

2021

NFHS/NMAA

TRACK AND FIELD



Rules Changes

Points of Emphasis



This Season Is Different



Masks

- Mandatory mask use- must be worn at all times including during competition. Athletes, coaches, officials and essential personnel.
- No exceptions.
- No doctors exemptions.
- Face shields are not permitted.
- Gaiters are not permitted.

Important Dates

- March 29th, 2021 Zoom Track and Field clinic.
- April 5th, 2021 Track and Field season begins.
- April 10th, 2021 Competitions begin.
- April 16th, 2021 Roster and schedule due on MaxPreps.
- June 11th and 12th, 2021 A-3A District Track and Field meets.
- June 17th- 19th, 2021 A-3A State Meet.
- June 18th and 19th, 2021 4A-5A District track and field meets.
- June 25th- 26th, 2021 4A-5A State meet.



4X800 Meter Relay



- Will be an event at State Meet.
- Optional relay at your meets.
- As per NFHS rules, it is possible to run boys' and girls' at same time.
- Break in after first turn.

State Meet



- Top 16 times or distances
- Must meet a provisional mark
- Running events will have no more than two heats. "Slow to fast" timed finals. You can score out of slower heat.
- One classification per day.

Track Meets



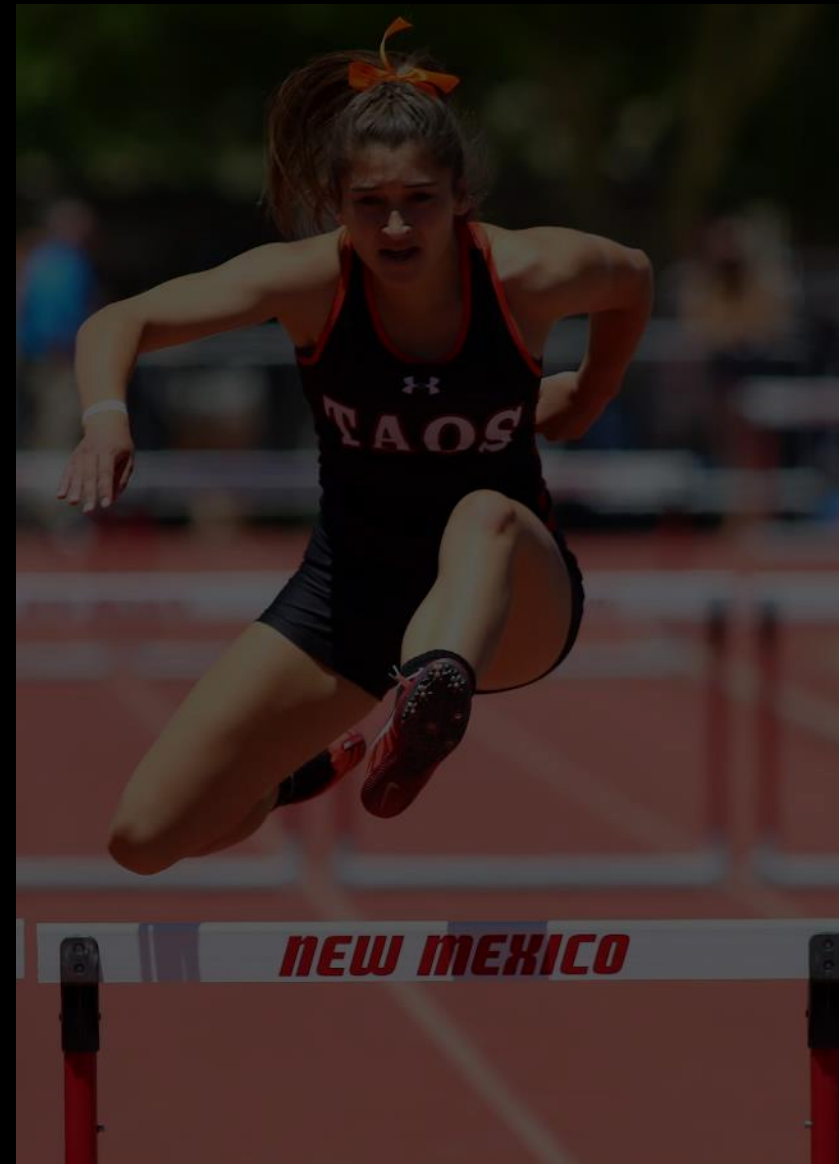
- The maximum number of teams per competition shall not exceed four (4). Large team meets shall not exceed three (3).
- Schools shall be required to compete within their region. Overnight travel is not permitted.
- Fully automatic timing (FAT) is required in Class 4A-5A. It is recommended but not required in Class A-3A.

Meet Limitations



- 10 Varsity meets prior to the district meet.
- 7 Sub varsity
- 7 Junior High

Guidelines for Participation



- One day meets
- Social distancing
- Sanitization
- Starting blocks
- Pits for high jump and pole vault
- Spectators shall be permitted to the extent allowed by the current Public Health Order
- https://www.nmact.org/file/NMAA_COVID-19_PARTICIPATION_GUIDELINES.pdf

Regional Track and Field Assignors



- Central- Vance Lee Jr.
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- North- David Velasquez
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- South- Oscar Payen
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Track and Field Information at www.nmact.org/track-and-field



- NMAA Track and Field Bylaws
- NFHS Rule Changes
- Certified Officials
- 2021 Rules Clinic
- Pole Vault Certification Course
- Hand Held Timing Conversion Process
- Other Information



MileSplit

- Claiming Team
- 1. If you do not already have an account, create a free one at <https://nm.milesplit.com/register>
- 2. Once your account is created go to <https://nm.milesplit.com/teams>
- 3. Find your team on the list, click on it, and click the claim team button.
- Helpful Article/Video: <https://support.milesplit.com/en/a/how-do-i-claim-my-team>

MileSplit



- **Updating Your Roster**

Update your roster to reflect this year's list of athletes. i.e. Update grad years so that athletes have graduated are removed from your active roster, change their status to inactive if they quit the team, moved away, etc.

- **Article/Video:**

<https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster>

MileSplit



- All entries must be done through MileSplit. All results need to be sent to MileSplit.
- If you need any further assistance, please contact registration@milesplit.com
- Jeff Oncken

Rule Changes



- Exchange Zones
- 30 Meters. No acceleration zone.
- Final exchange on the 800 relay same as it has been. 20 meters no acceleration zone.
- You do not need to repaint tracks.

6-2-6 General Rules for Field Events



Art. 6. . . Warm-ups should not be allowed unless supervised by an event official or the contestants coach and the venue has been declared open by the meet director. It is illegal to run backwards or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

PENALTY: First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.



Providing Aid

- A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing assistance nor his/her team gains an advantage as a result of providing the assistance.
- The competitor receiving the assistance is disqualified.
- Providing Assistance
4.6.Art. 5g

Track Meet Master List



- Please use the following link.
<https://www.nmact.org/2021/03/2020-2021-trackfield-meet-list/>
- If you are hosting a meet you will need to submit the online form.
- A master list will be generated and posted on our website.
- Deadline to submit meet information is Monday, April 12th.

Contact Information



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