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**7.22 TRACK AND FIELD**

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**7.22.1 General Rules/Policies**

- A. Classes** - There are five (5) classes in both boys and girls: A, 2A, 3A, 4A, & 5A.
- B. Practice Dates** - Practice may begin on the Monday of Week #33.
- 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.

***Q1: Once the season has officially begun, can an athlete compete in an indoor meet that is not included in the team's allowable 10 meet schedule?***

***A1: 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. The meet WILL count against the athlete's allowable 10 meet limitation.***

***Q2: Can a team schedule more than 10 varsity track and field meets, as long as each athlete participates in no more than 10?***

***A2: No, a team can only schedule 10 varsity meets per season prior to the district meet.***

***Q3: 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?***

***A3: 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. Contestant Restrictions** – There are no restrictions on the number of contestants from a given school who are allowed to enter an individual event, unless otherwise specified by the meet director and/or games committee.

- F. NMAA Rules Clinic** - At least one head boys' coach and one head girls' coach from each declared track and field school must attend the NMAA rules clinic at the NMTCCCA Coaches Clinic in January, or complete the rules clinic online at [www.nmact.org](http://www.nmact.org) between February 1<sup>st</sup> and February 15<sup>th</sup>. 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>.
- G. 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 <https://nfhslearn.com/courses/40000>, prior to competition by their team's athletes. Certification is valid for a period of four (4) years.
- H. 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.
- I. Guidelines on Handling Contests during Lightning Disturbances**  
The NMAA will follow guidelines outlined in the NFHS Track and Field Rules Book. Host site administration is responsible for ensuring that NFHS guidelines are strictly adhered to.
- J. 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:
1. The regular season invitational meet must be comprised of teams representing at least three (3) schools.
  2. 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.
  3. A simultaneous starting device must be used for all running races.
- K. Certification of Qualifying Results**
1. 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. It shall be required that track and field meet personnel submit all state qualifying meet results to the NMAA designated platform (MileSplit) by means of Hytek Software.
  2. It is the responsibility of the coach to submit qualification information for his/her athletes to the designated NMAA database. No other forms of submissions will be accepted. Member schools have seven (7) calendar days to post qualifying marks established at qualifying meets.
  3. District meet results and the season composite of results are due by entering the qualified athletes and teams onto the designated NMAA database the Sunday prior to the State Championships (11:59 PM). This system will no longer take entries after this time.
- L. 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.

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

All schools will be required to use Fully Automated Timing (FAT) for all state qualifying track and field meets.

**M. Certified Officials**

1. 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.
2. Each qualifying meet is required to have a Certified Track and Field Meet Referee, assigned by an NMAA Varsity Regional Track and Field Assignor. This individual will certify/verify the results of the meet and will serve in all roles as outlined by the NFHS Track and Field Rulebook.
3. Meet referees may be coaches who are certified track officials via the NMAA/NMOA as long as there are at least three coaches from three different schools at the meet who are NMOA certified and all three must agree to certify/verify the results of the meet.

**7.22.2 District Meets**

- A. Dates** - District meets are held Friday and/or Saturday during:
1. Week #44 for Classes A, 2A, and 3A for both boys and girls.
  2. Week #45 for Classes 4A and 5A 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 Championship Qualifying Information**
1. **District Meets in all Classes** - In each district meet, the first two (2) places in individual events and the first and second place teams in each relay event 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 jumping events are broken using the procedure outlined in Rule 6.3.2B of the NFHS Track and Field Rule Book. **Only two jumpers may qualify by place from a district meet.**

**7.22.3 State Championships**

- A. Dates:**
1. Week #45 for Classes A, 2A, and 3A for both boys and girls.
  2. Week #46 for Classes 4A and 5A for both boys and girls.
- B. Deadlines for State Championships Seeding**
1. All results must be submitted to the NMAA office no later than 11:59 PM on Sunday prior to the state championships through the designated NMAA database. A \$500 fine will be imposed to each school that makes additions to their team state championship entries after the published entry deadline.
  2. School representatives shall have a window of opportunity to declare participants and/or make adjustments for errors from 10:00 AM through 4:00 PM on Monday during the week of their State Championships.
  3. The individual events a participant will be entered in must also be declared prior to the deadline (4:00 p.m. on Monday during the week of the state championships).

***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 the designated NMAA database?***

***A1: Each coach has until 11:59 PM 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 relay alternates who have not qualified for the State Championships in any event onto the designated NMAA database?***

***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 4:00 PM on Monday prior to the State Championships or face a \$500.00 fine for non-compliance.***

***Q4: Is a 4A or 5A field athlete required to compete in a FAT timed meet in order to qualify for the State Championships in the jumping or throwing events?***

***A4: No, 4A and 5A throwers and jumpers may qualify for state championship competition at non-FAT timed meets.***

***Q5: Do 4A or 5A District Meets need to be FAT timed since athletes can qualify out of District by place?***

***A5: Since seeding for State Championship running events is based on time, all District Meets must be FAT timed.***

**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 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

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

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

**H. Lane Assignments** - Lane assignments are as follows:

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

## **I. State Track and Field Championships**

Events are for both boys and girls unless noted otherwise.

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|-----|---------------------------|-----|-------------------------|
| 1.  | 100 meter dash            | 12. | 1600 meter medley relay |
| 2.  | 200 meter dash            | 13. | 1600 meter relay        |
| 3.  | 400 meter dash            | 14. | 3200 meter relay        |
| 4.  | 800 meter run             | 15. | Shot Put                |
| 5.  | 1600 meter run            | 16. | Discus                  |
| 6.  | 3200 meter run            | 17. | Long Jump               |
| 7.  | 100 meter hurdles – girls | 18. | High Jump               |
| 8.  | 110 meter hurdles – boys  | 19. | Javelin                 |
| 9.  | 300 meter hurdles         | 20. | Pole Vault              |
| 10. | 400 meter relay           | 21. | Triple Jump             |
| 11. | 800 meter relay           |     |                         |