

**WVSSAC
State Track Meet Games Committee
2016**

1. Assigned Numbers – Front – Jersey must be tucked into shorts
Hip Numbers – uniform only – 800 – 1600 - 3200 M Run – 4X400 – 4 X 800 - Right breast & left hip - pinned
2. **Competitors may not wear hats, bandannas, caps, gloves, sunglasses, GPS watches, etc.**
3. Qualifiers – Throws & Long Jump – Top 8 plus ties
Sprint and high hurdle events – Top 2 from each heat and next 4 fastest times

4. Starting heights for Pole Vault and High Jump for State Meet:

	A-G	A-B	AA-G	AA-B	AAA-G	AAA-B
Pole Vault	7' 6"	9' 6"	7' 6"	9' 6"	8' 0"	11' 0"
High Jump	4' 8"	5' 6"	4' 8"	5' 8"	4' 10"	5' 10"

Minimum starting heights for Pole Vault and High Jump for Regional Meet:

	A-G	A-B	AA-G	AA-B	AAA-G	AAA-B
Pole Vault	7' 0"	8' 0"	7' 0"	8' 0"	7' 6"	8' 6"
High Jump	4' 2"	5' 0"	4' 4"	5' 2"	4' 6"	5' 4"

*** State Games Committee may adjust opening height according to the weather at the time of the meet or can be adjusted once regional qualifiers are posted. If starting heights are changed prior to the state meet, the new starting heights will be posted on the WVSSAC website on the Monday of State Meet week.**

Increments in the Pole Vault/High Jump: 6"/2"

5. Pole Vault/High Jump: 5 alive
6. Pole Vault Certification Forms must be presented to event judge before you can vault.
7. **All poles** to be used in the competition must be brought to the competition area along with weight verification form when the athlete checks in with the official. If a pole is not checked at this time the athlete will not be allowed to use said pole.
8. Coaches Boxes: ***Athletes will NOT be allowed to cross the track to communicate with coaches. Athletes may go to the curb.***
 - A. Pole Vault – ***The coaching box will be a set of portable bleachers located near the pole vault runway. Each school with a pole vaulter will be permitted one coach. This area is for coaching pole vaulters only. Any coach caught coaching or communicating***

with other athletes will be removed from the coaching box. Admission to coaching box will be limited to coaches with WVSSAC issued wristbands.

B. Long Jump Bottom two rows opposite the pit.

C. HJ –across the track in front of the little house

D. SP – A set of portable bleachers located at the end of the shot sector and near the end of the little house.

E. Discus – A roped offed located near the portable bleachers and to the side of the discus cage.

9. Restricted areas: No Coaches or support personnel are permitted inside these areas without the permission of a Referee. All athletes inside the restricted area must be in a school issued track uniform. Electronic devices are prohibited inside the restricted area. Restricted areas include:

A. The area inside barriers around track.

B. The roped areas at the shot and discus areas not including the coach's boxes.

10. All running athletes will enter the track at Gate 1 NE corner – ***The clerking area will be along the North straight away for all running events.*** All competitors finishing races will exit through NE corner - Gate 1 -- Interview area to be established near the finish line toward the goal post.

11. Throwing implements are provided by WVSSAC. No other implements allowed in the throwing areas.

12. Marking Materials:

A. Pole Vault – Maximum – 2 – Provided by meet management

B. High Jump – 2 check mark - tape

C. Long Jump - Maximum – 2 – Provided by meet management

D. Track – Tennis ball halves provided by meet management – Tape is permitted but not provided – No chalk

13. Check In –

A. Athletes should report at least 15 minutes prior to the scheduled start times for each event with the exception of field event athletes who will be excused at 10 minutes prior to the race. For all field events except the PV, athletes should report 30 minutes prior to the scheduled start time, the PV will be 60 minutes prior to.

B. Time Limits for excused athletes: Athletes in field events will be excused 10 minutes prior to the scheduled starting time for a running event. Competitors will return to the field event within **5 minutes** of the completion of his/her heat or section of running event has been concluded.

14. Recall – FAT malfunction – radio contact to starters who will recall the race
15. Voice amplification will be used as necessary.
16. **Finish Lynx results can only be viewed by Finish Lynx operators, a referee and/or the Jury of Appeals.**
17. Press/Media personnel are not permitted onto second level of Press Box and the building at the finish line until the final results of the meet have been determined and announced. If a member of the Press wants a RESULTS flash drive, he or she needs to provide a labeled flash drive prior to the meet and the Hytek operator will provide the results ASAP at the conclusion of the meet. Results of races do not become official until 30 minutes after the race.
18. Distance races – 800 – 1600 – 3200 – 4 X 800
One turn stagger – 4 alleys seeded
Row I **10-11-12-1-4-7-2-5-8-3-6-9**
Row II **16-13-14-15**
19. Each flight will be allowed 15 minutes for warmups.
20. Chalk only is permitted in throwing events – no adhesives.
21. Starting blocks will be provided by Laidley Field. Laidley Field will provide the following types of starting blocks: 8 First Place International 4-angle Block, 8 Newton International 4-angle Block, 4 Moye Victory III and 16 M-F Fixed Angle blocks. **No other starting blocks will be permitted on the track. .**
22. Batons are provided by WVSSAC.
23. All relay exchanges not run in lanes will be California exchange.
24. Runners 2, 3 & 4 in the shuttle hurdles are permitted one marker per individual. The marker must be placed on the line between the teams assigned lanes.
25. Qualifiers for the state meet shall include the top 3 individuals or relays in the running events, shot, discus and long jump from each regional and the next four best times or distances. Each regional director will submit a copy of the photo finish of each regional meet to the Richard Messenger rmessenger32@gmail.com no later than 9:00 AM the day following the meet. The accuracy of each meet's results will be verified. The results will be verified to ten-thousandths of a second of a second if necessary. In the event that hand times are submitted, Rule 3-9-4 will be used. Each time will be rounded up to the slower one-tenth of a second, then .24 will be added to the time.
26. All athletes will be given times in all races at both the state and regional track meets.

27. Identi-lynx will be utilized at the State Track Meet as an aid.
28. ***Red and white flags will be used in all field events. There will be no verbal fair or foul.***
29. Time stamp on the results will be the posted time for all results.
30. Place cards will not be utilized this year. The awards tent will have a printer. Awards are available 30 minutes after results have been posted or read on the PA.