



Outdoor Track State Championship

Dunbar SHS

May 22nd – 23rd

I. GENERAL INFORMATION

- A. NFHS indoor Track & Field rules will apply to the DCSAA Championship unless otherwise noted. **(Uniform guidelines will be enforced)**
- B. Schools choosing to enter the DCSAA Track & Field State Championship have the responsibility for reading and adhering to the rules and regulations of this bulletin.
- C. Eligibility rules for all participants can be found in DCMR Title 5; Chapter 27 on the DCSAA website (dcsaasports.org).

II. STATE MEET

A. Meet Organization

1. **Entry Deadline – Friday, May 17th at 11:59pm - NO EXCEPTIONS**
2. Team and individual contestants must be accompanied to the meet by the coach or a designated representative.
3. Teams will be admitted into the stadium through the team entrance.
 - a. Teams are not permitted in the stadium before 2:00pm.

b. The first field event will begin at 3pm. Running events will begin at 4pm on each day.
4. The following online method for entry must be used.
 - a. Directions for entry
 - (1) Log on to milesplit, the site hosting the online process.
 - (2) Create a log in.
 - (3) Generate a team roster to register for events.
5. An athlete may participate in a maximum of four events.
7. Starting blocks WILL BE PERMITTED. Teams must bring their own blocks.
8. Each school may submit three (3) entries per individual event and one (1) team in each relay event.



9. Girls will precede boys in the final of all running events.
10. Slower sections will precede the fast sections.
11. Field events: High Jump; Shot put; Long Jump; Triple Jump and Discus.
12. Only shots and discus approved by the appropriate official shall be used in the competition.
13. Participants in the discus, shot put, long jump and triple jump will receive four attempts – this will be a final.
14. Videotape or other electronic recording of appeals will not be accepted.

B. Playing Rules

1. All rules not modified here shall be in accordance with current National Federation rules.
 - a. Any team member listed on the entry form may participate in any of the school's relay team events providing the maximum participation rule is not violated and that they are on the entry roster.
 - b. Any competitor who exceeds the maximum participation rule forfeits further participation in any and all the events in the state Track & Field Meet.
 - c. Should a competitor exceed the maximum participation rule while competing in a relay team, the entire relay team is excluded from the State Meet. The entire team will be disqualified from the event and all points scored by individuals that exceeded the maximum participation rule will be deleted from their teams' total.
 - d. Teams checking in at bullpen for respective relay races must present relay cards with participants names listed. All relay team members must check in at the same time.**
 - e. In relay events no more than (6) individuals may be entered for each relay team.
2. Only shoes with 1/4" pyramid spikes or less are permitted. Shoes with hard plastic spike plates may not be worn without spike inserted.
3. Only one piece of tape or mark will be permitted for relays.
4. Order of track events – Field events begin at 3pm; running events begin at 4pm on both days.



DAY 1

RUNNING EVENTS:

400 M (4 X100) G/B Relay Final Unified

3200 M Relay (4 x 800m) Final on Time

100 M Dash Semi- Final (8) Advance on Time

100 M Dash Final G/B Unified

110 M Hurdles (G) Semi – Final (8) Advance on Time

100 M Hurdles (B) Semi –Final (8) Advance on Time

200 M Dash Final Unified G/B

200 M Dash Semi – Final (8) Advance on Time

3200 M Run Final on Time

800 M Relay (4x200m) Final on Time

FIELD EVENTS:

Shot Put Unified G/B

Shot Put - G

Long Jump Unified G/B

Long Jump – G & B

Turbo Javelin Throw G/B

Discus – B

High Jump - G

DAY 2

RUNNING EVENTS:

100 M Hurdles (G) Final (8)

110 M Hurdles (B) Final (8)

100 M Dash (G/B) Final (8)

1600 M Run Final on Time

400 M Dash Final on Time

300 M Hurdles Final on Time

200 Dash (G/B) Final (8)

800 M run Final on Time

400 M (4x100) Relay Final on Time

1600 M (4x400) Relay Final on Time

FIELD EVENTS:

Shot Put - B

Triple Jump – G & B

Discus - G

High Jump - B

5. Order of track events – girls will precede boys in all final running events, except where noted:
6. The following **MINIMUM** opening heights shall be used in the field events: HJ-G:4-6”; HJ-B: 5-6”.
7. A competitor must notify the official when leaving one event after being called for competition in another event.
8. Eight places will be scored in the state meet.



C. General Rules

1. A team award will be given to the 1st, 2nd and 3rd place teams. The meet will be scored for the top-eight in each event and medals will be awarded to the top three finishers in each event and ribbons will be awarded for places 4th -8th.
2. The track and infield are restricted areas and open only to meet officials and competitors in uniform. Coaching box will be available for field events only.
 - a. Penalty for coaches in violation; disqualification of their athlete(s) from the contested event.
 - b. Violators will be asked to leave the facility.
3. Please provide honest performance time/mark for all entries. Coaches must provide proof of time/mark if challenged. Marks will be verified through Milesplit or Athletic.net.
4. Reminder: in relay events, no more than (6) individuals may be entered in each relay.
5. Coaches meeting will begin at 2:15 on each day.

NOTE TO COACHES:

All athletes entered into the state championship meet MUST HAVE PARTICIAPTED IN A PRIOR MEET REPRESENTING THEIR SCHOOL TEAM. A time, height or distance is required of all participants. Athletes without times, height or distances will not be allowed to participate in the meet. Uniform rules will be strictly enforced.