

**2019**  
**State Track and**  
**Field**  
**Championships**  
**A -3A**

# Coaches Information Packet

**NMAA State A-3A Track & Field Championships  
University of New Mexico Track & Field Complex  
May 10<sup>th</sup> and 11<sup>th</sup> 2019**

**Championship Information**

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**1. Entrance into the Event (Coaches and Participants)**

- The coach and athlete entrance is located at the Southeast corner of the track & field complex. Please note that student athletes must wear the appropriate color wristband in order to enter the event. The wristband must be worn throughout the day. Coaches must wear the coach's pass **and** appropriate color wristband for entrance / throughout the day as well.

**2. Passes**

- Only coaches who are listed on the Track and Field Assistant Form, which was to be returned to the NMAA Office by **April 26<sup>th</sup>**, have been given a pass to the State Championships (numerous e-mails were sent to head coaches clarifying this procedure). Coaches who did not submit a form will receive only one pass in their packet.
- All qualifying athletes must wear their assigned wristband at all times. The wristband colors are as follows:
  - Friday, May 10<sup>th</sup> – Lime Green
  - Saturday, May 11<sup>th</sup> – Neon Red

**3. Warm up Area – (East side of Practice Facility)**

- There will be a designated warm up area for all participating athletes. It is located just south of the track next to the UNM practice facility, as well as on the Robertson Soccer Fields.
- Please advise all of your athletes to warm-up and cool down in this area only, once the track has been closed.
- **The track will not be available at anytime to warm up on.**
- Athletes participating in the throwing events will not be allowed to use their implements (javelin, shot put or discus) in the warm-up area.

#### **4. Check-In Procedures**

- Athletes in the running events must check in with the clerk of course, who will be located under the white tent near the Southeast corner of the facility, 30 minutes prior to their event. Athletes not at the check in tent at least 15 minutes prior to the start of the race will be scratched from the event.
- Scratches are to be reported a minimum of 30 minutes prior to the event.
- 10 minutes prior to the start of the race, athletes in the running events will be escorted from the preliminary to the final staging area.
- Athletes competing in running and field events simultaneously must check out of the field event prior to their race. Upon conclusion of their running event, they will have 10 minutes to report back to their unfinished field event.
- Athletes participating in field events are required to report to the event site a minimum of 30 minutes prior to the event.
- If a running event scheduled to have preliminary heats has 8 competitors or less, the event will be automatically rolled over to a final on Saturday.

#### **5. Relay Check-In Procedures**

- You should have received a relay check in card in your coach's packet. As your relay team reports to the check-in area (30 minutes prior to their event) the lead off runner must present the clerk of course with this card. Your 4 runners plus 2 alternates (if applicable) should be listed on the card. Teams may use, over the two day event, any of the 6 athletes listed. Please make sure that you adhere to the event limitation regulation. Listing an athlete on the relay card does not count against his/her event limit until the athlete reports to the clerk of the course or the field event judge for which they are entered.

#### **6. Announcer Calls**

- The public address announcer will be making all calls prior to each event. The events will be called as follows:
- 1<sup>st</sup> Call – 30 minutes prior to start
- 2<sup>nd</sup> Call – 20 Minutes prior to start
- 3<sup>rd</sup> and Final call – 10 minutes prior to the start!

#### **7. Bib Numbers**

- All competitors must wear their assigned bib number during competition. For running events, athletes must wear these on the back of their uniform. For field event athletes, they may wear these on either the front or back of their uniform. Bib numbers that have been misplaced may be replaced by the participant's coach at the official's garage located at the south end of the track. Replacement numbers will be the same as the one the athlete misplaced.

#### **8. Hip Numbers**

- All running competitors must wear hip numbers during competition to distinguish their assigned lane. Hip numbers will be given to the individual running athletes at the final staging area tent.

- For relay events, only the anchor will wear the hip number.

**9. Uniform Rule**

- Please adhere to all uniform rules in the NFHS Rulebook in section 4-3.
- If athletes who are in violation of the uniform code are observed they will be issued a warning and shall be required to make the uniform legal before becoming eligible for further competition. Uniform inspectors will be located in the final staging area.
- Hats are not allowed during competition.
- Headbands must be of one solid color and have no more than a 2 ½ inch manufactures logo.

**10. Block Holders**

- Team block holders will not be permitted during competition. If a team has their own blocks, they will be assigned a person to hold the blocks at the start of the race.

**11. Participation Entry Limits**

- Please adhere to the NMAA rules regarding participation entry limitations. Each individual athlete is allowed to compete in 5 total events, however no more than 4 can be field events and no more than 4 can be running events. Once an athlete participates in an event preliminary, the event is counted against his/her meet limitation.

**12. Relay Items to Note**

- Tape, tennis balls, flat discs, stripes, etc. are permitted on the track as markers. We ask that you please clear all markings after practice and competition. Objects that are deemed un-safe by the meet referee are not permitted.
- In relay races (800m relay – 3 to 4 exchange, 1600m medley – 3 to 4 exchange, 1600m relay – 2 to 3 and 3 to 4 exchanges) where incoming runners are exchanging to their teammates, the track umpire will not filter the outgoing runners to lane one once cleared, this is the responsibility of the outgoing runner.

**13. Team Seating**

- The tents located on the top of the bleachers are for athletes and coaches only. No tent assignments will be made.
- Teams may set up tents in the Warm up Area. No tent assignments will be made. Tent set up will begin at 6:00 A.M. each day.

**14. Qualifying for Finals**

- A maximum of eight (8) participants in individual events and eight (8) relay teams will qualify for the finals.

- 2 Heats= Top two (2) places in each heat plus the next best four (4) times.
- 3 Heats= Top two (2) places in each heat plus the next best two (2) times.
- 4 Heats= First place in each heat plus the next best four (4) times.

**15. Appeals**

- Appeals are limited to misapplication of the rules. Judgments made by officials are not subject to appeal and will not be considered. In the event of an appeal, please see the referee (listed below). Appeal forms (to be picked up in the garage) must be properly completed and submitted to the Head Referee within 30 minutes after the conclusion of the event in question:
- Track Referee – Tim Rice
- Field Referee – Vance Lee, Sr.

**16. Scoring/Points**

- Points are awarded for the first six places in each event as follows:
- Individual Events           7-5-4-3-2-1
- Relay Events                   10-8-6-4-2-1

**17. Awards**

- All individual and relay medals will be awarded within 5 minutes after the conclusion of the running event. Field event awards will be awarded immediately after the event concludes. The top six finishers in each event will be escorted to the awards stand upon finalization of the results..

**18. Long Jump/Triple Jump/Pole Vault/ Shot Put**

- The Long Jump, Triple Jump, Pole Vault and Shot Put will be held on the east side of the track. Please note that coaches and athletes will have access to these areas by entering through the Southeast and Northwest gates. Spectators must enter these areas through the Northwest gate only. Spectators must stay in the stands for these events and cannot walk onto the competition surfaces.

**19. Lane Assignments (100, 110 Hurdles, 200 and 400):**

- Lane assignments are seeded and positioned according to seed times:
- Straight Races: 4-5-3-6-2-7-1-8
- Curved Races: 3-4-5-6-7-8-2-1

**20. Lane Assignments (800, 1600, 3200)**

- Lane assignments are seeded and positioned according to seed time (fastest to slowest):
- 2-3-4-5-6-7-8-1
- 2a-3a-4a-5a-6a-7a-8a-1a
- 2b-3b-4b-5b-6b-7b-8b-1b

**21. Starting Heights**

- Starting Heights will be as follows:

	<u>Class</u>	<u>Girls</u>	<u>Boys</u>
High Jump	A	4' 4"	5' 6"
Pole Vault	A	6' 6"	9' 6"
High Jump	2A	4' 4"	5' 6"
Pole Vault	2A	7' 0"	9' 6"
High Jump	3A	4' 6"	5' 8"
Pole Vault	3A	7' 0"	10' 6"

- The minimum distance to the “pit” in the triple jump is 24 feet.

## 22. Implement Weigh-In

- Implements must be weighed in based upon the below time schedule. Once an implement is weighed in, it will be taken to the event by meet personnel 30 minutes prior to the start of competition. Only those implements that are weighed in and taken to the event may be used for warm-up as well as competition. The weigh-in tent is located at the south side of the track.

### Implement Check-in Schedule

#### Friday – May 10, 2019

7:00 – 7:30 A.M.	1A Boys– Discus
8:30 – 9:00 A.M.	2A Boys – Discus
10:00 – 10:30 A.M.	3A Boys – Discus
11:30 – 12:00 Noon	2A Girls – Discus
1:00 – 1:30 P.M.	1A Girls – Discus
2:30 - 3:00 P.M.	3A Girls - Discus

#### Saturday – May 11, 2019

7:00 – 7:30 A.M.	1A Boys Javelin 1A Girls – Shot Put
8:30 – 9:00 A.M.	1A Girls– Javelin 3A Boys – Shot Put
10:00 – 10:30 AM.	3A Girls – Javelin 2A Boys – Shot Put
11:30 - 12:00 Noon	2A Boys– Javelin 1A Boys – Shot Put
1:00 – 1:30 P.M.	3A Boys – Javelin 2A Girls – Shot Put
2:30 – 3:00 P.M.	2A Girls- Javelin 3A Girls – Shot Put

## 23. Pole Vault Verification Cards/Safety Certification

- All teams who have qualified a pole vaulter(s) must complete the pole vault verification card inclusive of the coach's signature. The completed card must be submitted during your athlete(s) check-in for the event.

**24. National Anthem**

- The National Anthem will be performed at the start of each day's running events. Listed are the times of the National Anthem:
- Friday, May 10<sup>th</sup> – 9:50 AM
- Saturday, May 11<sup>th</sup> - 10:50 AM

**25. Coaches Information**

- There will be an information booth for coaches and media only, located in the garage. Results/heat sheets will be posted on the Southwest side of the track on result boards. They can also be found online at [www.nmact.org](http://www.nmact.org) on the track and field page.

**26. Outside Food & Drink**

- Teams will be permitted to bring food and drinks into the Track & Field complex through the Southeast entrance gate only. This "outside" food and drink must be kept in the team warm-up area, located east of the UNM Football practice facility.

**27. Parking**

- Parking is free, but you must park in the lot located East of the track facility. UNM will be charging for parking in other lots for events such as the Isotopes and the PBR.