

**WVSSAC**  
**State Track Meet Games Committee**  
**2026**

1. Assigned Bib Numbers must be worn on the front of the jersey. Hip Numbers – uniform only – 800 – 1600 - 3200 M Run – 4X400 – 4 X 800 - Right breast & left hip.
2. Competitors **may not wear hats, bandannas, caps, gloves, sunglasses, etc.**
3. Qualifiers – Throws & Long Jump – Top nine (9) plus ties  
 Sprint and high hurdle events – Top two (2) from each heat and next four (4) fastest times.
4. Starting heights for Pole Vault and High Jump for State Meet:

State	1A Girls	2A Girls	3A Girls	4A Girls	1A Boys	2A Boys	3A Boys	4A Boys
High Jump	4' 10"	4' 10"	5' 0"	5' 2"	5' 10"	6' 0"	6' 2"	6' 4"
Pole Vault	7' 0"	7' 6"	8' 0"	8' 6"	10' 0"	10' 6"	11' 0"	12' 0"
Regionals	1A Girls	2A Girls	3A Girls	4A Girls	1A Boys	2A Boys	3A Boys	4A Boys
High Jump	4' 0"	4' 2"	4' 4"	4' 6"	5' 0"	5' 2"	5' 4"	5' 6"
Pole Vault	6' 0"	6' 0"	7' 0"	7' 0"	7' 0"	7' 0"	8' 0"	8' 0"

**\* The 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 by Tuesday of State Meet week.**

**Minimum** Regional Meet starting heights for Pole Vault and High Jump are listed above.

5. Increments in the Pole Vault/High Jump: 6<sup>3</sup>/<sub>2</sub>". Pole Vault/High Jump – State meet no 5 alive/active. Regionals may use 5 Alive/Active.
6. Pole Vault Certification Forms must be presented to the event judge before an athlete can vault.
7. **All poles** to be used in 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 in at this time the athlete will not be allowed to use said pole.
8. Coaches Boxes: Each school with an athlete(s) in a jumping event will be permitted one coach. This area is for coaching your jumpers or vaulters. Admission to coaching boxes will be limited to coaches with WVSSAC issued wristbands. One waistband per school. ***Once the event is complete all coaches are required to leave the infield.***

- A. Pole Vault – ***The coaching box will be a set of portable bleachers located near the pole vault runway.***
- B. Long Jump - A set of portable bleachers will be located near the LJ pit.
- C. HJ –A set of portable bleachers will be located to the left of the pit.
- D. SP – A set of portable bleachers located at the end of the shot sector and near the gate at the start of 200.
- E. Discus – A roped off section 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 or **school approved** track uniform. **Electronic devices are prohibited inside restricted areas.** Restricted areas include:

- A. The area inside barriers around the track.
- B. The roped areas at the shot and discus areas, not including the coaches' boxes.

10. All running athletes will enter the track at Gate 1 NE corner – ***The clerking area will be along the North straightaway for all running events. All competitors finishing races will exit through NE corner - Gate 1 –***

**11. Interview area to be established near the finish line toward the goal post.**

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

13. 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!

14. Check In –

A. Athletes should report at least 15 minutes prior to the scheduled start times for each race except for field event athletes who will be excused 10 minutes prior to the event. 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 scheduled start time.

B. Time Limits for excused athletes: ***Athletes at 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.***

15. Recall – FAT malfunction – radio contact to starters who will recall the race
16. Voice amplification will be used, as necessary.
17. **Finish Lynx results can only be viewed by Finish Lynx operators, a referee and/or the Jury of Appeals.**
18. Press/Media personnel are not permitted onto the second level of Press Box and the building at the finish line until the 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.
19. 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**
20. Each field event flight will be allowed 15 minutes for warmups.
21. Chalk only is permitted in throwing events – no adhesives.
22. **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 for competition.**
23. **Batons are provided by WVSSAC.**
24. All relay exchanges not run in lanes will be California exchange.
25. 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.
26. Qualifiers for the state meet shall include the top two (2) individuals or relays in the running events, shot, discus and long jump from each 1A, 2A and 3A regionals and the next eight best times or distances. In 4A, the top four (4) and the next eight best will qualify. In the vertical jumps the top 4 individuals plus anyone who make the Automatic Qualifying Standard at the 1A, 2A and 3A regional meets. In 4A, the top eight athletes for each region will qualify plus anyone making the AQS in the regional meet.

27. Each regional director will submit a copy of the photo finish of each regional meet to the Richard Messenger [rmessenger32@gmail.com](mailto: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 if necessary. If hand times are submitted, Rule 3-9-8 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.

28. All athletes shall receive a time in all races at the state and regional track meets.

29. Identi-lynx will be utilized at the State Track Meet as an aid. The NFHS Network can be utilized by the Running Referee or Jury of Appeals for scoring purposes only.

***30. Red, white and yellow flags will be used in all field events. There will be no verbal fair or foul.***

31. Time stamp on the results will be the posted time for all results at the state meet.

32. Awards are available 30 minutes after the results have been posted or read on the PA.

33. Scoring for both the regional and state track meets eight places: 10-8-6-5-4-3-2-1