regional meets shall be conducted in all classes during the week prior to the state meet to qualify individual contestants and relay teams.

**23.9.1.1** The 2008 boys' and girls' regional meets shall be conducted during the week of April 21-26.

**23.9.1.2** Dates of the girls' regional meet and the state softball tournament (*April 25-26, 2008*) shall not conflict.

**23.9.1.3** The 2008 boys' and girls' regional outdoor track and field meets shall be completed as follows:

**23.9.1.3.1**

<b>CLASS</b>	<b>WK. OF NAT. FED. CALENDAR</b>	<b>DAY, DATE</b>
2A & 1A	43 <sup>rd</sup>	Wednesday, April 23
B & C	43 <sup>rd</sup>	Thursday, April 24
5A, 4A, & 3A	43 <sup>rd</sup>	Friday, April 25

**23.9.2** Each class shall devise its own plan to qualify individuals and relay teams to the state meet.

**23.9.3** Meets shall be conducted in accordance with LHSAA constitutional rules and by-laws and the National Federation's Outdoor Track and Field Rule Book.

**23.9.4** The regional meet committee shall set the meet's starting time.

**23.9.4.1** The instructional time rule shall be waived for all regional meets.

**23.9.4.2** Neither the regional meet committee nor the meet director shall modify the order of events or time-interval schedule in any way.

**23.9.5** The order of events and time-interval schedule explained in Rule 23.7.14 shall be applied to the regional meet.

**23.9.6 SCORING**

**23.9.6.1** Meet scoring shall adhere to Rule 23.7.17.

**23.9.7** Preliminary running events shall not be conducted if the track consists of enough lanes to accommodate each event's entries. Preliminary running events, if necessary, shall be conducted following the order of events schedule explained in Rule 23.7.15.

**23.9.8** The first-, second-, and third-place winners in the individual events and relay teams shall automatically qualify in regionals for the state meet.

**23.9.8.1** Classes shall qualify a maximum of nine contestants in each event from the regional to the state meet.

**23.9.8.2** The number of contestants each regional may qualify to the state meet is explained in Rule 23.10.23.

**23.9.9** A contestant shall not compete in more than four events (*including relays*).

**23.9.10** A scratch meeting shall be conducted prior to the meet.

**23.9.10.1** Coaches shall attend the scratch meeting.

- 23.9.10.2** If a school enters no more than two contestants in the meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA-approved CECP coach from any other school/school system entered in the meet, if both schools' principals give written permission.
- 23.9.10.2.1** The written permission shall be presented to the meet director at the coaches' scratch meeting.
- 23.9.10.3** If a qualifying contestant is not represented at the scratch meeting by a representative as in Rule 23.9.10.2, the qualifying contestant shall be scratched from the meet if an alternate is available and is properly represented as specified in Rule 23.9.10.2.
- 23.9.10.4** If a qualifying contestant is scratched and an alternate is present and properly represented, the alternate's name shall be placed on the "heat sheet" as soon as the scratches are announced.
- 23.9.10.5** If an alternate is not properly represented as specified in Rule 23.9.10.2, the qualifying contestant shall not be scratched until after the final call is given for that event.
- 23.9.10.6** Alternate contestants may be entered until the end of the scratch meeting.
- 23.9.11** Running events shall be conducted in metric distances unless track events are conducted on a 440-yard track. In this case, the events shall be conducted in yards, and the results of the events shall be converted from English to metric time when reporting the results to the LHSAA. This information shall be used to seed contestants in the running events at the state meet.
- 23.9.11.1** The Metric Conversion Table in Rule 23.7.16 shall be used to convert English to metric time.
- 23.9.12** The English measurement system shall be used to determine heights and distances in all field events.
- 23.9.13 PRINCIPALS' REGIONAL MEET COMMITTEE IN ALL CLASSIFICATIONS**
- 23.9.13.1** The regional meet chairperson shall be the principal of the preceding year's regional meet winner.
- 23.9.13.1.1** In Class 2A, the regional meet chairperson shall alternate between the girls' winner and the boys' winner as follows:
- 23.9.13.1.1.1** The principal of the girls' champion of an even year shall be the regional chairperson the following year; the principal of the boys' champion of an odd year shall be the regional chairperson the following year.
- 23.9.13.2** A regional meet chairperson shall call a meeting of regional participants' principals at least six weeks prior to the meet. The regional committee shall:
- 23.9.13.2.1** Select a host school
- 23.9.13.2.1.1** In class 2A, the host school shall alternate between the previous years girls' and boys' winner as follows:
- 23.9.13.2.1.1.1** The girls' champion of an even year shall be the host school the following year; the boys' champion of an odd year shall be the host school the following year.
- 23.9.13.2.1.1.2** If the champion from the previous year is no longer in the region; the runner-up shall be the host team.

**23.9.13.2.2** Select the meet site.

**23.9.13.2.2.1** In class 2A, the previous year's winner shall select the meet site.

**23.9.13.2.2.1.1** In Class 2A, the previous year's girls or boys winner shall select the meet site as follows:

**23.9.13.2.2.1.2** The girls' champion of an even year shall select the meet site the following year; the boys' champion of an odd year shall select the meet site the following year.

**23.9.13.2.2.1.3** If the champion from the previous year is no longer in the region; the runner-up shall select the meet site.

**23.9.13.2.3** Select the date(s) of the meet.

**23.9.13.2.4** Set the meet's starting time.

**23.9.13.2.5** Select the meet director.

**23.9.13.2.6** Appoint the games committee to organize and administer the meet.

**23.9.13.2.7** Select the track referee, field referee, and other meet officials.

**23.9.13.2.8** Select a jury of appeals.

**23.9.13.2.9** Establish financial provisions for the meet.

**23.9.13.2.10** Set admission prices.

**23.9.13.3** Regional meet committee decisions shall be made by a simple majority vote of the principals present at the meeting.

#### **23.9.14 SUBSTITUTIONS**

**23.9.14.1** A school may list a maximum of six contestants for each relay event and only contestants whose names are listed on the official relay entry form shall participate in those events.

**23.9.14.2** If a contestant's name is not listed on the relay entry form submitted from the district meet director to the regional meet director, the contestant shall not be a substitute in that relay event at the regional meet.

#### **23.9.15 WITHDRAWAL FROM THE MEET**

**23.9.15.1** If a contestant elects to withdraw from an event or the entire meet, the alternate contestant's school shall notify the meet director and coach of the alternate contestant of this withdrawal no later than 10 a.m. on the Monday prior to the meet.

**23.9.16 QUALIFYING PLANS**

**23.9.16.1 CLASS 5A BOYS AND GIRLS**

<b><u>REGION #</u></b>	<b><u>DISTRICTS</u></b>	<b><u>QUALIFIERS TO REGIONAL MEET*</u></b>
1	1, 2, 3, 4	4 individuals, 4 relay teams
2	5, 6, 7	4 individuals, 4 relay teams
3	8, 9, 10	4 individuals, 4 relay teams

*\* Alternates: fifth-place finishers in each event in all district meets.*

**23.9.16.2 SPECIAL RULES FOR CLASS 5A REGIONAL MEETS (Boys and Girls)**

<b><u>CATEGORY</u></b>	<b><u>REQUIREMENTS</u></b>
Site of Meet	<ol style="list-style-type: none"> <li>1. Within the region of the participating schools</li> <li>2. Preferably at a state university/college or at a centrally located high school</li> </ol>
Track Surface	<ol style="list-style-type: none"> <li>1. All weather surface</li> <li>2. Minimum of eight lanes around two turns</li> <li>3. Width of each lane shall be at least 36" (<i>preferably 42"</i>)</li> <li>4. Shall be marked for use in more than one direction for 100/110-meter hurdles and 100-meter dash</li> </ol>
Timing Device	<ol style="list-style-type: none"> <li>1. Fully automatic timing device (<i>FAT</i>), if available</li> <li>2. Semi-automatic timing device is acceptable if <i>FAT</i> is unavailable</li> </ol>
Landing Pits for Pole Vault, High Jump, Long Jump, and Triple Jump	<ol style="list-style-type: none"> <li>1. Shall meet standards specified in National Federation's <u>Outdoor Track and Field Rule Book</u></li> </ol>
Runways for Jumping and Vaulting Events	<ol style="list-style-type: none"> <li>1. Shall meet minimum lengths specified in National Federation's <u>Outdoor Track and Field Rule Book</u></li> <li>2. Shall be marked for use in either direction</li> </ol>

**23.9.16.2.1 RECORDING TRIALS**

**23.9.16.2.1.1** Jumps, vaults, and throws shall be measured and recorded.

**23.9.16.2.2 BREAKING TIES**

**23.9.16.2.2.1** Fourth-place ties shall be resolved at the meet so that state meet alternates can be decided.

**23.9.16.2.3 SEEDING PROCESS**

**23.9.16.2.3.1** Qualifying events' contestants shall be seeded according to their district meet times.

**23.9.16.2.3.2** If fully-automatic time (*FAT*) is available, all qualifying shall be against time.

**ARTICLE 23 – TRACK AND FIELD, OUTDOOR**

**23.9.16.2.3.3** If FAT timing is unavailable or the timing device malfunctions, qualifiers shall be seeded according to the places they finished in each heat.

**23.9.16.2.3.4** In all other events, contestants shall be seeded/flighted according to time and/or performance.

**23.9.16.2.4** The games committee shall set an adequate time interval between preliminary and final events.

**23.9.16.2.5 AWARDS AND EXPENSES**

**23.9.16.2.5.1** Participating schools shall be assessed an entry fee determined by the regional meet committee to pay for the meet’s awards and administration expenses.

**23.9.16.2.6** The admission price for the meet shall be set by the regional meet committee.

**23.9.16.2.7** The host school shall retain gate receipts and concession sales revenue for expenses relating to facilities, workers, and equipment.

**23.9.16.3 CLASS 4A BOYS AND GIRLS**

<u>REGION #</u>	<u>DISTRICTS</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	1, 2, 3	4 individuals, 4 relay teams
2	4, 5, 6, 7	4 individuals, 4 relay teams
3	8, 9, 10	4 individuals, 4 relay teams

*\* Alternates: fifth-place finishers in each event in all district meets*

**23.9.16.4 SPECIAL RULES FOR CLASS 4A REGIONAL MEETS (Boys and Girls)**

<u>CATEGORY</u>	<u>REQUIREMENTS</u>
Site of Meet	<ol style="list-style-type: none"> <li>1. Within the region of the participating schools</li> <li>2. Preferably at a state university/college or at a centrally located high school</li> </ol>
Track Surface	<ol style="list-style-type: none"> <li>1. All weather surface</li> <li>2. Minimum of eight lanes around two turns</li> <li>3. Width of each lane shall be at least 36" (<i>preferably 42"</i>)</li> <li>4. Shall be marked for use in more than one direction for 100/110-meter hurdles and 100-meter dash</li> </ol>
Timing Device	<ol style="list-style-type: none"> <li>1. Fully automatic timing device (<i>FAT</i>), if available</li> <li>2. Semi-automatic timing device is acceptable if <i>FAT</i> is unavailable</li> </ol>
Landing Pits for Pole Vault, High Jump, Long Jump, and Triple Jump	<ol style="list-style-type: none"> <li>1. Shall meet standards specified in National Federation’s <u>Outdoor Track and Field Rule Book</u></li> </ol>
Runways for Jumping and Vaulting Events	<ol style="list-style-type: none"> <li>1. Shall meet minimum lengths specified in National Federation’s <u>Outdoor Track and Field Rule Book</u></li> <li>2. Shall be marked for use in either direction</li> </ol>

**23.9.16.4.1 RECORDING TRAILS**

**23.9.16.4.1.1** Jumps, vaults, and throws shall be measured and recorded.

**23.9.16.4.2 BREAKING TIES**

**23.9.16.4.2.1** Fourth-place ties shall be resolved at the meet so that state meet alternates can be decided.

**23.9.16.4.3 PRELIMINARY EVENTS AND SEEDING PROCESS**

**23.9.16.4.3.1** Preliminary qualifying rounds shall be conducted in the following events:

- 100-meter dash
- 100/110-meter hurdles
- 200-meter dash

**23.9.16.4.3.2** Qualifying events' contestants shall be seeded according to their district meet times.

**23.9.16.4.3.3** If FAT timing is available, qualifying shall be against time.

**23.9.16.4.3.4** If FAT timing is unavailable or if the timing device malfunctions, qualifiers shall be seeded according to the places they finished in the heat.

**23.9.16.4.3.5** In all other events, contestants shall be seeded/flighted according to time and/or performance.

**23.9.16.4.4** The games committee shall set an adequate time interval between preliminary and final events.

**23.9.16.4.5 AWARDS AND EXPENSES**

**23.9.16.4.5.1** Participating schools shall be assessed an entry fee determined by the regional meet committee to pay for the meet's awards and administration expenses.

**23.9.16.4.6** The admission price for the meet shall be set by the regional meet committee.

**23.9.16.4.7** The host school shall retain gate receipts and concession sales revenue for expenses relating to facilities, workers, and equipment.

**23.9.16.5 CLASS 3A BOYS**

<b><u>REGION #</u></b>	<b><u>DISTRICTS</u></b>	<b><u>QUALIFIERS TO REGIONAL MEET*</u></b>
1	1, 2, 3, 4	4 individuals, 4 relay teams
2	5, 6, 7, 8	4 individuals, 4 relay teams
3	9, 10, 11	4 individuals, 4 relay teams

*\* Alternates: fifth-place finishers in each event in all district meets*

**23.9.16.6 CLASS 3A GIRLS**

<b><u>REGION #</u></b>	<b><u>DISTRICTS</u></b>	<b><u>QUALIFIERS TO REGIONAL MEET*</u></b>
1	1, 2, 3, 4	4 individuals, 4 relay teams
2	5, 6, 7, 8	4 individuals, 4 relay teams
3	9, 10, 11, 12	4 individuals, 4 relay teams

*\* Alternates: fifth-place finishers in each event in all district meets*

**ARTICLE 23 – TRACK AND FIELD, OUTDOOR**

**23.9.16.7 CLASS 2A BOYS AND GIRLS**

<b>REGION #</b>	<b>DISTRICTS</b>	<b>QUALIFIERS TO REGIONAL MEET*</b>
1	1, 2, 3	4 individuals, 4 relay teams
2	4, 5, 6, 7	4 individuals, 4 relay teams
3	8, 9, 10	4 individuals, 4 relay teams

*\* Alternates: fifth-place finishers in each event in all district meets*

**23.9.16.8 SPECIAL RULES FOR CLASS 2A REGIONAL MEETS (Boys and Girls)**

**23.9.16.8.1** In Class 2A, the girls and boys meets shall be contested at the same site on the same day.

**23.9.16.8.2** In Class 2A, the track shall meet the following specifications:

<b>CATEGORY</b>	<b>REQUIREMENTS</b>
Site of meet	1. Within the region of the participating schools
Track Surface	1. All weather surface 2. Width of each lane shall be at least 36" (preferably 42")
Landing Pits for Pole Vault, High Jump, Long Jump/Triple Jump	1. Shall meet standards specified in <u>National Federation's Outdoor Track and Field Rule Book</u>
Runways for Jumping/ Vaulting Events	1. Shall meet standards specified in <u>National Federation's Outdoor Track and Field Rule Book</u>

**23.9.16.8.3** Refer to Rule 23.9.13 for information on Class 2A regional meet host.

**23.9.16.9 CLASS 1A BOYS AND GIRLS**

<b>REGION #</b>	<b>DISTRICTS</b>	<b>QUALIFIERS TO REGIONAL MEET*</b>
1	1, 2, 3, 4	4 individuals, 4 relay teams
2	5, 6, 7	4 individuals, 4 relay teams
3	8, 9, 10	4 individuals, 4 relay teams

*\* Alternates: fifth-place finishers in each event in all district meets.*

**23.9.16.10 SPECIAL RULES FOR CLASS 1A REGIONAL MEETS (Boys and Girls)**

**23.9.16.10.1** If facilities and adequate personnel are available, finals in all events (*other than discus throw, javelin throw, pole vault, and running long jump*) shall begin at 7 p.m.

**23.9.16.10.2** If Rule 23.9.16.10.1 is applicable, preliminary events shall begin at 2 p.m.

**23.9.16.10.3** If Rule 23.9.16.10.1 is not applicable, preliminary events shall begin at 9:30 a.m., and finals shall begin at a time adopted by the regional meet committee.

**23.9.16.11 CLASS B BOYS AND GIRLS**

<u>REGION #</u>	<u>DISTRICTS</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	1, 2, 3	4 individuals, 4 relay teams
2	4, 5, 6	4 individuals, 4 relay teams
3	7, 8, 9	4 individuals, 4 relay teams

*\* Alternates: fifth-place finishers in each event in all district meets.*

**23.9.16.12 SPECIAL RULES FOR CLASS B REGIONAL MEETS (Boys and Girls)**

**23.9.16.12.1** If facilities and adequate personnel are available, finals for all events (*other than discus throw, javelin throw, pole vault, and running long jump*) shall begin at 7 p.m.

**23.9.16.12.2** If Rule 23.9.16.12.1 is applicable, preliminary events shall begin at a time adopted by the regional meet committee.

**23.9.16.13 CLASS C BOYS AND GIRLS**

<u>REGION #</u>	<u>QUALIFIERS TO REGIONAL MEET</u>
1	Not Applicable
2	Not Applicable
3	Not Applicable

**23.9.16.13.1** Class C boys' and girls' district meets shall be unnecessary for qualifying contestants/relay teams to a regional meet.

**23.9.16.13.2** Each school may enter a maximum of two contestants/relay teams in each event at the regional meet.

**23.9.16.13.3** Regions for Class C boys' and girls' track and field are included in this article.

**23.9.16.13.3.1** A Class C school that has not been placed in a boys' or girls' track and field region but plans to participate shall notify the LHSAA immediately regarding its participation so that it may be eligible to compete in the regional meet.

**23.9.17 RESPONSIBILITY OF REGIONAL MEET DIRECTORS**

**23.9.17.1** Immediately after the regional meet, the meet director shall:

**23.9.17.1.1** Accurately complete the LHSAA's qualifying information report form.

**23.9.17.1.2** List contestants with correctly-spelled first and last names.

**23.9.17.1.3** Fax complete and accurate meet results to the LHSAA (*fax: (225) 925-5801*).

**23.9.17.1.4** Ensure that schools which qualified relay teams have a complete list of contestants (*including alternates*).

**23.9.17.1.5** Maintain copies of qualifying forms sent to the LHSAA.

**23.9.17.1.6** Provide the LHSAA with a telephone number where he/she may be contacted (*day and night*) to obtain clarifications or additional information.

**ARTICLE 23 – TRACK AND FIELD, OUTDOOR**

**23.10 STATE MEET (*Boys and Girls*)**

**23.10.1** The state track and field meet shall be organized and administered according to rules outlined in this article.

**23.10.2** The LHSAA shall accept and consider bids to host the outdoor track and field meet on a one- or two- year basis. The executive committee shall review the bids and determine the state meet’s host and site.

**23.10.3** In conjunction with the host, the LHSAA shall conduct the state meet at the same site on the same date for all classes in both boys’ and girls’ outdoor track and field.

**23.10.4** The 2008 boys’ and girls’ outdoor track and field state championship meet for all classes shall be held at LSU, Baton Rouge over a three-day period during the 44<sup>th</sup> calendar week (*May 1-3*). The following format shall be observed:

Thursday, May 1	Classes 2A and 1A ( <i>boys and girls</i> )
Friday, May 2	Classes B and C ( <i>boys and girls</i> )
Saturday, May 3	Classes 5A, 4A, and 3A ( <i>boys and girls</i> )

**23.10.5** The 2008 state meet shall be hosted by the LSU Track and Field Officials’ Association at the Bernie Moore Track and Field Stadium – LSU, Baton Rouge.

**23.10.6** The state meet shall adhere to the National Federation’s Outdoor Track and Field Rules and LHSAA’s constitution and by-laws.

**23.10.7** Prior to the state meet, the LHSAA shall place a state meet memorandum on its website and notify all schools when available.

**23.10.8** Each day’s starting meet time shall be set by the games’ committee.

**23.10.9** Each event’s starting time shall be set by the games’ committee.

**23.10.10** The commissioner, assistant commissioners, and the LHSAA Executive Committee shall be the games’ committee for the meet and perform the following duties:

**23.10.10.1** Appoint a meet director and assistant director.

**23.10.10.2** Appoint a track referee and field referee.

**23.10.10.3** Appoint a jury of appeals.

**23.10.10.4** Establish and administer an appeals process that permits a coach to question in writing a meet official’s decision.

**23.10.10.5** Establish team packet pick-up times (*prior to starting time*) for all meet days.

**23.10.11** Individual and relay team seeding shall be based on regional meet performances. The seeding procedure shall adhere to Rule 23.10.20.2.9.

**23.10.12** Running events shall be in metric distances. If regional track events were on a 440-yard track, each event’s results shall be converted from English to metric time to seed state meet contestants.

**23.10.12.1** The Metric Time Conversion Table to be used in converting English to metric time is explained in Rule 23.7.16.

**23.10.13** English measurement shall be used when determining heights and distances in field events.

**23.10.14** Each class shall determine its own individual contestants’ and relay teams’ qualifying methods from the regional to the state meet.

**23.10.14.1** In devising its qualifying plan, a class shall comply with LHSAA constitutional rules and by-laws and National Federation's Outdoor Track and Field Rule Book.

**23.10.15** Each class shall be limited to a maximum of nine qualifying individual contestants and relay teams in each event from its regional to the state meet.

**23.10.15.1** Each class's schools shall qualify individual contestants and relay teams in each event from the regional meets conducted the week prior to the state meet.

**23.10.15.2** Only contestants and relay teams (*including alternate contestants*) that qualify in a regional meet shall compete in the state meet.

**23.10.15.3** All classes' first-, second- and third-place finishers in regional individual and relay events shall automatically qualify for the state meet.

**23.10.15.4** If fewer than nine regional meet individual contestants and relay teams in a class automatically qualify to the state meet, the class may develop a plan to qualify additional individual contestants and relay teams in each event as long as total qualifiers in each event do not exceed nine.

**23.10.15.5** Each class shall develop a state meet qualifying plan for alternate contestants and relay teams.

**23.10.16** A contestant may compete in a maximum of four state events (*including relays*).

#### **23.10.17 TEAMPACKETS**

**23.10.17.1** There will be **no** scratch meeting for the state meet. Schools that qualify contestants from the regional meet to the state meet shall declare by noon on Tuesday of the week of the state meet any scratches for those qualifying to the state meet. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by noon on Tuesday of the week of the state meet. Schools failing to scratch contestants prior to noon on Tuesday of the state meet shall be fined \$50 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual circumstances.

Scratches to the state meet shall be faxed to the LHSAA office on school letterhead signed by the coach and school principal.

**23.10.17.2** Team packets containing heat sheets, track & field facilities diagram, participant passes, appeal form, and other information may be picked up in the LSU Field House two hours prior to your school participating. Coaches shall receive participant passes for all relay alternates in this package.

**23.10.17.3** A coach must pick up his/her packet and distribute participant passes to all qualifiers prior to participation in any event.

**23.10.17.4** If a school enters no more than two contestants in the meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA-approved CECP coach from any other school/school system entered in the meet, if both schools' principals give written permission.

**23.10.17.4.1** The written permission shall be presented to the meet director at the packet pick-up area.

**23.10.17.5** If a qualifying contestant from the regional meet is scratched and the alternate is not notified prior to noon on Tuesday of meet week, there shall be **no** replacement allowed.

**ARTICLE 23 – TRACK AND FIELD, OUTDOOR**

**23.10.18 SUBSTITUTIONS ON RELAY TEAMS**

**23.10.18.1** A coach may substitute a contestant to participate with his/her relay team if the contestant's name is listed on the relay entry form provided to the LHSAA by the respective regional meet director at the conclusion of the regional meet, and if the substitute's participation limit of four events (*including relays*) is not exceeded.

**23.10.19 ORDER OF EVENTS AND TIME-INTERVAL SCHEDULE**

**23.10.19.1** The order of events and time-interval schedule explained in Rule 23.7.14 shall apply.

**23.10.19.2** The LHSAA shall incorporate the different classes for the boys' and girls' teams into the order of events when formulating the schedule of events for the state meet.

**23.10.19.3** The boys' and girls' 3200-meter run shall be scheduled after the 200-meter dash, back to back, with the 1600-meter relay in each sport alternating with that respective class.

**23.10.19.3.1** Example of rule 23.10.19.3 in Classes B and C (*boys and girls*)

<b>EVENT</b>	<b>SPORT</b>	<b>CLASS</b>
3200-meter run	Girls	C
1600-meter relay	Girls	C
3200-meter run	Boys	C
1600-meter relay	Boys	C
3200-meter run	Girls	B
1600-meter relay	Girls	B
3200-meter run	Boys	B
1600-meter relay	Boys	B

*Classes 1A and 2A shall be scheduled in the same manner.*

*Classes 3A, 4A, and 5A shall be scheduled in the same manner.*

**23.10.20 SPECIAL RULES ADOPTED BY GAMES COMMITTEE**

**23.10.20.1 FIELD EVENTS**

**23.10.20.1.1** The field events' time schedule shall be followed as closely as possible with appropriate consideration given to contestants competing in other track and/or field events.

**23.10.20.1.2** A contestant competing in another event shall report to the field judge conducting the respective field event by the time of the final call to inform the field judge he/she is competing in a simultaneous field event.

**23.10.20.1.3** Throwing implements (*shot, discus, javelin*) shall be weighed, measured, and marked by an official during a designated 1-1/2 hour period prior to that field event's start.

**23.10.20.1.4** A contestant may not compete until his/her equipment has been approved and marked by an appropriate meet official.

**23.10.20.1.5** Each contestant shall be allowed a maximum of three preliminary throws, jumps, and vaults in each respective meet.

**23.10.20.1.6** The seven contestants with the best distances in a throwing event shall be given an additional three throws.

**23.10.20.1.7** In the shot put and discus events, a contestant shall remain in the circle until he/she is released by the event official. A contestant shall exit through the back half of the circle.

**23.10.20.1.8** Starting heights for the high jump and pole vault shall be available at the state meet.

**23.10.20.2 RUNNING EVENTS**

**23.10.20.2.1** After the initial running event's starting time, all other running events' starting times shall be approximate. If the required time interval is allowed between running events, the running events' portion of the meet may proceed ahead of schedule.

**23.10.20.2.2** The International Exchange shall be used in all relay events.

**23.10.20.2.3** The following starts/staggers shall be used in relay events:

**23.10.20.2.3.1** 800-meter run with one-turn stagger (*runner may move to the inside beyond the flag on the back straightway if he/she has more than a one-stride advantage on the inside runners*)

**23.10.20.2.3.2** 1600- and 3200-meter runs with waterfall start (*runner may move to the inside if he/she has more than one-stride advantage on the inside runners*)

**23.10.20.2.3.3** 1600-meter relay with a three-turn stagger

**23.10.20.2.4** Relay teams shall provide their own batons which shall comply with National Federation's Track and Field Rule Book's specifications.

**23.10.20.2.4.1** Batons shall be checked for legality at check in prior to each event.

**23.10.20.2.5** The meet host shall provide starting blocks. A runner shall not use his/her own starting block.

**23.10.20.2.6** After each running event, a runner shall remain in his/her designated lane and return to the finish line in order for official determination of the finish order.

**23.10.20.2.7** Preliminary qualifying heats in running events shall not be conducted at the state meet.

**23.10.20.2.8** Runners shall be seeded in lanes according to their best regional meets' recorded times.

**23.10.20.2.9** Procedure for Seeding Contestants in Running Events

**23.10.20.2.9.1** The following running events shall be seeded from the middle to outside lanes:\*

*800-meter relay*

*1600-meter relay*

*100/110-meter hurdles*

*100-meter dash*

*400-meter relay*

*400-meter run*

*200-meter dash*

*300-meter hurdles*

<b>PLACES AND TIMES</b>	<b>8 &amp; 9 LANE TRACKS</b>	<b>6 LANE TRACKS</b>
	<b>SEED IN LANES</b>	<b>SEED IN LANES</b>
1 <sup>st</sup> and 2 <sup>nd</sup> fastest	5 and 4	3 and 4
3 <sup>rd</sup> and 4 <sup>th</sup> fastest	6 and 3	2 and 5
5 <sup>th</sup> and 6 <sup>th</sup> fastest	7 and 2	6 and 1
7 <sup>th</sup> and 8 <sup>th</sup> fastest	8 and 1	
9 <sup>th</sup> fastest	9	

*\* Automatically seeded by computer program.*

**23.10.20.2.9.2** The following events shall be seeded from the first to ninth lanes: \*

*800-meter run*

*1600-meter run*

*3200-meter run*

<b>PLACES AND TIMES</b>	<b>SEED IN LANE</b>
Fastest	1
2 <sup>nd</sup> fastest	2
3 <sup>rd</sup> fastest	3
4 <sup>th</sup> fastest	4
5 <sup>th</sup> fastest	5
6 <sup>th</sup> fastest	6
7 <sup>th</sup> fastest	7
8 <sup>th</sup> fastest	8
9 <sup>th</sup> fastest	9

*\* Automatically seeded by computer program.*

**23.10.20.2.10** The 200-meter dash shall be run on the curve.

**23.10.20.2.11** At the final call, contestants shall report to the clerk of course in legal track uniforms, ready to run.

**23.10.20.3 UNIFORMS AND SHOES**

**23.10.20.3.1** Contestants shall compete in school-issued uniforms.

**23.10.20.3.1.1** Each competitor’s uniform shall consist of a full-length track jersey and track shorts issued by the school. Shorts may vary in length and style but must be the same color for all team members.

**23.10.20.3.1.2** Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, body suits, abbreviated briefs (french or high cut) and similar apparel may be worn under the shorts but not in the place of school issued shorts.

**23.10.20.3.1.3 NOTE:** One piece uniforms issued by the school are only legal if school issued shorts are worn over the one piece apparel.

**23.10.20.3.2** Contestants shall wear shirts and shoes at all times during the meet.

**23.10.20.3.3** A contestant shall not wear a cap or hat while competing.

**23.10.20.3.4** A contestant may wear a headband (*subject to the meet director’s approval*) while competing.

- 23.10.20.3.5** If leotards are worn, uniform shorts shall be worn over the leotards. The leotard top may be worn as a jersey.
- 23.10.20.3.6** In relay races, each team member shall wear the same color and design of school uniform although the length of the shorts may vary.
- 23.10.20.3.6.1** Any visible garment(s) worn under the top or shorts shall be a single color and the same color as those worn by other members of the relay team.
- 23.10.20.3.6.2** Visible garments worn under the shorts may vary in length, but must be the same solid color for all team members choosing to wear them.
- 23.10.20.3.6.3** When only one team member wears a visible garment under his/her shorts, it may be of any single solid color.
- 23.10.20.3.6.4** Other relay members are not required to wear an undergarment, but if they do, all visible garments must be the same solid single color, but not the same length.
- 23.10.20.3.7** Shot put and discus contestants shall wear shoes with rubber (*or comparable*) soles. Shoes with spikes are prohibited in these events.
- 23.10.20.3.8** With the exception of watches, contestants shall not wear jewelry while competing.
- 23.10.20.3.8.1** Any items worn in the hair that are made of a hard substance (beads, barrettes, etc.) shall be declared as illegal jewelry and the competitor or team will be disqualified from that event.
- 23.10.20.3.8.2** Soft rubber bands and ribbons may be worn to hold the hair in place without penalty.

**23.10.20.4 CALLS AND CHECK-IN PROCEDURES**

- 23.10.20.4.1** Two calls shall be made for each event.
- 23.10.20.4.2** The first call shall be 30 minutes prior to the event.
- 23.10.20.4.3** The second and final call shall be 20 minutes prior to the event.
- 23.10.20.4.4** Calls shall be made at the check-in area.
- 23.10.20.4.5** Contestants shall report to their respective check-in stations on the first call and no later than the second and final call.
- 23.10.20.4.6** After a contestant has officially checked in, he/she may continue to warm up or participate in another event.
- 23.10.20.5** Coaches, managers, or spectators may not be in the check-in area.
- 23.10.20.6** A coach, manager, school trainer, or team attendant may not be on the track or in a field event's area during competition.
- 23.10.20.7** After completion of the regional meet, the state meet's facility shall be off limits for practice by a competing school's team until the state meet.

**ARTICLE 23 – TRACK AND FIELD, OUTDOOR**

**23.10.20.7.1** Violation of this rule may result in the school’s disqualification from the state meet.

**23.10.20.8** Each qualifying and alternate contestant who attends the state meet shall be given a participant pass to admit him/her to the track and field arena on the day he/she is scheduled to compete. This pass shall be non-transferable.

**23.10.20.8.1** When not participating or preparing to participate, contestants shall remain in the stands.

**23.10.21 SCORING**

**23.10.21.1** The following scoring method shall be used to determine the number of points awarded to the first six place finishers in each event (*individual and relay events*):

<b>PLACE</b>	<b>POINTS AWARDED</b>
1 <sup>st</sup>	10
2 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	4
5 <sup>th</sup>	2
6 <sup>th</sup>	1

**23.10.22 APPEAL PROCEDURE**

**23.10.22.1** A coach may appeal an official’s decision to the track referee or the field referee by following the appropriate appeal procedure.

**23.10.22.2** A coach may appeal a track and/or field referee’s decision to the jury of appeals by following the appropriate appeal procedure.

**23.10.22.3** An appeal shall be written on the official appeal form included in each school’s packet distributed at the state meet. Additional appeal forms may be obtained from an LHSAA official in the press box.

**23.10.22.4** A completed appeal form shall be presented to an LHSAA official in the press box.

**23.10.22.5** The LHSAA official shall deliver the form to the LHSAA assistant commissioner who shall serve as the associate meet director.

**23.10.22.6** The appeal shall be referred to the appropriate referee who shall review it and render a written decision.

**23.10.22.6.1** The referee shall have the authority to overrule the decision of an event official.

**23.10.22.7** If necessary, an appeal may be referred to the jury of appeals which shall review the appeal and render a written decision.

**23.10.22.7.1** The jury of appeals shall have the authority to overrule a referee’s decision. The jury’s decision shall be final.

**23.10.22.8** A written ruling shall be returned to the coach who made the appeal.

**23.10.22.9** If necessary, the coach may be allowed to enter the track infield by LHSAA officials for a discussion regarding the appeal.

**23.10.22.10** If a referee/jury of appeals overturns a ruling, the referee shall make the appropriate placement and scoring adjustments with meet officials.

**23.10.22.11** Verbal appeals shall not be accepted.

**23.10.22.12** Appeals submitted 30 minutes after an event has ended shall not be accepted.

**23.10.22.13** Appeals shall be judged in accordance with the Outdoor Track and Field Rule Book and/or special rules passed by the games committee.

**23.10.23 QUALIFYING PLANS FROM REGIONAL MEET TO STATE MEET**

<b>CLASS/SPORT</b>	<b># of Regions</b>	<b># Qualifiers from Each Region to State</b>	<b>Alternates from Each Region</b>
5A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
5A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
4A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
4A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
3A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
3A - Girls	3	3 individuals/ 3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
2A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
2A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
1A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
1A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
B - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
B - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
C - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finishers in each event
C - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finishers in each event

**23.11 WHEELCHAIR TRACK AND FIELD**

**23.11.1** The following track and field events shall be sanctioned in outdoor track and field as individual events for wheelchair participants:

- 400-meter dash*
- 800-meter run*
- Shot put*
- Discus*

**23.11.2** Rules governing wheelchair track and field shall follow the guidelines of the Games Uniting Mind and Body (*GUMBO*) Resource Guide, as it applies to wheelchair track and field in Louisiana and the LHSAA.

**ARTICLE 23 – TRACK AND FIELD, OUTDOOR**

- 23.11.3** In addition to all eligibility rules of LHSAA, the following shall apply to wheelchair students participating in LHSAA outdoor track and field meets:
- 23.11.3.1** Wheelchair participants shall compete against each other only.
  - 23.11.3.2** Wheelchair participants shall compete in school-issued uniforms.
  - 23.11.3.3** A wheelchair participant shall have a permanent muscular or neuromuscular disability which significantly limits the ability to move or a permanent skeletal deformity or abnormality which significantly affects ambulation. This disability must prevent the student from participating in other sanctioned sports. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
  - 23.11.3.4** A wheelchair participant shall compete in track and field events in a wheelchair that meets legal specifications as follows:
    - 23.11.3.4.1** A track wheelchair should have a minimum of three wheels.
    - 23.11.3.4.2** A track wheelchair shall be manually operated with no mechanical gears or levers used to propel the chair.
    - 23.11.3.4.3** Only one hand rim shall be attached to each large wheel.
    - 23.11.3.4.4** The field chair's seat, including the cushion, shall not exceed 25 inches in height. The chair need not be a wheelchair.
  - 23.11.3.5** The LHSAA encourages all meet directors to contact a GUMBO representative to be on site at all district and regional meets.
- 23.11.4** A meet's order of events shall be determined by meet management.
- 23.11.5** A wheelchair participant shall compete for individual and team honors in the classification in which his/her team competes in the meet.
- 23.11.5.1** Meet scoring for wheelchair participants shall be as follows:
    - 1 participant - 1 point
    - 2 participants - 2 - 1 points
    - 3 participants - 3 - 2 - 1 points
    - 4 participants - 4 - 3 - 2 - 1 points
    - 5 participants - 5 - 4 - 3 - 2 - 1 points
    - 6 participants - 6 - 5 - 4 - 3 - 2 - 1 points
- 23.11.6** Points scored by a wheelchair participant shall count toward his/her team score in all outdoor track and field meets including all regular season, district, regional and/or state meet. Any points scored by wheelchair participants cannot be used in determining points and place of finish when calculating the Southern Quality Ford Cup/All Sports trophy on a yearly basis.
- 23.11.6.1** However, if the points scored by a wheelchair participant enables his/her team to tie or exceed the highest team point total of another team(s) then the team with the wheelchair participant(s) will be declared the co-champion and the other team(s) without the wheelchair participant(s) will be declared outright champion(s). This same rule will apply in determining the runner-up position. This includes all regular season, district, regional and state meets.
    - 23.11.6.1.1** **EXAMPLE #1** - Team "A" has one wheelchair participant who scores 4 points. Team "B" does not have a wheelchair participant entered in the meet.

Team "A" has the highest score of the meet with 65 points (*includes 4 wheelchair points*). Team "B" is second highest with 62 points (*no wheelchair points*). **RULING:** Team "B" shall be declared the champion and Team "A" shall be declared the co-champions of the meet. (*The same ruling would apply when determining the runners-up team*).

**23.11.6.1.2** **EXAMPLE #2** - Team "A" has two wheelchair participants entered in two events each. They score 2 points each (*4 total points*). Team "B" has one wheelchair participant entered in one event and he/she scores 2 points. Team "A" finishes first with 73 points. Team "B" finishes second with 71 points. **RULING:** Team "A" and "B" are declared co-champions. (*The same ruling would apply when determining the runners-up team*).

**23.11.6.2** If the team on which the wheelchair contestant participates would have won the meet without counting the points scored by the wheelchair contestant, it shall be declared the outright champion or runner-up. This includes all regular season, district, regional and state meets.

**23.11.6.2.1** **EXAMPLE #3** - Team "A" has one wheelchair participant entered in four events and scores 4 points. Team "B" does not have a wheelchair participant in the meet. Team "A" finishes first with 60 points. Team "B" finishes second with 50 points. **RULING:** - Team "A" is declared the outright champion. (*The same ruling would apply when determining the runners-up team.*)

**23.11.6.2.2** **EXAMPLE #4** - Team "A" has one wheelchair participant entered in two events and scores 4 points. Team "B" has one wheelchair participant entered in one event and scores 2 points. Team "A" finishes with 51 points plus 4 wheelchair points and team "B" finishes with 51 points plus 2 wheelchair points. **RULING:** - Teams A & B are declared co-champions. (*The same ruling would apply when determining the runners-up team.*)

**23.11.7** If a wheelchair participant competes against another wheelchair participant in the same sport (*boys/girls*), in the same classification and in the same event, the contestant that finishes first shall be declared the champion and shall score 2 team points. The other contestant in that event shall score 1 point. For 3 wheelchair participants, the points awarded shall be 3-2-1. This scoring shall continue to a maximum of 6 wheelchair participants. Each athlete is required to meet minimum standards listed in 23.11.8.1 below in order to score points for his/her team. **Note:** Track standards do not apply to cinder tracks.

**23.11.8** If a wheelchair athlete competes alone in a sport (*boys/girls*), he/she shall be required to meet standards in order to win first place in the event and score 1 team point in the event as a wheelchair contestant. **Note:** Track standards do not apply to cinder tracks.

**23.11.8.1** Minimum required standards shall be:

<b>EVENT</b>	<b>BOYS</b>	<b>GIRLS</b>
400 meter dash	1:30 minutes	2:30 minutes
800 meter run	3:00 minutes	4:00 minutes
Discus	25'0"	19'0"
Shot Put	8'0"	6'0"

**Note:** Track standards do not apply to cinder tracks.

**23.11.8.2** If a contestant fails to meet the required standard in an event, he/she shall not be awarded a place or any points in the event. **Note:** Track standards do not apply to cinder tracks.

**23.11.8.3** The size of the discus and shot put for wheelchair participants shall be the same as all other male and female participants.

## **ARTICLE 23 – TRACK AND FIELD, OUTDOOR**

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**23.11.9** When competing in the outdoor state track and field meet, all wheelchair participants shall be required to compete on the same day of the meet as their classification. Their points will be added to their team's total before a championship is awarded.

**23.11.10** Wheelchair participants shall qualify for the district, regional and state meets following the same qualifying procedures as other participants in the same class.

### **23.12 AWARDS**

**23.12.1** State meet awards shall be presented in accordance with by-laws Article 8: Awards.

### **23.13 INTERRUPTED COMPETITION**

**23.13.1** If competition is interrupted because of events beyond the control of the responsible administrative officials, the competition shall be completed the next day from the point of interruption. If this is not possible, the meet must be resumed within 72 hours following the cancellation of the original meet.

**23.13.1.1** If the meet cannot be completed within 72 hours, there shall be no team champions named in that class/division unless the points earned by any school(s) competing will not change the outcome of the meet.

### **23.14 SPRING PRACTICE**

**23.14.1** Spring practice shall be prohibited after outdoor track and field season ends.

### **23.15 SUMMER ACTIVITIES**

**23.15.1** A school's track and field activities shall be unrestricted from its official closing for the summer until its official opening for the next school year as long as school team competition does not occur.

ARTICLE 23 – TRACK AND FIELD, OUTDOOR- DISTRICTS

23.16 CLASS 5A

**DISTRICT 1**

Airline  
Byrd, C.E.  
Captain Shreve  
Caddo Magnet [CNF]  
Huntington  
Southwood

**DISTRICT 2**

Natchitoches Central  
Ouachita  
Ruston  
West Monroe

**DISTRICT 3**

Acadiana  
Barbe  
Comeaux  
St. Thomas More  
Sulphur

**DISTRICT 4**

Carencro  
Lafayette  
New Iberia  
Pineville  
Westgate

**DISTRICT 5**

Baton Rouge [CNF]  
Catholic, BR  
Central, BR  
Denham Springs  
Scotlandville  
St. Joseph's Academy (AG)  
Walker  
Woodlawn, BR

**DISTRICT 6**

Destrehan  
Dutchtown  
East Ascension  
East St. John  
Hahnville  
St. Amant

**DISTRICT 7**

Covington  
Fontainebleau  
Hammond  
Mandeville  
Northshore  
Ponchatoula  
Slidell  
St. Paul's  
St. Scholastica (AG)

**DISTRICT 8**

Assumption  
Bourgeois, H.L.  
Central Lafourche  
South Lafourche  
South Terrebonne  
Terrebonne  
Thibodaux

**DISTRICT 9**

Bonnabel  
Ehret, John  
Higgins, L.W.  
King, Grace  
West Jefferson

**DISTRICT 10**

Academy of Our Lady (AG)  
Archbishop Chapelle (AG)  
Archbishop Rummel  
Brother Martin  
Chalmette  
Dominican (AG)  
Jesuit  
Mt. Carmel (AG)  
St. Augustine

23.17 CLASS 4A

**DISTRICT 1**

Benton  
Bossier  
Fair Park  
Haughton  
Minden  
Northwood, SH  
Parkway  
Woodlawn, SH

**DISTRICT 2**

Bastrop  
Carroll  
Franklin Parish  
Neville  
West Ouachita

**DISTRICT 3**

Alexandria  
Grant  
Leesville  
Peabody  
Tioga

**DISTRICT 4**

DeRidder  
Eunice  
Houston, Sam  
LaGrange  
Washington-Marion

**DISTRICT 5**

Abbeville  
Beau Chene  
Breux Bridge  
Northside  
Opelousas  
St. Martinville  
Teurlings

**DISTRICT 6**

Belaire  
Glen Oaks  
Istrouma  
Live Oak  
Zachary

**DISTRICT 7**

Broadmoor  
Lee, R.E.  
McKinley  
St. Michael  
Tara

**DISTRICT 8**

Archbishop Shaw  
Belle Chasse  
Cox, Helen  
Ellender, A.J.  
Morgan City  
Vandebilt Catholic

**DISTRICT 9**

Cabrini (AG)  
East Jefferson  
Franklinton  
Holy Cross  
Pearl River  
Riverdale  
Salmen

**DISTRICT 10**

Easton, Warren  
Karr, Edna  
McDonogh #35  
McDonogh, John  
Walker, O.P.

**ARTICLE 23 – TRACK AND FIELD, OUTDOOR- DISTRICTS**

**23.18 CLASS 3A**

**DISTRICT 1**

Green Oaks  
Madison  
Rayville  
Richwood  
Washington, B. T., SH  
Wossman

**DISTRICT 2**

Caldwell  
Jena  
North DeSoto  
Winnfield

**DISTRICT 3**

Avoyelles  
Bolton  
Buckeye  
Bunkie  
Marksville  
Vidalia

**DISTRICT 4**

Iota  
Iowa  
Jennings  
St. Louis  
Westlake

**DISTRICT 5**

Church Point  
Crowley  
Northwest  
Notre Dame  
Rayne

**DISTRICT 6**

Catholic, NI  
Cecilia  
Erath  
Kaplan  
North Vermilion

**DISTRICT 7**

Berwick  
Franklin  
Patterson  
West St. Mary  
White, E.D.

**DISTRICT 8**

Baker  
Capitol  
Capitol (AG)  
Northeast  
Parkview Baptist  
Redemptorist  
West Feliciana

**DISTRICT 9**

Brusly  
Lutcher  
Plaquemine  
Port Allen  
St. Charles

**DISTRICT 10**

Albany  
Amite  
Bogalusa  
Independence  
Loranger  
Sumner, Jewel

**DISTRICT 11**

Clark, J.S.  
DeLaSalle  
Douglass, F.A.  
Franklin, Ben  
McMain, Eleanor  
Rabouin, L.E. [CNF]  
Reed, Sarah

**DISTRICT 12**

Acad. Sac. Ht., NO (AG)  
St. Mary's (AG)  
Ursuline (AG)  
Xavier Prep (AG)

**23.19 CLASS 2A**

**DISTRICT 1**

Calvary Baptist  
Evangel  
Homer  
Lakeside  
Loyola Prep  
North Caddo  
Springhill

**DISTRICT 2**

Farmerville  
Ferriday  
Jonesboro-Hodge  
Lake Providence  
Sterlington

**DISTRICT 3**

Lakeview  
Mansfield  
Many  
Menard  
Red River

**DISTRICT 4**

DeQuincy  
East Beauregard  
Oakdale  
Pickering  
Rosepine  
South Beauregard

**DISTRICT 5**

Kinder  
Lake Arthur  
Vinton  
Welsh

**DISTRICT 6**

Mamou  
Pine Prairie  
Port Barre  
Opelousas Catholic  
Sacred Heart  
Ville Platte  
Westminster

**DISTRICT 7**

Donaldsonville  
Jeanerette  
Livonia  
Loreauville  
St. John

**DISTRICT 8**

Clinton  
Dunham  
Episcopal  
Jackson  
Pointe Coupee Central  
University Lab

**DISTRICT 9**

Doyle [CNF]  
French Settlement [CNF]  
Pine  
Pope John Paul  
Springfield  
St. Helena Central  
St. Thomas Aquinas

**DISTRICT 10**

Curtis, John  
Fisher  
Lusher  
McGehee, Louise (AG)  
Newman, Isidore  
Riverside  
St. James

ARTICLE 23 – TRACK AND FIELD, OUTDOOR- DISTRICTS

23.20 CLASS 1A

**DISTRICT 1**

Haynesville  
Logansport  
Plain Dealing  
Ringgold  
Sarepta  
University Christian

**DISTRICT 2**

Arcadia  
Bernice  
Cedar Creek  
Grambling  
Ouachita Christian  
St. Frederick

**DISTRICT 3**

Block  
LaSalle  
Montgomery  
Northwood, Lena  
St. Mary's

**DISTRICT 4**

Delhi  
Delhi Charter  
Mangham  
Oak Grove  
Tensas

**DISTRICT 5**

Basile  
Elton  
Hamilton Christian  
Merryville  
Oberlin  
South Cameron

**DISTRICT 6**

Acadiana Prep  
Catholic, PC  
False River  
North Central  
St. Edmund

**DISTRICT 7**

Archbishop Hannan  
Christian Life  
Desire Street Academy  
Kentwood  
Northlake Christian  
Southern Lab  
Varnado

**DISTRICT 8**

Central Catholic  
Delcambre  
Gueydan  
Hanson  
Vermilion Catholic

**DISTRICT 9**

Ascension Catholic  
East Iberville  
North Iberville  
West St. John  
White Castle

**DISTRICT 10**

Crescent City  
Ecole Classique  
Metairie Park  
Country Day  
Ridgewood  
South Plaquemines  
St. Martin's

23.21 CLASS B

**DISTRICT 1**

Castor  
Dodson  
Quitman  
Weston

**DISTRICT 2**

Choudrant  
Doyline  
Simsboro

**DISTRICT 3**

Epps  
Kilbourne  
Monterey

**DISTRICT 4**

Converse  
Florien  
Hornbeck  
Negreet  
Zwolle

**DISTRICT 5**

Anacoco  
Evans  
Hicks  
Pitkin  
Simpson

**DISTRICT 6**

Fairview  
Glenmora  
Grace Christian  
Oak Hill  
Rapides

**DISTRICT 7**

Bell City  
Grand Lake  
Hathaway  
Lacassine  
Midland

**DISTRICT 8**

Acad. Sacred Heart (GC)  
Bethany Christian  
Centerville  
Episcopal of Acadiana  
Hosanna Christian  
Houma Christian

**DISTRICT 9**

Believer's Life  
Holden  
Lutheran  
Maurepas  
Mt. Hermon

23.22 CLASS C

**REGION 1**

Athens  
Atlanta  
Bienville  
Cotton Valley  
Dubach  
Ebarb  
Excelsior Christian  
Gibbsland-Coleman  
Monticello  
Pelican  
Pineview  
Pleasant Hill  
Saline

**REGION 2**

Elizabeth  
Hackberry  
Johnson Bayou  
Reeves  
Singer  
Starks

**REGION 3**

Brighton School  
Family Christian  
Jehovah-Jireh  
La. School for the Deaf  
La. School for the Visually Impaired  
Millerville Academy  
Northside Christian  
Phoenix  
Reserve Christian