

2013 STATE TRACK MEET ORGANIZATION

The following people have been named to the Games Committee for the State Track Meet:

Jeff Ratliff	David Bailey	Keith Jones	Bob Peck
Craig Rhodes	Earl Ford	Tom Holodak	Walt Mays
Clint Morgan	John Osborne	Chip Champion	Krista Meadows
Michael Drake	Tommy Whittle, (Ex-Officio)		Jeff Jackson, (Ex-Officio)

The State Track Meet will be organized according to the following set of directions. Since the Region Track meets are qualifying meets for the State Track Meet, they must be handled in the same manner, as is practical in a one day meet.

POINTS OF EMPHASIS

Ribbons will be presented to the top 8 place finishers. Important Note: Scoring will also be for the Top 8 places (Points: 10, 8, 6, 5, 4, 3, 2, 1)

Athletes can participate in any three individual events and two relays.

Tents will not be allowed in the stands at Mills Stadium.

Track is a rubberized composition and the maximum length of spikes to be used is **1/4"**.

Runways are a rubberized composition with the maximum length of spikes **1/4"**.

Note: Absolutely no tape or chalk can be used for markings on runways or track.

Shot Put and Discus circles are concrete, no spikes allowed. **The throwing arcs will be 34.92 degrees in both Shot Put and Discus. This applies to both the Region and State Meet.**

Violation of spike use or length is disqualification from event. This will be enforced.

Admission is **\$6.00 Adults, \$3.00 Students** (Grade 1 and up) each day for the State Track Meet in Albany. Only GISA passes will be honored.

Participants will not be allowed to wear jewelry and/or sunglasses. Watches are not considered jewelry and are allowed. Also, no hats may be worn during a race or field event. Cloth, leather, plastic, etc., bracelets or necklaces are considered jewelry just like those made of metal. Unadorned bobby pins are not considered jewelry, if used as intended, and are legal. Other hair control devices, if not specifically stated in the Track and Field Rule Book, should be examined and evaluated by the Meet Director/Referee. **Note: National Federation has changed their rule concerning jewelry, however GISA has not. It is still a violation In GISA with disqualification from the event as the sanction for wearing jewelry in GISA, with no warning issued to the first violator. Please make certain that you understand, that if your athlete wears jewelry they are subject to disqualification.**

Written notification must be presented to Meet Director or Referee at scratch meeting for anyone wearing a Religious or Medic Alert bracelet. Said bracelet must be taped down. If discovered without prior notification, athlete will be considered in violation of the rules.

All times for the start of the events are estimations. Participants must be present at the clerk's table for all running events at the third and final call for the event. All participants must report to the field event area on or before the third and final call. **Note:** Please be patient, and have your athletes where they are supposed to be, when they are supposed to be there.

No Coolers or Outside Food Allowed in Mills Stadium unless brought in by Coaches & Teams (when entering together). Please make all parents and fans aware of this rule of the Mills Stadium Authority. Anyone parking in a restricted or reserved area near Mills Stadium will be towed at owner's expense.

The 1600(4x400) Meter Relay will be run with a 3-curve stagger with the #1's running in lanes all the way and the #2's running their first curve in lanes. (Some people refer to this as the J stagger.)

REMINDERS (ESPECIALLY TO NEW COACHES):

(A) REVIEW TRACK UNIFORM REQUIREMENTS AS PER GISA RULES & REGULATIONS

(B) READ THE OFFICIAL 2013 NFHS TRACK & FIELD RULES BOOK

(C) READ ALL TRACK REVISIONS & EDITORIAL CHANGES for 2013. Make certain that you know that GISA did not adopt the NFHS jewelry rule. GISA still has disqualification as a sanction for discovered jewelry.

1. All qualification in the running events will be run on Thursday, May 2, with the following exceptions: the 1600 Meter Run will be run as a Final on Thursday afternoon, the 800 Meter Run will be run as a Final on Friday morning, the qualification for the 4x400 Meter Relay will be held on Friday afternoon, and the 3200 Meter Run will be held as a Final on Saturday morning. All finals in the field events will take place on Friday, May 3, as well as the Finals for the 800 Meter Run and the qualification for the 1600 (4x400) Meter Relay. The 3200 Meter Run and all running event finals, for events in which qualifiers were held, will be run on Saturday, May 4. In all the running event qualifiers, the top two finishers from each heat and the next four best times, regardless of heat, will qualify for the finals on Saturday. The two heats will be divided by Region Meet times in this manner, (Heat 1---2,3,6,7,10,11,14,15; Heat 2---1,4,5,8,9,12,13,16.). In the field events (long jump, triple jump, shot put, & discus) there will be 2 flights of 8. Flight 1 will be composed of #16 thru #9, based on Region performance, and Flight 2 #8 thru #1. Each participant will get three attempts, and then be ranked with the best 8 performers, in reverse order, allowed two more attempts. Those athletes qualifying from the first flight will be allowed at most two practice attempts prior to the finals, while those competing in the second flight will not be allowed practice attempts unless weather stoppage or some other unusual circumstance occurs.
2. All Regions must have the members of a relay team listed as an official entry before the Region meet takes place (this list must be complete when the Region scratch meeting is over.) **No exceptions. If someone gets hurt during or after the Region Meet these names to do change.** According to the GISA Rules, a runner may be listed on two different relay teams, but may compete on only one relay team. (Example: Smith, Jones, Sams, Beall, Adams, Taylor make up Team #1 400M Relay; with Smith, Jones, Cutler, Dohn, Davis, Garwood making up Team #2). Notice: Team #2 has two people that are on Team #1, but may have up to four (4) others.
3. The 1600 Meter Run will be conducted as a Final on Thursday, with all participants placed in a waterfall start, positioned by Region Meet times. The 3200 Meter Run will be held as the first event on Saturday Morning, with reporting times starting at 8:45 a.m. A waterfall start will again be used to start all runners. The 800 Meter Run will be held as Finals only, with 1st Call at 8:45 on Friday Morning prior to the field events. The 800 Meter Run will use the following method for starting. Athletes will be placed by Region Meet times as follows #s 1-8 will be placed in lanes as follows #1-Lane 4, #2-Lane 5, #3-Lane 3, #4-Lane 6, # 5-Lane 2, # 6-Lane 7, #7-Lane 1, #8-Lane 8. Runners will be placed behind these runners in corresponding positions starting with last place time behind #8 in Lane 8. **Note:** If 16 runners run, pairings would be #1 & #9 in Lane 4, #2 & #10 in Lane 5, etc. If less than 16 runners run, the double up lanes will be in the less preferred lanes. The 1600 Meter Relay teams will qualify on Friday afternoon (will not start before 5:00 PM.) with the Heats divided as in # 1 above. Any athlete competing in the 1600 Meter Relay will have at least 30 minutes between completion of their final attempt in a field event and the time that they are asked to run.
4. The starting height for the High Jump will be two inches below the lowest qualifying height achieved in the Region meets. (THE MINIMUM HEIGHT WILL BE 5 FEET FOR BOYS AND 4 FEET FOR GIRLS.) The bar will be raised two inches until three competitors remain. The bar will be raised one inch until the competition is completed. **Ties, unresolved by event rules, other than 1st Place, will remain for scoring and ribbons, and generic ribbons will be awarded. High Jump will use the "five alive" method for jumping order.**
5. The starting height for the Pole Vault will be eight feet for boys and six feet for girls. The bar will be raised six inches until three competitors remain. The bar will be raised three inches until the competition is completed. **Ties, unresolved by event rules, except 1st Place, will remain for scoring and ribbons, with generic ribbons awarded.**
6. Field judges will check all implements and any illegal equipment will be barred from competition.
7. Any contestants in any **field events** that will occur simultaneously must understand these rules. (CONTESTANTS MAY BE EXCUSED FROM A FIELD EVENT TO PARTICIPATE IN ANOTHER EVENT. THE MAXIMUM TIME FOR BEING EXCUSED SHALL BE TEN (10) MINUTES.) **Check Rule Interpretation for 2013.**

8. Starting blocks will be furnished at the track. **YOU MAY NOT USE ANY OTHERS ON THE TRACK.**
9. State Meet will again be held at Mills Stadium in Albany on **May 2, 3 & 4, 2013.** **Scratch Meeting will begin on Thursday at 1:30 p.m. sharp.**
10. **Saturday's 3200 Meter Run will begin at 9:00 AM.**
11. **NO GLASS CONTAINERS ALLOWED INSIDE THE STADIUM.**
12. Please notify GISA ASAP where your Region Track Meet is being held, which school is the Host School from your Region, when the Region Meet is being held, and the contact person for your Region Meet.

ALL RESULTS FROM THE REGION TRACK MEETS MUST BE TYPED AND FAXED OR EMAILED TO THE STATE OFFICE: (Please send this information by 9:00 a.m., Friday, April 26, 2013): Sooner if Possible! IN OTHER WORDS, THE DAY AFTER YOU FINISH YOUR REGION TRACK MEET, WE NEED THE INFORMATION, SO WE CAN GET STARTED DOING HEAT SHEETS AND PUTTING THE PROGRAM TOGETHER. We cannot do this all at one time, so please help us with this. If you have cancelations or injuries from qualifiers in your Region, please contact the 5th place competitor etc., from the Region and see if they wish to compete at State and notify GISA of changes. All changes must be completed by 3:00 pm. Wednesday, May 1 Very Important. No one will be bumped up after this time.

The GISA Office will do All Heat Sheets, Programs for All 3 Classifications for Thursday & Friday, and Final Programs for Saturday.

Again, please return the completed Hy-Tek material that you received from Robin to the GISA Office as soon as possible. **Please, Please - Include First Names, and round up all times to the nearest tenth.** *You will save GISA a great deal of time by doing this. Many times the people in the school's offices do not know which "Smith or Jones" ran on a certain relay team or event, especially if siblings or cousins also run track. Thanks in advance for helping us out.*

2013 GISA STATE TRACK MEET

Mills Stadium, Albany

May 2, 3 & 4, 2013

SCHEDULE & ORDER OF EVENTS

(Times are Approximations)

THURSDAY, May 2, 2013

Qualifying & 1600 Meter Finals

1:30	Scratch Meeting	3:15	100 Meter Dash
1:45	First Call 400 Meter Relay	3:45	1600 Meter Run Finals
2:00	400 Meter Relay	4:30	400 Meter Dash
2:30	100 Meter Hurdles	5:00	300 Meter Hurdles
2:50	110 Meter Hurdles	5:30	200 Meter Dash

FRIDAY, May 3, 2013

Field Events & 800 Meter Finals

8:45	First Call 800 Meter Run Finals
9:00	800 Meter Run Finals
9:15	First Calls--- Scratch Meeting, Pole Vault & Pole Vault Weigh-in, Implement Weigh-in
9:30	Scratch Meeting & Pole Vault Begins
9:45	First Call Field Events
10:00	Field Events--See Schedule Below

FIELD EVENTS SCHEDULE

Time	Shot	Discus	Long Jump	Triple Jump	High Jump	High Jump	Pole Vault	Pole Vault
9:30							A Girls	
10:00	A Boys	A Girls	AAA Boys	AAA Girls	AA Boys	AA Girls		A Boys
11:00	AA Boys	AA Girls	A Boys	A Girls	AAA Boys	AAA Girls	AA Girls	
12:00	AAA Boys	AAA Girls	AA Boys	AA Girls	A Boys	A Girls		AA Boys
1:30	A Girls	A Boys	AAA Girls	AAA Boys			AAA Girls	
2:30	AA Girls	AA Boys	A Girls	A Boys				AAA Boys
3:30	AAA Girls	AAA Boys	AA Girls	AA Boys				

4:45	First Call 1600 Meter Relay Qualifiers
5:00	1600 Meter Relay Qualifiers

Saturday, May 4, 2013

(All Events on Saturday will be FINALS)

8:45	First Call 3200 Meter Run	12:45	Break **
9:00	3200 Meter Run	12:50	400 Meter Dash
11:00	Scratch Meeting	1:10	300 Meter Hurdles
11:15	First Call 400 Meter Relay	1:40	Break **
11:30	400 Meter Relay	1:45	200 Meter Dash
11:45	100 Meter Hurdles	2:15	Break **
12:00	110 Meter Hurdles	2:20	1600 Meter Relay
12:15	100 Meter Dash		Awards

** 30 minutes will be allowed as recovery time between 100 Meter Dash and 400 Meter Dash, and 300 Meter Hurdles and 200 Meter Dash, and 200 Meter Dash and 1600 Meter Relay.

This 30 minutes is from finish of the same class and gender, until the start of same class and gender

PLEASE NOTE:

All Times are approximations (other than starting time for the day), and since this is a continuous updated and changing format, we ask your continued cooperation and patience. Please be present and ready to check in, when 1st call for your event is given (approximately 15 minutes prior to scheduled time) and be patient if your event is not held at or near the scheduled time