

## 2014 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	Brent Cribb, (Ex-Officio)		Jeff Jackson, (Ex-Officio)

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:

Medals will be presented for 1<sup>st</sup>-4<sup>th</sup> place finishers and ribbons will be presented to 5<sup>th</sup>-8<sup>th</sup> place finishers.

*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.

The Hugh 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"**. Violation of spike use or length is disqualification from event. This will be enforced.

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

Shot put and discus circles are concrete and spikes are not allowed. The throwing arcs will be 34.92 degrees in both shot put and discus. This applies region meets and the State Meet.

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. 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 exempted the rule. It is still a violation in GISA, with disqualification from the event as the sanction, for wearing jewelry in an event. There will be 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.

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.)

All qualification in the running events will be run on Thursday, April 24, with the following exceptions: the 1600 Meter Run will be run as a Final on Thursday afternoon, the 800 Meter 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 a Final on Saturday morning. All finals in the field events will take place on Friday, April 25, 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 on Saturday, April 26. 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.

All regions must have the members of a relay team listed as an official entry before the region meets takes place (this list must be complete when the region scratch meetings are over.) *If someone gets hurt during or after the region meet these names do not 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.

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 1<sup>st</sup> 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.

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. High Jump will use the "five alive" method for jumping order.

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 field event rules, other than 1st Place, will remain for scoring and ribbons and generic medals/ribbons will be awarded.

Field judges will check all implements and any illegal equipment will be barred from competition.

Any contestants in any field events that will occur simultaneously must understand contestants may be excused from a field event to participate in another event. The maximum time for being excused shall be 10 minutes.

Starting blocks will be furnished at the track. No other starting blocks are allowed.

Saturday's 3200 Meter Run will begin at 9:00 a.m.

Please notify GISA where your region track meet is being held. Also include the date and the host school for the region meet.

Please send the results of your region track meet to the GISA Office no later than Friday, April 18. Please return the completed Hy-Tek spreadsheet that you received from the GISA Office as soon as possible. Please include first names, and round up all times to the nearest tenth.

The GISA Office will do all heat sheets, programs for all 3 classifications for Thursday & Friday, and final programs for Saturday.

State Meet will be April 24-26, 2014. Scratch Meeting will begin on Thursday at 1:30 p.m.

No tents or glass containers are allowed inside the stadium. Admission is \$7.00 Adults, \$4.00 Students (Grade 1 and up) each day for the State Track Meet in Albany. Only GISA passes will be honored. No coolers or outside food is allowed in Mills Stadium unless brought in by coaches and 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.

Admission is \$7.00 Adults, \$4.00 Students (Grade 1 and up) each day for the State Track Meet in Albany. Only GISA passes will be honored.

# 2014 GISA STATE TRACK MEET

Mills Stadium, Albany

April 24, 25 & 26, 2014

## SCHEDULE & ORDER OF EVENTS

(Times are Approximations)

### THURSDAY, April 24, 2014

#### Qualifying & 1600 Meter Finals

1:30	Scratch Meeting	3:15	100 Meter Dash
1:45	First Call 400 Meter Relay	3:45	<b>1600 Meter Run Finals</b>
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, April 25, 2014

#### Field Events & 800 Meter Finals

8:45	First Call 800 Meter Run Finals
9:00	<b>800 Meter Run Finals</b>
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, April 26, 2014

(All Events on Saturday will be FINALS)

8:45	First Call 3200 Meter Run	12:45	<b>Break **</b>
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	<b>Break **</b>
11:30	400 Meter Relay	1:45	200 Meter Dash
11:45	100 Meter Hurdles	2:15	<b>Break **</b>
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 continuously 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.