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**7.21 TRACK AND FIELD**

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**7.21.1 General Rules/Policies**

- A. Classes** - There are five (5) classes in both boys and girls: A, AA, AAA, AAAA, and AAAAA.
- B. Practice Dates** - Practice may begin on the Monday of Week #32.
- C. Meet Limitation** - Each varsity team/individual is limited to ten (10) meets prior to the district event. Each sub-varsity team/individual is limited to seven (7) meets.

**NOTE:** The Marilyn Sepulveda Track and Field Meet does not count against the overall ten-meet team limitation for that season. If an individual accepts an invitation to participate in this particular meet, it does count against that individual's track and field season meet limitation.

**Question:** Once the season has officially began, can an athlete compete in an indoor meet that is not included in the "team's" allowable 10 meet schedule?

**Answer:** Yes, as long as he or she does not represent their school and is not coached by a member of the "high school's" coaching staff.

**Question:** Can a team schedule more than 10 varsity track and field meets, as long as each athlete participates in no more than 10?

**Answer:** No, a team can only schedule 10 varsity meets per season prior to the district meet.

**Question:** Is a team's overall meet total affected if an athlete competes in a national outdoor track and field meet that is not part of the team's 10 meet schedule?

**Answer:** No, as long as the individual athlete does not exceed his/her limit of 10 meets prior to the district meet and the individual athlete does not represent their school at this meet.

- D. Event Participation Limits** - A contestant may participate in a maximum of five events per meet but no more than four may be track events, and no more than four may be field events. Further, no more than three of the four track events allowed can be 400 meters or longer, which includes participation in relays.

Example of distance combinations:

3200 M run, 1600 M run and 800 M run plus 1 other under 400 M.

3200 M run, 1600 M run and 400 M run plus 1 other under 400 M.

1600 M run, 800 M run and 400 M run plus 1 other under 400 M.

400 M leg (1600 Relay), 3200 M run and 1600 M run plus 1 other under 400 M.

1600 M run, 400 M leg (1600 M relay) and open 400 M plus 1 other under 400 M.

- E. NMAA District Clinic** - At least one head boys' coach and one head girls' coach from each declared track and field school must attend the NMAA district clinic at the NMTCCCA Coaches Clinic in January, or complete the district clinic online at [www.nmact.org](http://www.nmact.org) between February 1<sup>st</sup> and February 28<sup>th</sup> (February 29<sup>th</sup> in a leap year). Failure to comply shall result in a \$100 fine to the school per head coach which will be assessed on March 1<sup>st</sup>.

**F. Pole Vault Safety Certification** - All head Track and Field coaches and all Pole Vault coaches must have successfully passed the Pole Vault Safety Certification Board Exam at the NMTCCCA Coaches Clinic in January, or online at [www.pvscb.com](http://www.pvscb.com), prior to competition by their team's athletes. Certification is valid for a period of four (4) years.

**G. State Qualifying Standards** - State qualifying standards will be determined by the Track and Field Sports Specific Committee at the beginning of each two-year block to be used for that entire two-year block.

**H. Guidelines on Handling Contests during Lightning Disturbances**

1. The NMAA will follow the guidelines in the NFHS Rulebook (stated below).
2. Ultimately the host site administration is responsible for adhering to the guidelines listed below.

The purpose of the following guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning.

**I. Proactive Planning**

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard, or a cloud to ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play or take shelter immediately.
  - b. Thirty Minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
4. Hold periodic reviews for appropriate personnel.

**7.21.2 District Alignments 2008-2009 / 2009-2010**

***Class 5A – Track & Field***  
***# of Schools 23***

District	District	District	District	District
1-5A	2-5A	3-5A	4-5A	5-5A
Cibola	ABQ. High	Alamogordo	Carlsbad	Eldorado
Cleveland	La Cueva	Gadsden	Clovis	Highland
Gallup	Sandia	Las Cruces	Hobbs	Los Lunas
Rio Rancho	Santa Fe	Mayfield		Manzano
West Mesa	Valley	Oñate		Rio Grande

***Class 4A – Track & Field***  
***# of Schools 26***

District	District	District	District	District	District
1-4A	2-4A	3-4A	4-4A	5-4A	6-4A
Aztec	Bernalillo	Chaparral	Artesia	ABQ. Academy	Atrisco Heritage
Farmington	Capital	Deming	Goddard	Del Norte	Belen
Kirtland Central	Española	Santa Teresa	Roswell	Moriarty	Grants
Piedra Vista	Los Alamos	Silver		Valencia	St. Pius
Shiprock	Taos				Volcano Vista

**Class 3A – Track & Field**

# of Schools 27

District	District	District	District	District
1-3A	2-3A	3-3A	4-3A	5-3A
Bloomfield	Pojoaque	Cobre	Dexter	Cuba
Crownpoint	Raton	Hatch	Lovington	Hope Christian
Miyamura	Robertson	Hot Springs	NMMI	Laguna Acoma
Newcomb	Santa Fe Indian	Socorro	Portales	Sandia Prep
Tohatchi	St. Michael's		Ruidoso	Thoreau
Wingate	W. Las Vegas			
Zuni				

**Class 2A – Track & Field**

# of Schools 35

District	District	District	District
1-2A	2-2A	3-2A	4-2A
Navajo Pine	Coronado	McCurdy	Acad. For Tech. & Classics
Ramah	Dulce	Mesa Vista	Monte del Sol
Rehoboth	Escalante	Peñasco	Mora
Shiprock NW	Navajo Prep	Questa	Pecos
Tse' Yi' Gai			Santa Fe Prep
District	District	District	District
5-2A	6-2A	7-2A	8-2A
Capitan	Clayton	Eunice	Bosque School
Cloudcroft	Santa Rosa	Hagerman	East Mountain
Lordsburg	Texico	Jal	Estancia
Mesilla Valley	Tucumcari	Loving	Jemez Valley
Tularosa			

**Class 1A – Track & Field**

# of Schools 45

District	District	District	District
1-1A	2-1A	3-1A	4-1A
Cimarron	Bataan Military	Dora	Clovis Christian
Des Moines	Desert Academy	Elida	Grady
Maxwell	Evangel Christian	Floyd	House
Roy	NMSD	Fort Sumner	Logan
Springer	Santa Fe Waldorf	Melrose	Mosquero
Wagon Mound	Victory Christian		San Jon
	Walatowa		
District	District	District	District
5-1A	6-1A	7-1A	8-1A
Animas	Alamo Navajo	Carrizozo	Gateway Christian
Cliff	Foothill	Hondo	Lake Arthur
Quemado	Gallup Catholic	Mountainair	Mescalero
Reserve	Magdalena	Vaughn	Tatum
	Menaul	Corona	Valley Christian
	Pine Hill		
	Temple Baptist		
	To'Hajiilee		

### 7.21.3 District Meets

**A. Dates** - District meets are held during:

1. Week #44 for Classes A and AA, for both boys and girls.
2. Week #45 for Classes AAA, AAAA and AAAAA, for both boys and girls.

**B. District Meet Director** - The district meet is under the direction of the district chairperson or his/her designee.

**C. State Championships Qualifying Information**

1. **District Meets in Classes A and AA** - In each district meet, the first two (2) places in individual events, plus the first-place team in each relay event advance to the State Championships. In addition, individuals or relay teams that meet the special qualifying times, heights or distances set by the NMAA are eligible to be entered.
2. **District Meets in Classes AAA, AAAA and AAAAA** - In each district the first two places in individual events and the first and second place teams in relay events advance to the State Championships. In addition, any individuals or relay teams that meet the special qualifying times, heights or distances set by the NMAA are eligible to be entered.

**NOTE:** A school may qualify only one (1) team in a given relay event.

**NOTE:** During district track and field meets, second-place ties in the jumping events are broken using the procedure as outlined in Rule 2-2 of the National Federation Track and Field Rulebook. However, if a tie still exists, a jump-off shall occur (only two jumpers may qualify by place out of the district meet).

**3. Procedure for Approval of Special Qualifying Meets**

Individuals or relay teams must achieve the minimum qualifying times, heights or distances set by the NMAA for the respective classifications. Performances achieved and recorded at an approved invitational meet during the defined Track and Field season for the respective classifications are eligible for seeding into the NMAA State Track and Field Championships.

To be considered for approval, all qualifying meets must satisfy the following conditions:

- a. The regular season invitational meet must be comprised of teams representing at least three (3) schools.
- b. Declared special qualifying track and field meets must be submitted and approved by the NMAA in advance of the season, prior to Monday of Week #31. This form may be found on the NMAA website at [www.nmact.org](http://www.nmact.org). The link for submitting this information is located on the Forms section of the NMAA website. Once approved, acknowledgement will be made from the NMAA with the meet host.
- c. A simultaneous starting device must be used for all running races.

**4. Certification of Qualifying Results**

- a. For individual and/or relay team results to be considered based on meeting the qualifying marks (at a qualifying or district meet), the times, heights and/or distances must be verified by the end of that meet. The official results must be certified by the meet referee and sent to the NMAA office within a week of the conclusion of the meet.

- b. It is the responsibility of the coach to submit qualification information for his/her athletes at [www.directathletics.com](http://www.directathletics.com). No other forms of submissions will be accepted. Member schools have seven (7) calendar days to post qualifying marks established at qualifying meets.
  - c. District meet results and the season composite of results are due by entering the qualified athletes and teams at [www.directathletics.com](http://www.directathletics.com) on the Sunday prior to the State Championships (12:00 noon). This system will no longer take entries after this time.
5. **Special Qualifying Marks** - Special qualifying times, heights and distances for the state championships are made available each year through the NMAA office by a formula that is established by the Track & Field Sports Specific Committee.

**NOTE:** Qualifying marks in running events must be submitted to the nearest hundredth second for seeding purposes.

#### **Deadlines for State Championships Seeding**

- a. All results must be submitted to the NMAA office no later than 12:00 noon on Sunday prior to the state championships through [www.directathletics.com](http://www.directathletics.com). A \$500 fine will be imposed to each school that makes additions to their team state championship entries after the published entry deadline.
- b. Class A and AA school representatives shall have a window of opportunity to declare participants and/or make adjustments for errors from Sunday at 5:00 PM through Monday at 11:00 AM. Class 3A-5A school representatives shall have a window of opportunity to Monday at 5:00 PM.
- c. The individual events a participant will be entered in must also be declared prior to the deadline (5:00 p.m. on Monday during the week of the state championships).

#### **Certified Officials**

- a. A certified NMAA/NMOA Track & Field Official must be present and sign all meet results at the conclusion of each qualifying meet. If this criterion is not met, the meet will not be considered a qualifier toward the state championships. These results must be sent to the NMAA office within seven (7) calendar days.
- b. Meet referees may not be a coach from a competing school at that qualifying meet.
- c. Coaches may be meet referees/officials at meets in which their team(s) are not competing.

***Q1: Prior to the state track and field meet, How long does a coach have to make sure that all of his/her entries have been correctly entered into Direct Athletics?***

***A1: Each coach has until 12:00 noon on Sunday prior to the State Championships to insure that all of their participants have been correctly entered. Failure to meet this deadline results in a \$500.00 fine to the violating school.***

***Q2: How can a coach enter alternates on to Direct Athletics who have not qualified for the State Championships in any event?***

***A2: Alternates can be entered on relays and will therefore become part of the participation list that gives them the opportunity to potentially run on relay teams at the State Meet.***

***Q3: A school has an athlete who has qualified for the State Championships in more than five events. In order to avoid a financial sanction, when must the coach declare what events the athlete will not be participating in?***

***A3: The coach must declare to the NMAA what events the individual will not participate in by 5:00 PM on Monday prior to the State Championships or face a \$500.00 fine for non-compliance.***

#### 7.21.4 State Championships

**A. Dates:**

1. Week #45 for Classes A and AA, for both boys and girls.
2. Week #46 for Classes AAA, AAAA and AAAAA, for both boys and girls.

**B. Mandatory Meeting** - A mandatory meeting will be held prior to the state championships which must be attended by a team representative. Failure to attend without proper communication to the Event Director will result in sanctions at the discretion of the Executive Director.

**C. Metric System** - The metric system is used for track events; the English system is used for field events.

**D. Distance Events** - There are no preliminaries in the 800 meter run, 1600 meter run or 3200 meter run.

**E. Finals Time Qualification** - In all races except distance events, contestants qualify for the finals on the basis of time only.

**F. Finals Qualification** - Eight (8) participants in individual events and eight (8) relay teams qualify for the finals. Points and medals are awarded to the top six (6) places in each event

**G. Scoring** - Individual events are scored: 7-5-4-3-2-1; relays scored 10-8-6-4-2-1.

**H. High-Point Award** - Each high-point individual (by class and gender) receives a recognition award.

**I. Lane Assignments** - Lane assignments are as follows (fastest to slowest).

Curved races: 3, 4, 5, 6, 7, 8, 2, 1

Straight races: 4, 5, 3, 6, 2, 7, 1, 8

**J. AAA/AAAA/A AAAA Only** - The staggers for the 1600 meter relay will include three turns (the second runner may cut at the beginning of the far straight-away).

**K. A/AA Only** - The staggers for the 1600 meter relay will include three turns (the second runner may cut at the beginning of the far straight-away). This regulation is in effect at the State Track and Field Championships **only**.

**L. State Track and Field Championships**

Events are for both boys and girls unless noted otherwise.

- |     |                           |     |                         |
|-----|---------------------------|-----|-------------------------|
| 1.  | 100 meter dash            | 11. | 800 meter relay         |
| 2.  | 200 meter dash            | 12. | 1600 meter medley relay |
| 3.  | 400 meter dash            | 13. | 1600 meter relay        |
| 4.  | 800 meter run             | 14. | Shot Put                |
| 5.  | 1600 meter run            | 15. | Discus                  |
| 6.  | 3200 meter run            | 16. | Long Jump               |
| 7.  | 100 meter hurdles – girls | 17. | High Jump               |
| 8.  | 110 meter hurdles – boys  | 18. | Javelin                 |
| 9.  | 300 meter hurdles         | 19. | Pole Vault              |
| 10. | 400 meter relay           | 20. | Triple Jump             |