

Coaches Information Packet

NMAA Western Sky Community Care State Track and Field Championships

***University of New Mexico Track & Field Complex
June 17-19th and June 25th-26th***

Championship Information

1. Entrance into the Event (Coaches and Participants)

- The coach and athlete entrance is located at the Southeast corner of the track & field complex. Coaches must wear the wristband for entrance / throughout the day as well.

2. Warm up Area

- **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.
- Field event participants will be given a 30 minute window to warm up at the event itself.

3. 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 can check in at the event site 30 minutes prior to the event.

4. 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. Please make sure that you adhere to the event limitation regulation.

5. Announcer Calls

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

6. 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.

7. 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.

8. 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.

9. Block Holders

- Due to COVID-19 safe practices there will not be block holders. You may use your own blocks, but we will provide some as well.

10. 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.
- No athlete may participate in more than three (3) events of 400 meters or more.

11. Relay Items to Note

- Tape, tennis balls, flat discs, stripes, etc. are permitted on the track as markers. 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.

12. 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 8:00 A.M. each day.

13. Timed Finals

- Because of our one day format, all races are timed finals. The 800m, 1600m, 3200m and the 3200m relay will only have one heat.
- If there are enough participants for two heats in all other running events, the heats will be grouped and run from “slow to fast.”
- You can place and score out of the slower heat. The combined results from the two heats are your placers.
- At the event, after scratches take place, if there are 8 or fewer entries remaining in a race, we will combine them into one heat.

14. 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.

15. 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

16. Awards

- All individual and relay medals will be awarded at the conclusion of the running events. 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..

17. 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. High Jump will be held on the Southeast end 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.

18. 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

19. 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
- **3200m relay** will be run in two alleys, with a one turn stagger.

20. Starting Heights

- Starting Heights will be as follows:

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

- The closest board to the "pit" in the triple jump is 24 feet.

21. Implement Weigh-In

- Implements must be weighed in starting at one hour prior to the 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.

22. 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.

23. Results

- Results will be online only. www.liverunningresults.com

24. Outside Food & Drink

- Teams will be permitted to bring food and drinks into the Track & Field complex through the Southeast entrance gate only.

25. Parking

- UNM will be charging for parking. If you are not arriving in school bus or an identifiable school vehicle you will be charged for parking. The fee is \$5.00 or \$20.00 for RV's. This includes athletes and coaches. There is no overnight parking as the lot will be cleared each night.