

A large crowd of spectators is seated in bleachers at a track and field event. The Tennessee State Capitol building is visible in the background, set against a backdrop of green trees and a blue sky with scattered white clouds. The scene is captured from a low angle, looking up at the bleachers and the building.

**2026**

**Track and Field  
Coaches  
Packet**

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For additional information related to sports medicine issues concerning athletic participation, please click the “School Resources” tab on the opening page of our website.

# WEST VIRGINIA SECONDARY SCHOOL ACTIVITIES COMMISSION



2875 Staunton Turnpike, Parkersburg, WV 26104-7219

TELEPHONE: 304-485-5494

WEB SITE: [www.wvssac.org](http://www.wvssac.org)

E-MAIL: [wvssac@wvssac.org](mailto:wvssac@wvssac.org)



## BULLETIN

**TO:** Track Coaches  
**FROM:** Dan Comer, CAA, Assistant Executive Director  
**DATE:** January 2026  
**SUBJECT:** 2026 Track & Field Season

### Points of Emphasis:

1. ***Pole Vaulting*** – If your team has pole vaulting, be sure to review Rule 6-9-24 through 6-9-35 in the National Federation Rules Book. Your careful review of this information will help to ensure the safety of your athletes.
2. ***Sanctioning & Travel*** – Please review Rule 127-16-3. All sanctioning requests must be done using the sanction forms found on the WVSSAC website. Failure to have an event sanctioned may result in forfeiture and returning awards won by athletes. ***(Please forward this information to: Jason Bankston @ [jason.bankston@wvssac.org](mailto:jason.bankston@wvssac.org))***
3. ***Uniform Information*** – Coaches, it is your responsibility to enforce these items for all participants, including field event participation:
  - ▶ Rule 4-3: Violators of these items will not be allowed to participate until such is corrected. Events will not be delayed because of these violations.
4. Please check the WVSSAC Track Program from the February issue of [\*The Interscholastic\*](#) concerning the track and field program.
5. Items for Regional and State meets. (Refer to [\*The Interscholastic\*](#))
6. Eligibility sheets are due **online** by the date of the first contest according to the standardized calendar. **Schools will be assessed a \$25 (twenty-five dollar) fine if eligibility certificates are not completed before date of first contest.**

7. The Board of Directors has ruled that players, coaches, or officials ***shall not use tobacco*** during an athletic contest. The penalty requires the official to eject the offender from the confines of the field.
8. ***Head Trauma Guidelines*** – Refer to the approved Return to Play/Concussion Protocol. RTP refers to return to play and return to practice. The appropriate health care professional will determine when a concussed athlete may return to participation.
9. All Coaches are required to complete an ***Emergency Action Plan*** (Senate Bill 640). See your Athletic Director for more information.
10. ***Injury/Participation Procedure at WVSSAC Championship Events*** – Medical personnel (athletic trainers) will have the jurisdiction concerning the return of a player to competition after an injury. If a parent refuses to follow the determination of the authorized person, a release form must be signed. Athletic trainers will receive additional information at Rules Clinics.
11. The WVSSAC is actively involved in promoting good sportsmanship in all sport programs. I encourage you to promote good sportsmanship by informing parents and athletes of the importance of supporting this concept. Please review the sportsmanship section of the **Rules & Regulations Handbook** with your team. I ask that you lead by example.
12. **All coaches for each sport are required to complete an Emergency Action Plan (Senate Bill 40). This must be completed online - See your Athletic Director for further information.**

**Coaches are asked to carefully review the  
Spectator Support Information with players, fans, and parents.**



## SPECTATOR SUPPORT INFORMATION FOR TOURNAMENTS

The following sport support information is provided for each specified sport. ONLY those items marked with “Yes” are allowed during tournament play (sectional, regional, and state). It is recommended that schools follow these regulations during regular season play.

Vocal cheering and support from team bench areas are encouraged, however, the items indicated on this page are for use by spectators. Schools must stress GOOD SPORTSMANSHIP when allowing any item to be used. All items must be for support of your team and not directed against the opponent.

Legend: BSK Basketball    CC Cross Country    SB Softball    TE Tennis    WR Wrestling  
 BB Baseball    FB Football    SC Soccer    TR Track & Field  
 CH Cheer    GO Golf    SW Swimming    VB Volleyball

SPORT	BSK	BB	CH	CC	FB	GO	SB	SC	SW	TE	TR	VB	WR
Apparel Required Upper/Lower Body Garments	Yes												
Balloons	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
Banners on wall/ Stadium	No												
Cheer & Band Member “Human” Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Permanent Signage/ Advertisement Senior Pictures	Yes												
Confetti/Paper Debris	No												
Hand-held Signs (one holder)	Yes	Yes	No	Yes									
Inflatable Tunnels	No	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes	Yes
Laser Pointer	No												
Miniature sports Balls thrown to crowd	No												
Noise makers (Horns, cow bells, bells, buzzers, clickers, etc.	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No	No	No	No
Opening Prayer / Invocation	No												
Paper banners for team to run through	Yes	Yes	N/A	Yes									
Pom poms Sprit Towels	Yes												
Recorded/taped. music over amplifying system (only pregame or halftime)	Yes												
School Band, Pep Band	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Pressurized Air Horn Electronic Bull Horn	No												
Megaphones (as intended)	Yes												
Cannons & Muskets	No												
50-50 Drawing	No												
Reserve Seating State Only	No												

**2025-2026  
TRACK RULES CLINICS**

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COORDINATOR</u>
Jan 26	WVSSAC Office	6:00 pm	Dan Comer
Jan 27	Huntington HS	6:00 pm	Bruce Senior
Jan 28	John Marshall HS	6:00 p.m.	Roger Simmons
Jan 31	Spring Mills HS	9:00 am	Glenn Simpson
Jan 31	Frankfort HS	12:30 pm	Jay Hesse
Feb 2	Robert C. Byrd HS	6:00 pm	Eric Post
Feb 3	Herbert Hoover HS	6:00 pm	Richard Parsons
Feb 5	Woodrow Wilson HS	6:00 pm	Andrew Pinnick
Feb 9	*WVSSAC Office *Make-up Clinic	6:30 pm	Dan Comer

**SCHOOLS:** The **Head Coach** shall be **required** to attend any sports rules clinics which are sponsored by this Commission in his/her coaching assignment. Schools failing to have a head coaching position filled at the time of the clinic will be required to have a school representative present at the rules clinic. An individual can only represent one school unless he/she is head coach at both schools. In a 9-12 school, both the varsity and 9th grade coach are required to attend. Failure to have a representative at one of the above clinics will result in a \$50.00 fine.

***The clinic attendance requirement may not be granted if the coach or representative is late in excess of 10 minutes.***

**§127-3-29. Track and Field (Boys and Girls).**

- 29.1. Rules: Track and Field rules published by the NFHS are the official rules for all interscholastic competition unless otherwise provided by Commission modification.
- 29.2. Organized Team Practice: Organized team practice will begin on Monday of Week 35 and the first contest may be on Wednesday of Week 37.
- 29.3. Length of Season: The track and field season will end for each team or individual by WVSSAC tournament elimination.
- 29.4. Maximum Team Contests: A track and field team will be permitted 16 meets exclusive of sectional, regional, and state contests.
- 29.5. Participation Limitations: Maximum of four events per participant per meet.
- 29.6. Scrimmages: Not permitted.
- 29.7. Individual students of a team must have practiced on 12 separate days, exclusive of the day of a contest, before participating in an interscholastic contest.
- 29.8. A student may accept awards in WVSSAC sanctioned events and non-sanctioned events during the entire year. These awards must be consistent with the items specified in §127-3-5.

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29.9. Middle Schools -- The above will apply for middle schools with the following adaptations:

29.9.a. Middle school teams will be permitted 14 meets and only two meets per week.

29.9.b. Middle school season will be completed by Thursday of Week 46.

29.9.c. Participation limitation: Middle school students, regardless of grade levels (6, 7, or 8), may compete in a maximum of four events, of which only three may be running events, including relays.

## 2026 Track and Field Rules Changes

**3-2-3k  
(NEW)** Permits the Games Committee to determine takeoff board placement in horizontal jumps.

**Rationale:** The change gives the games committee authority to determine takeoff board placement in the long jump and triple jump aligning with existing role in setting starting heights for high jump and pole vault. The rules previously did not assign this responsibility, and clarification ensures consistency, fairness and appropriate oversight. Athletes may still change which approved takeoff board to use during competition.

**3-8-6** Expands the acceptable calibers and provides flexibility for starting devices.

**Rationale:** Due to increased cost and limited availability of .32 caliber blanks. Expanding the acceptable calibers provides flexibility for meet management while maintaining the safety and functionality required for starting devices.

**4-6-5** Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

**Rationale:** The change permits the games committee to designate an appropriate health care professional to evaluate a downed competitor on the course without resulting in disqualification provided no assistance is given in progressing along the course. It prioritizes athlete safety by permitting on-course evaluation while preserving the integrity of the competition.

**4-6-6c  
(NEW)** Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

**Rationale:** No athlete participating in a meet is permitted to wear any type of audio or video device to record or transmit in a race, trial or in restricted areas. This language aligns with other NFHS rules books.

**6-2-2 NOTES  
(3)  
(NEW)** Clarifies that the time limit for a consecutive attempt applies within a height and at a height change.

**Rationale:** The chart does not differentiate whether consecutive trials are within a height or at a height change. Adding this note will clarify the rule and establish a standard procedure.

**6-3-2b4(a)** Incorporates metric measurements alongside imperial to promote clarity and consistency in meet management.

**Rationale:** Standard metric progressions are typically in 5 cm increments, with 15 cm aligning closely to the traditional 6 inches. This change simplifies implementation, aligns with common metric practices, and supports consistency in meet management.

**6-8-6  
(NEW)** Standardizes warm up times for athletes entering the high jump and pole vault after 60 minutes have elapsed.

**Rationale:** The current rule allows warm-up only after passing three consecutive heights, which can result in long periods of inactivity—sometimes over an hour—in large competitions. This can be a disadvantage and potential safety concern

for athletes entering later. Changing the rule to provide a standardized 1.5 minutes for high jump or 2 minutes for pole vault warm-up for any athlete entering after 60 minutes have elapsed promotes fairness, consistency, and risk minimization.

**6-9-21** Clarifies that padding is required for hard and unyielding surfaces that are elevated relative to the ground.

**Rationale:** The addition of "above ground level" clarifies that the padding requirement applies specifically to hard and unyielding surfaces that are elevated relative to the ground. This refinement helps differentiate between surfaces that present a greater risk of impact during a fall (such as raised concrete, asphalt, wood, or platform extensions) versus ground-level areas that may already be accounted for with landing system setup.

**6-10-5** Incorporates javelin construction specifications into the rules book for clarity and consistency.

**Rationale:** Moving the implement construction specifications for the javelin into the rules book provides greater clarity, consistency, and accessibility for high school coaches, athletes, and meet officials. By incorporating the construction requirements directly into the NFHS rules book, we ensure that all necessary information is readily available, specific to the high school level, and aligned with the intent of education-based athletics. This approach maintains appropriate equipment standards while promoting ease of understanding, consistent enforcement, and fairness across all levels of high school competition.

**9-1-1** Adds the 200-meter dash as an option for indoor meets.

**Rationale:** Adding the option of the 200- or 300-meter dash in indoor meets provides states with greater flexibility to structure events based on facility size, athlete development, and meet goals. This change supports broader participation and aligns with the varied formats of indoor track and field across the country.

**9-6-1** Establishes a standardized 20-meter exchange zone for indoor relays.

**Rationale:** A uniform 20m exchange zone in indoor track and field creates a single standard for ease of officiating.

### **2026 Editorial Changes**

4-3-1b (8), 6-4-2, 9-1-1

### **Other Changes**

Middle Level Recommendations for Aero Javelin

### **2026 Points of Emphasis**

1. Throws Safety – Shot Put, Discus and Javelin
2. Restricted Areas
3. Protest/Appeal Process

### **§127-2-13. Practice.**

13.1. Only students enrolled and eligible to be listed on the eligibility certificate for that sport in the specific member school are allowed to participate in that school's practices. Exceptions are §§127-2-3.2, 127-2-3.5, and 127-2-13.6.

13.2. The frequency and length of practice is at the discretion of each member school.

13.3. Member schools of the WVSSAC may practice on any day of the year with the exception of Sunday practice. §127-3-14.2 further clarifies Sunday practice.

13.4. Individual players of a team must have practiced:

13.4.a. on five separate days before participating in an interscholastic scrimmage.

13.4.b. on 12 separate days, exclusive of the day of a contest, before participating in an interscholastic contest. The following sport(s) is exempted from the provisions of this rule: golf.

13.4.c. a student athlete who is absent from practice with their team for non-medical reasons, and not under a doctor care, for more than 14 consecutive days must have the required 12 separate practice days before resuming participation in a contest. Students participating in football must follow the practice progression as set forth in §127-3-23.

13.5. A student shall not be permitted to engage in interscholastic practice until that student has filed with the principal a completed Athletic Participation/Parental Consent/Physician's Certificate Form. §127-3-3 further explains this required form.

13.6. A student academically ineligible may begin practicing 15 school days immediately prior to the date of regaining full eligibility. (All other ineligible students may not practice.)

13.7. If a student has established eligibility in a sport requiring 12 separate days of practice and is continuing to participate in that sport or no school days have lapsed from one sport to another sport in a same season, the student may participate in another sport of the season after completing five separate days of sport specific practice in the second sport.

13.8. Students participating in a sport(s) in one season must have practiced 12 separate days, exclusive of the day of a contest, to be eligible to participate in a sport in the next season with the following exception: the student has continued to practice or participate in tournament play without an interruption of school days. The student must complete five separate days of sport specific practice in the second sport.

## (Ejection Rule / Bench Clearing)

### §127-4-3. Code for Interscholastic Athletics.

3.7. Statement of Policy. Insofar as unsportsmanlike actions by students, school administrators, officials, coaches, faculty members, and spectators are concerned, the identical items under the Sportsmanship Rule along with the following guides will be referred to by the WVSSAC:

3.7.a. The school whose coach behaves in a manner likely to have adverse influence on the attitudes of students or spectators may be provided with the choice of taking disciplinary action against that coach or having the entire school disciplined by the WVSSAC.

3.7.b. Any student who in protest lays hands or attempts to lay hands upon an official may be declared ineligible by the principal or by the WVSSAC for up to one year. Any student who strikes an opponent, coach, or a spectator during or following an athletic event may be declared ineligible by the principal or the WVSSAC for a specified period of time up to one year, depending on the seriousness of the act.

3.7.c. Any coach, student, or bench personnel ejected by an official will be suspended for the remainder of the game, match, meet or contest. The coach, student, or bench personnel ejected by an official will also be suspended in additional contest(s); the suspension will be assessed based upon ten

(10) percent of the allowed regular season contests or post season progression in a playoff tournament for each sport. Any tenth of a percentage from .1 to .4 will be a suspension equal to the whole number of the percent. Any tenth from .5 to .9 will be an additional contest added to the whole number. The suspension will include the number of indicated contests in that sport and at that level and all other sport contests in the interim at any level. A second ejection will result in the doubling of the suspension assessed for the first ejection. If an individual is ejected for a third time during the same sport season, the individual will be suspended from participating or coaching for 365 calendar days from the date of ejection. In accordance with Rule 127315.3, an individual ejected by an official may not appeal that ejection, or any subsequent suspension that is a consequence of the ejection by an official. (Revised 2012-13; 2015-16)

3.7.c.1. Any coach, player or bench personnel who has been ejected shall not be permitted to attend any contest(s) during said suspension. He/she shall not be affiliated with the team in any capacity. This would include but not be limited to transportation to or from the contest, meeting with the team before, during or after said contest. He/she is not permitted to be in sight or sound of said contest venue. Regular practice or team meetings not affiliated with a contest are permitted. (Revised 2007-08)

3.7.c.2. If suspensions are imposed to a student or bench personnel at the end of the sport season and no contest remains, the suspension is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next WVSSAC sponsored sport.

3.7.c.3. Any coach suspension that cannot be enforced during the sport season in which the ejection occurs will be enforced at the beginning of the next season of that same sport.

3.7.d. In case of spectators physically molesting an official, administrator, coach, or student, the school may be given one of two options: 1) file charges against the offender (s) or 2) accept discipline from the WVSSAC. Any person found guilty of W. Va. Code §61-2-15(a) Assault, Battery on Athletic Officials, while these individuals are working or as a result of working an athletic contest, shall be banned from all WVSSAC athletic events for a minimum of 365 days from the date of being found guilty. The school filing charges shall notify the WVSSAC of the incident and outcome of any legal action.

3.7.e. The school that does not lend complete cooperation in the host school's effort to promote the spirit of good sportsmanship may be disciplined by the WVSSAC.

3.7.f. A coach may be considered as committing unsportsmanlike conduct if they make degrading remarks about officials during or after a game either on the field of play, from the bench, or through any public news media, argues with officials, or goes through motions indicating dislike for a decision, protests the decision and actions of officials pertaining to the game during and after the contest, or detains the official on the field of play following a game to request a ruling or explanation of some phase of the game. If a coach feels he/she has a legitimate criticism of a penalty call or a request for a rule interpretation, such criticism or request should be made in the privacy of the coach's office or the official's quarters and should be made in a courteous manner.

3.7.g. A student or team attendant shall not leave the bench area, team box area, or their designated off-field area during a game or contest other than during that time permitted by game or contest rules. A coach shall not leave the bench area, team box area, or the designated off-field area during a game or contest other than during that time permitted by game or contest rules unless a student altercation is taking place and the official requests assistance. Violation of this rule shall cause the coach, student, or team attendant to be immediately ejected from the contest; team penalized according to game or contest rules; and that coach, student, or team attendant will not be eligible to participate in the next contest as outlined in §127-4-2.3. (Revised 2019-20)

3.8. Procedure. Unsportsmanship action must be reported in detail to the WVSSAC. A copy of the complaint must also be filed with the principal of the school involved. Each principal involved shall report such information or answers to the report as they deem appropriate. Upon receipt of all reports, the Executive Director and/or the Board of Directors of the WVSSAC shall investigate and adjudicate such reports in accordance with the powers afforded in §127- 1-8.6 and 8.7 and §127-1-12.2 and 12.3 of the Constitution. Penalties up to and including suspension of member schools may be made in accordance with §127-4.

3.9. The following defines the different types of disciplinary action which may be assessed for violation of any WVSSAC rule by a member school, administrator, coach, athlete or contest official: (Revised 2007-08)

3.9.a. Warning. A warning may be given by the Executive Director or Assistant Executive Director. It is official notice that an inexcusable, unethical, or unsportsmanship action has occurred, is a matter of record, and that such an occurrence must not be repeated.

3.9.b. Probation. Probation is a much more severe type of warning and may be expressed two ways: 1) a school, coach,

**WVSSAC**  
**POLE VAULTER'S WEIGHT VERIFICATION FORM**

**TO ALL MEMBER SCHOOLS** - Member schools will be required to process the POLE VAULTER'S WEIGHT VERIFICATION FORM listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's office prior to a pole vaulter's first interscholastic competition. A copy must be given to the event judge at each meet in which they will vault.

**School** \_\_\_\_\_

	Name of Vaulter	Weight*	Pole Rating
1.	_____	-	_____
2.	_____	-	_____
3.	_____	-	_____
4.	_____	-	_____
5.	_____	-	_____
6.	_____	-	_____
7.	_____	-	_____
8.	_____	-	_____

\* INCLUDES FULL COMPETITION UNIFORM AND FOOTWEAR

Date \_\_\_\_\_ Signature of Principal \_\_\_\_\_

Date \_\_\_\_\_ Signature of Athletic Director \_\_\_\_\_

Date \_\_\_\_\_ Signature of Coach \_\_\_\_\_

**NOTE TO SCHOOL OFFICIALS**

Please review the following National Federation rules regarding the pole vault event:

# Regional Track and Field

## *Dates-Sites-Directors*

\*\*\*WEATHER MAKE-UP DATE: SATURDAY, MAY 16, 2026\*\*\*

**\*\*\*\*\*MUST BE WVSSAC APPROVED\*\*\*\*\***

### AAAA

#### North

Location: Mylan Park, Morgantown, WV  
Director: John Bowers, AD, Morgantown High School  
Date: Friday, May 15, 2026  
Schools: Hedgesville, Jefferson, Martinsburg, Morgantown, Musselman, Preston, Spring Mills, University, Washington, Wheeling Park

#### South

Location: Laidley Field, Charleston, WV  
Director: Antonio Gongora-Jimenez, AD, George Washington High School  
Date: Friday, May 15, 2026  
Schools: Buckhannon-Upshur, Cabell Midland, George Washington, Huntington, Hurricane, Oak Hill, Riverside, Parkersburg, Parkersburg South Woodrow Wilson

### AAA

#### Region I

Location: John Marshall High School  
Director: Roger Simmons, AD, John Marshall High School  
Date: Thursday, May 14, 2026  
Schools: Brooke, East Fairmont, Fairmont, John Marshall, Grafton, North Marion

#### Region II

Location: Keyser High School  
Director: John Haines, Jr., AD, Keyser High School  
Date: Thursday, May 14, 2026  
Schools: Bridgeport, Elkins, Hampshire, Keyser, Lewis County, Robert C. Byrd

#### Region III

Location: Herbert Hoover High School  
Director: Richard Parsons, AD, Herbert Hoover High School  
Date: Thursday, May 14, 2026  
Schools: Capital, Greenbrier East, Herbert Hoover, Nicholas County, PikeView, Princeton, Ripley, Shady Spring

#### Region IV

Location: Laidley Field, Charleston, WV  
Director: Kyle Root, AD, South Charleston High School  
Date: Thursday, May 14, 2026  
Schools: Chapmanville Regional, Lincoln County, Nitro, Point Pleasant, Ripley, Spring Valley, St. Albans, Winfield

## AA

### Region I

Location: Doddridge County High School  
Director: Scott Robey, AD, Doddridge County High School  
Date: Wednesday, May 13, 2026  
Schools: Doddridge County, Oak Glen, Ravenswood, Tyler Consolidated, Weir, Williamstown

### Region II

Location: Keyser High School  
Director: Jay Hesse, AD, Frankfort High School  
Date: Wednesday, May 13, 2026  
Schools: Berkeley Springs, Braxton County, Frankfort, Lincoln, Moorefield, Petersburg, Philip Barbour, South Harrison

### Region III

Location: Woodrow Wilson High School  
Director: Andrew Pinnick, AD, Woodrow Wilson High School  
Date: Friday, May 13, 2026  
Schools: Bluefield, Independence, James Monroe, Liberty Raleigh, Midland Trail, Mingo Central, River View, Summers County, Westside, Wyoming East

### Region IV

Location: Buffalo High School  
Director: Josh Bower, AD, Buffalo High School  
Date: Wednesday, May 13, 2026  
Schools: Buffalo, Clay County, Logan, Poca, Roane County, Scott, Sissonville, Wayne

## A

### Region I

Location: Mylan Park, Charleston, WV  
Director: JR Krafft, AD, Clay-Battelle High School  
Date: Tuesday, May 12, 2026  
Schools: Cameron, Clay-Battelle, Madonna, Magnolia, Notre Dame, Parkersburg Catholic, Ritchie County, St. Marys, Trinity Christian, Valley, Wheeling Central, Wood County Christian

### Region II

Location: Keyser High School  
Director: Jamie Tallman, AD, Union High School  
Date: Tuesday, May 12, 2026  
Schools: East Hardy, Harman, Paw Paw, Pendleton County, Pickens, Pocahontas County, Tucker County, Tygarts Valley, Union, WV School for the Deaf,

### Region III

Location: Woodrow Wilson High School  
Director: Andrew Pinnick, AD, Woodrow Wilson High School  
Date: Tuesday, May 12, 2026  
Schools: Greater Beckley Christian, Greenbrier West, Meadow Bridge, Montcalm, Mt. View, Richwood, Sherman, **Summit Christian (ineligible for post-season competition)**, Webster County

### Region IV

Location: Herbert Hoover High School  
Director: Richard Parsons, AD, Herbert Hoover High School  
Date: Tuesday, May 12, 2026  
Schools: Calhoun County, Charleston Catholic, Gilmer County, Hannan, Man, St. Joseph Central, Tolsia, Tug Valley, Van, Wahama, Wirt County

**\*\*\*\*\*HIGH SCHOOL ONLY\*\*\*\*\***

**SUBMITTING REGIONAL TRACK ENTRIES**

**WVSSAC  
REGIONAL TRACK AND FIELD  
CHAMPIONSHIPS**

**ENTRIES WILL BE MADE USING:  
ATHLETIC.net**

**This information will be sent to your Regional Meet  
Director.**

**----- HIGH SCHOOL ONLY -----**

## State Tournament Program Information

**Goal:** *To provide a quality program for all championship events*

**What:** *Track State Championship Program*

**Deadline:** *Monday, May 18, 2026 – Noon – (No extensions past the noon deadline)*

*All Classes should submit immediately upon completion of your regional.*

### **Required Online Submission Only - (School Information-Roster-Schedule)**

- ✓ Go to [www.wvssac.org](http://www.wvssac.org) click on Admin Login in the right corner of homepage
- ✓ Type in your Username and Password as the school Administrator in the appropriate sections and click on Login
- ✓ Click on Submit Rosters. Under Program select Senior and select **Track**
- ✓ Complete the School Information and head coaches information. Click Update/Continue
- ✓ Click the Sync button and enter the information requested, then save by clicking the Update/ Save Roster button. Always view your roster for accuracy.
- ✓ If you don't find a student, go to the Eligibility Certificate Form and add the name and return to the Roster and click Sync button. **Note:** The Sync button feature has been added to update all names on the active Eligibility Certificate Form. Check for accuracy. Save all changes to your eligibility certificate and roster.

### **Required Items for a Team Page:**

*School Information, Head Coach Information, Roster Information. Update/Complete Online - Printer will use this for the Program Page.*

*TeamPicture*

*Individual Head Coaches' Picture*

*Page Sponsor - Please contact a business or the boosters club concerning sponsoring this page. Ad is about the size of a business card.*

*Team Page Cost - \$125 - Make checks payable to WVSSAC. Indicate sport & school in memo section of check.*

When emailing the team/coach pictures and page sponsor, please enter the school name (*No Abbreviations, please*) and sport in the subject line of the email.

**Questions Contact:** *Anna Brown*  
*WVSSAC*  
*Phone (304) 485-5494*  
*Email: [anna.brown@wvssac.org](mailto:anna.brown@wvssac.org)*

**----- HIGH SCHOOL ONLY -----**

Regional Tournament Directors are to give a copy of this Rooming List Information Sheet and the Rooming List to the coach of each state qualifier.

## WVSSAC STATE TOURNAMENT ROOMING LIST INFORMATION

Please complete the rooming list for this year's State Track Meet. The form is online under Track listed as State Track Meet Rooming List. Area hotels provide rooms at a special rate to those teams attending the State Tournament. Payments for teams must be made in full by a school check (not personal) for all expenses.

Reservations must be made as early as possible. When speaking with the hotel/motel contact, please be sure to identify your school name and indicate that the reservations are for the state track meet.

Please check the website for the approved list of hotels/motels who will provide rooms for your sport state tournament.

### Hotel Policy

Effective with the 2010-2011 school year, member schools that are eligible to receive reimbursement for lodging at state championship sites **MUST** be housed at hotel sites that participate in a cooperative agreement with the WVSSAC. (Member schools will be notified by information posted on the WVSSAC website and material included in the sport specific coaches packets as to which lodging sites have entered into an agreement with the WVSSAC.)

**Schools that choose to use unapproved lodging sites will not receive any reimbursement.**

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## COACHING REMINDERS



**Practice:** Team members must have 12 practices on 12 separate days - 5 days sports specific if participating in another sport during the same sports season. A student must have 5 days of practice if coming from one sports season into the next sports season without interruption of school days. Only students enrolled in the specific member school and a member of team is allowed to practice. Rule 127-2-13.

**Sunday Contests:** Contests or practice on Sunday is prohibited. Practice refers to any group or individual meeting to view films or activity associated with the activity of that sports season. Rule 127-3-14.

**Physical Exam:** Team members must have Athletic Participation/Parental Consent/Physician's Certificate form completed and on file before beginning practice. Rule 127-3-3. (Must be on or after May 1<sup>st</sup>.)

**Awards:** Team members can accept awards from school sponsoring a sanctioned event or the school. Wearing apparel, championship rings, equipment, athletic goods that exceeds \$100.00 are prohibited from any source. Rule 127-3-5.

**Out of Season Coaching:** Coaches may not promote, initiate, organize, supervise or participate in out-of-season events involving students of the same sport as the grade level coaching assignment and preceding grade level except as specified in Rules 127-3-7.2 and 127-3-7.3. Rule 127-3-7.7.

**Amateur:** Any team member competing for money, receiving any award or prize of monetary value that has not been approved by the WVSSAC, capitalizing on athletic fame or signing a professional playing contract in that sport is prohibited. Rule 127-2-11.

**Participation as Ineligible:** Any student who participates as ineligible may forfeit eligibility for up to 365 days. Rule 127-2-12.

**Non-School Participation:** Participation is limited to school teams only with a few exceptions in individual sports provided the school principal approves and no school contests/activities are missed. Participation includes but is not limited to, practice, fund raising, team pictures, tryouts, etc. Rule 127-2-10.

**Sanctioning and Travel:** A member school shall not enter a contest, tournament, or competition which requires sanctioning until it is approved 30 days prior to the event. Rule 127-3-16.

For complete details regarding the above regulations and those governing team memberships, scholarship, undue influence, age, semester, etc. refer to the **Rules & Regulations Handbook** or at [www.wvssac.org](http://www.wvssac.org).

*This is not a comprehensive listing.*

