Section 7AA Track & Field Meet Procedures
Updated 9-9-19

Site Rotation: We will use a 1 south / 1 north rotation for the site of the meet
(coaches vote at Fall 2015 meeting)

- **Meet Scoring**
  Individual and Relay Scoring
  1st—10, 2nd—8, 3rd—6, 4th—5, 5th—4, 6th—3, 7th—2, 8th—1,
  Ties are broken according to NFHS Rule Book, Rule2 – Section 2

- **Games Committees/Jury of Appeals**
  A. A rotation of 3 coaches make up the committee
  B. For 2020 Hermantown, Hibbing, and North Branch make up the committee.
  C. Two alternates will be selected to replace a coach whose team is involved in
     the appeal. For 2020, St Francis and Princeton are the alternates.
  D. The meet referee and the appealing coach will present the appeal to the
     committee.
  E. There will be two committees and two sets of alternates, one for boys’ and
     one for girls’ meet.

- **Entry Limitations**
  See Rule 4 – Section 1 in the NFHS rules book.

- **Opening Heights** (Revised, 9/15/04)
  Boys High Jump 5’2”, move up 2”, until 6 competitors remain, then move up 1”
  Girls High Jump 4’4”, move up 2” until 6 competitors remain, then move up 1”
  Boys Pole Vault 9’6”, move up 6” until 6 competitors remain, then move up 4”
  Girls Pole Vault 6’7”, move up 6” until 6 competitors remain, then move up 4”
  (In the Pole Vault & High Jump, the opening heights are to be aligned with the state
   standard.)

- **Participation Limitations**
  The meet is treated as a one-day meet.
  Limit of 4 events, (not all field or all running)
  Limit of no more than two races of 800m or more.
  Scratch/adds policy.
  The scratch deadline is **the entry deadline (Tuesday 10:00 AM)**.
  A scratch after the deadline, and the athlete is out of the meet
  (except for a doctor’s release concerning a medical issue).
• **Qualifications** (The number of teams entered determines the basis for contestants and preliminary heats needed. 
1600m, 3200m, 400m Relay, 800m Relay, 1600m Relay, 3200m Relay, High Jump, Pole Vault
  **These are finals.
200m, 400m, 300m Hurdles
  **Prelims consist of 6 or 7 heats. Finals are heat winners & top one or two times left.
800m, **3 heats, top three in each heat and the next 3 fastest times advance.
100m, **High Hurdles
  **Prelims will be 6 or 7 heats, Finals are heat winners & top one or two times left.
Discus, Shot Put, Long Jump, Triple Jump
  **Prelims consist of 6 or 7 flights, each contestant allowed up to 3 attempts. Finals consist of top 9 contestants from prelims, allowed 3 attempts.

• **Relays**
Up to 6 individuals may be listed on the relay entry card. (1) Only those who participate will be considered official entries, (2) Relays count in participation guidelines, see V., (3) Relay cards need only be turned in when the relay reports to the Clerk of Course. (4) The meet manager must supply the cards so this recommendation can be followed.

• **Seeding & Reseeding**
Seeding decisions and placements are based on the entries that are submitted by the coaches. The method of assigning seeded lanes must follow the policies identified by Federation rules for that event. *It was recommended that verification will be sent without actual seed being noted.*

  **SPECIFY FAT OR HAND TIMES.**
Reseeding will occur if: (1) A mistake from an original entry is sent in, (2) A mistake in the original seeding, (3) Reseeding will not be done due to an athlete being scratched from an event.

**Triple and Long Jump**
The top 6 participants have the option to move to flight one and that information will be announced at the coaches meeting.

• **Spikes**
Each host school may adjust this based on its track site mandate. This information is to be included in the section meet information packet.

• **Site Set-up**
The Section meet site will meet all NFHS guidelines. If there is an area that doesn’t meet the guidelines, coaches will be informed in the informational book sent out to the schools prior to the meet.