

Rules in this section shall apply to both boys' and girls' outdoor track and field unless otherwise specified.

## 23.1 IMPORTANT DATES

2019-2020 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 12, 2019 - Sunday, February 2, 2020	6th - 31st	Weight training/conditioning permitted. No practice/contests allowed.
Monday, February 3, 2020	31st	1st Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.)
Monday, March 2, 2020	35th	1st Meet (Eligibility must be submitted online.)
Monday, March 9, 2020	36th	Deadline for Submitting GPAs online for seniors for All Academic
Wednesday, April 22, 2020 - Saturday, April 25, 2020	42nd	District Meets (All Classes - Boys' and Girls')
Saturday, April 25, 2020	42nd	End of Regular Season (All Classes - Boys' and Girls')
Friday, May 1, 2020	43rd	Regional Meet Deadline (All Classes)
Thursday, May 7, 2020	44th	State Meet (Classes B and C) - LSU, Baton Rouge
Friday, May 8, 2020	44th	State Meet (Classes 2A and 1A) - LSU, Baton Rouge
Saturday, May 9, 2020	44th	State Meet (Classes 5A, 4A, and 3A) - LSU, Baton Rouge
Sunday, May 17, 2020	46th	Summer Rules Begin

## 23.2 CONTEST LIMITS

**23.2.1 Season:** The number of meets in which a school may participate during a season shall be unlimited.

**23.2.2 Calendar Week:** (Sunday-Saturday): The number of interschool meets in which a student may participate shall be limited to two during a calendar week.

## 23.3 GENERAL

- 23.3.1** Track and field meets shall adhere to the Outdoor Track and Field Rule Book published by the NFHS and to LHSAA constitutional rules and by-laws.
- 23.3.2** To qualify for a regional meet in its classification, a school (except Class C) shall participate in a district meet prior to the regional meet. In all classes (except Class C) each district shall conduct a meet to qualify regional contestants.
- 23.3.3** A school shall not conduct or enter a contestant in a decathlon.
- 23.3.7** The host school of any relay carnival or regular season invitational meet may include and/or omit any track and field event of its choice to include the following with a maximum of eleven running events and seven field events for the girls and twelve running events and seven field events for the boys.

### **RUNNING EVENTS**

1. 100 – meter dash
2. 200 – meter dash
3. 400 – meter dash
4. 800 – meter run
5. 1600 – meter run
6. 3200 – meter run
7. 100 – meter hurdles (33" girls)  
110 – meter hurdles (39" boys)
8. 300 – meter hurdles (30" girls)  
300 – meter hurdles (36" boys)
9. 400 – meter relay
10. 800 – meter relay
11. 1600 – meter relay
12. 3200 – meter relay

### **FIELD EVENTS**

1. Long Jump
2. Triple Jump
3. High Jump
4. Pole Vault
5. Shot Put
6. Discus
7. Javelin

- 23.3.8** A regular season meet's starting time shall be left to the discretion of the host school. Regular season and non-district scratch meetings shall not be conducted during a school day. A school shall not participate in a meet conducted during a school day. *Example: School "A" dismisses each day at 3 p.m., while school "B" dismisses at 3:30 p.m. School "A" hosts a track and field meet which starts at 3:15 p.m. Ruling: School "B" shall not compete in any event which begins prior to 3:30 p.m. To prepare for a travel to the meet, a school shall use the time allotted in the athletic release time rule explained in the by-laws in Section 9: Athletics and Instructional Time.*
- 23.3.9** A contestant shall be limited to a maximum of four events (including relays) in all track and field meets.
- 23.3.10** In dual or tri-school meets, the maximum number of contestants one school may enter in an event shall be the same as the number of places for which points are scored in that event.
- 23.3.11** In a regular season non-district meet involving four or more schools, a school shall be limited to three contestants per event.

**23.3.12** The host school of a regular season non-district meet shall comply with the order of events and time schedule explained as follows: (To be strictly enforced). If the meet host decides to include the 3200-meter relay in the order of events and time schedule, there must be a minimum time allotment of 90 minutes between completion of the 3200-meter relay and the scheduled starting time for the 800-meter relay.

## RUNNING EVENTS

<u>EVENT #</u>	<u>EVENT</u>	<u>MINIMUM TIME ALLOTMENT IN BETWEEN EVENTS</u>
1.	800-meter relay	10 minutes
2.	1600-meter run	10 minutes
3.	110-meter hurdles (39" boys)	10 minutes
	100-meter hurdles (33" girls)	10 minutes
4.	100-meter dash	10 minutes
5.	800-meter run	10 minutes
6.	400-meter relay	10 minutes
7.	400-meter run	10 minutes
8.	300-meter low hurdles (30" girls)	10 minutes
	300-meter intermediate hurdles (36" boys)	10 minutes
9.	200-meter dash	10 minutes
10.	3200-meter run	15 minutes
11.	1600-meter relay	N/A

## FIELD EVENTS

	<u>Boys</u>	<u>Girls</u>
1.	Running Long Jump	High Jump
2.	Shot put	Shot Put
3.	Discus	Discus
4.	Pole Vault	Running Long Jump
5.	High Jump	Triple Jump
6.	Javelin	Javelin
7.	Triple Jump	Pole Vault

**23.3.13** The host school of a post season meet in Classes C, B, 1A and 2A shall comply with the order of events and time schedule explained as follows: (To be strictly enforced)

## RUNNING EVENTS

<u>EVENT #</u>	<u>EVENT</u>	<u>MINIMUM TIME ALLOTMENT IN BETWEEN EVENTS</u>
1.	800-meter relay	10 minutes
2.	1600-meter run	10 minutes
3.	110-meter hurdles (39" boys)	10 minutes
	100-meter hurdles (33" girls)	10 minutes
4.	100-meter dash	10 minutes
5.	800-meter run	10 minutes
6.	400-meter relay	10 minutes
7.	400-meter run	10 minutes
8.	300-meter low hurdles (30" girls)	10 minutes
	300-meter intermediate hurdles (36" boys)	10 minutes
9.	200-meter dash	10 minutes
10.	3200-meter run	15 minutes
11.	1600-meter relay	N/A

## FIELD EVENTS

	<u>Boys</u>	<u>Girls</u>
1.	Running Long Jump	High Jump
2.	Shot put	Shot Put
3.	Discus	Discus
4.	Pole Vault	Running Long Jump
5.	High Jump	Triple Jump
6.	Javelin	Javelin
7.	Triple Jump	Pole Vault

**23.3.14** The host school of a post season meet in classes 3A, 4A and 5A shall comply with the order of events and times schedule explained as follows: (To be strictly enforced). There must be minimum time allotment of 90 minutes between completion of the 3200-meter relay and the scheduled starting time for the 800-meter relay.

## RUNNING EVENTS

<u>EVENT #</u>	<u>EVENT</u>	<u>MINIMUM TIME ALLOTMENT IN BETWEEN EVENTS</u>
1.	3200-meter relay	*Completed 90 minutes prior to start of the 800-meter relay*
2.	800-meter relay	10 minutes
3.	1600-meter run	10 minutes
4.	110-meter hurdles (39" boys)	10 minutes
	100-meter hurdles (33" girls)	10 minutes
5.	100-meter dash	10 minutes
6.	800-meter run	10 minutes
7.	400-meter relay	10 minutes
8.	400-meter run	10 minutes
9.	300-meter low hurdles (30" girls)	10 minutes
	300-meter intermediate hurdles (36" boys)	10 minutes
10.	200-meter dash	10 minutes
11.	3200-meter run	15 minutes
12.	1600-meter relay	N/A

## FIELD EVENTS

	<u>Boys</u>	<u>Girls</u>
1.	Running Long Jump	High Jump
2.	Shot put	Shot Put
3.	Discus	Discus
4.	Pole Vault	Running Long Jump
5.	High Jump	Triple Jump
6.	Javelin	Javelin
7.	Triple Jump	Pole Vault

**23.3.15** The host school of a post season meet in classes C, B, 1A and 2A shall comply with the order of events to be followed with Preliminary Events:

EVENT #	<u>PRELIMINARY RUNNING EVENTS</u>
1	110-meter hurdles boys/100-meter hurdles girls
2	100-meter dash
3	400-meter run
4	200-meter dash

<u>FINAL RUNNING EVENTS</u>		<u>FINAL FIELD EVENTS</u>	
1	800-meter relay	1	Running Long Jump
2	1600-meter run	2	Javelin
3	100/110-meter hurdles (Girls - 33" & Boys - 39")	3	Discus
4	100-meter dash	4	Shot Put
5	800-meter run	5	Pole Vault
6	400-meter relay	6	Triple Jump
7	400-meter run	7	High Jump
8	300-meter hurdles		
9	200-meter dash		
10	3200-meter run		
11	1600-meter relay		

1. The same order of events shall be followed for night meets.
2. One-day meets shall follow the order cited in the preceding table.
3. A coaches' scratch meeting should (but shall not be required) be conducted at least one hour prior to a regular-season non-district meet to make scratches and allow coaches to draw for lanes in running events.
4. A coaches' scratch meeting shall be conducted at least one hour prior to district meets.
5. A ten-minute interval shall be between each running event.
6. The meet director shall adjust a time schedule based on the number of meet contestants.
7. The meet director shall notify participating schools about a time schedule revision.

**23.3.16** **Converting English Time to Metric Time** - The following table shall be used:

To convert time from:

100-yards to 100-meters .....	Add	.9 second
220-yards to 200-meters .....	Subtract	.1 second
440-yards to 400-meters .....	Subtract	.3 second
440-yard relay to 400-meter relay .....	Subtract	.2 second
880-yards to 800-meters .....	Subtract	.7 second
880-yard relay to 800-meter relay .....	Subtract	.5 second
Mile relay to 1600-meter relay .....	Subtract	1.1 second
Mile run to 1600-meter run .....	Subtract	1.6 second
2-mile run to 3200-meter run .....	Subtract	3.4 seconds

**To convert hurdle time from:**

- 110-yard low hurdles to 110-meter low hurdles ..... Subtract .1 second
- 120-yard high hurdles to 110-meter high hurdles ..... Time is the same

**23.3.17** Scoring System of the NFHS: The following table shall be used for scoring individual events and relay events in all non-district, district, regional, and state meets unless otherwise announced by the games committee:

No. of Teams Competing	Points for Individual	Points for Relay Scoring
2 Teams	5-3-1	5
3 Teams	5-3-2-1	5-3
4 Teams	6-4-3-2-1	6-4-2
5 Teams	8-6-4-2-1	8-6-4-2
6 Teams	10-8-6-4-2-1	10-8-6-4-2

**23.3.18** A regular season outdoor track and field meet conducted by a Louisiana college or university in which LHSAA schools participate shall be co-hosted by an LHSAA school. The principal of the LHSAA school co-hosting the collegiate meet shall obtain written permission to co-host the meet at least 14 calendar days prior to the meet. An LHSAA school shall not participate in a Louisiana collegiate meet that is not co-hosted by an LHSAA school and approved by the LHSAA. LHSAA school shall not participate in any event in any Louisiana collegiate meet that is not permitted under the LHSAA By-laws that pertain to this sport. Contestants shall not participate in any event that is not sanctioned by the LHSAA. A school shall not compete in any manner in any Louisiana collegiate meet against independent teams, recreation teams, club teams, junior colleges or community teams, four-year colleges or university teams, professional or semi-professional teams or individuals that compete “unattached” in high school events. The practice of having the times/distances or heights recorded by LHSAA contestants officially compared against the times recorded by the contestants from teams cited in the previous rule or the times, distances or heights recorded by “unattached” individuals for the purpose of determining place of finish in the meet for awarding meet honors shall be a violation.

**23.4** **DISTRICT MEETS (Boys and Girls)**

**23.4.1** Boys’ and girls’ track and field teams shall compete in the LHSAA Classification Committee’s assigned districts in Classes 5A, 4A, 3A, 2A, 1A, B and C.

**23.4.2** Schools within their assigned districts in all classes may qualify individual competitors and relay teams for the state meet. In all classes, each district in outdoor track and field shall qualify the same number of individuals (4) and relay teams (4) to the regional meet, regardless of the number of districts in a region.

**23.4.3** A district committee shall select a meet site, set its meet’s starting time, and conduct its district meet prior to the deadline for qualifying individual contestants and relay teams to the regional meet.

**23.4.4** In organizing the meet, the district committee shall comply with the order of events and time schedule explained in Rule 23.3.12.

**23.4.5** A school may enter a maximum of two contestants in each event for individual competitors and one team in each relay event.

**23.4.6** A contestant shall be limited to four events (including relays).

- 23.4.7** A district relay winner school may substitute contestants in that event at the regional meet if the substitute's name has been listed on the relay entry form submitted by the district meet director to the regional meet director.
- 23.4.8** Schools may enter alternate contestants until the end of the scratch meeting.
- 23.4.9** At the conclusion of a district meet, the meet director shall immediately do the following:
1. Record first, second, third, fourth, and fifth place (if applicable) winner's times in running events.
  2. Record heights and distances of first, second, third, fourth, and fifth place (if applicable) winners in all field events.
  3. Send the results to the regional meet's director by 10:00 p.m. on the day after the deadline in which the district meet may be conducted.
- 23.4.10** This information shall be used to seed regional competitors.
- 23.4.11** If the district meet is conducted on a track constructed in yards, running events shall be conducted in metric or equivalent distances.
- 23.4.12** The English measurement system shall be applied in measuring heights and distances in field events.
- 23.4.13** Seeding for running events shall be according to the seeding procedure explained in Rule 23.6.20. The meet director shall draw for lanes in the presence of witnesses from another school in the district when seeding the contestants in lanes.
- 23.4.14** The 200-meter dash shall be run on the curve.
- 23.4.15** A jury of appeals shall be formed to consider appeals filed at the meet and to make other decisions within its authority as specified in the Outdoor Track and Field Rule Book.
- 23.4.16** A coaches' scratch meeting shall be conducted prior to the meet. Coaches shall attend the scratch meeting.
- 23.4.17** Because many track and field facilities are without lights and, therefore, cannot be used for night competition and because more than one classification and/or district may be required to use the same facility on the same day, district track and field meets may begin at 1:00 p.m. with the scratch meeting beginning no earlier than 12:00 noon.
- 23.4.18** **Scoring:** The scoring method explained in Rule 23.3.15 shall be used to score all district meets.
- 23.4.19** **Special District Rules for Class 1A (Boys and Girls)**  
For Class 1A schools only, in a district where four or fewer schools participate with a full track team, three individuals shall be allowed to participate in each event. The exception shall be in the relays when only one relay team from each school participates. Schools may enter a maximum of two contestants in each event for individual competitors unless there are four or fewer schools in a district; otherwise, three individuals shall be allowed to participate in each event. The exception shall be in the relays when only one relay team from each school participates.



**23.5 REGIONAL MEETS (Boys and Girls)**

- 23.5.1** Regional meets shall be conducted in all classes during the week prior to the state meet to qualify individual contestants and relay teams.
1. The boys' and girls' regional meets shall be conducted during the week established in Rule 23.1, Important Dates, in this section.
  2. The dates of the girls' regional meet and the state softball tournament shall not conflict.
  3. The boys' and girls' regional outdoor track and field meets shall be completed as listed in Rule 23.1, Important Dates, in this section.
- 23.5.2** The regional meet committee shall set the meet's starting time. The instructional time rule shall be waived for all regional meets.
- 23.5.3** Neither the regional meet committee nor the meet director shall modify the order of events or time-interval schedule in any way. The order of events and time-interval schedule explained in Rule 23.3.12 shall be applied to the regional meet.
- 23.5.4 Scoring:** Meet scoring shall adhere to Rule 23.3.15.
- 23.5.5** Preliminary running events shall not be conducted if the track consists of enough lanes to accommodate each event's entries. Preliminary running events, if necessary, shall be conducted following the order of events schedule explained in Rule 23.3.13.
- 23.5.6** The first, second, and third place winners in the individual events and relay teams shall automatically qualify in regionals for the state meet. Classes shall qualify a maximum of nine contestants in each event from the regional to the state meet. The number of contestants each regional may qualify to the state meet is explained in Rule 23.6.25.
- 23.5.7** A contestant shall not compete in more than four events (including relays).
- 23.5.8 Scratch Meeting/Team Packets**
1. There will be no scratch meeting for the regional meet. Schools that qualify contestants from the district meet to the regional meet shall declare by 12:00 noon two (2) days prior to the regional meet any scratches for those qualifying to the regional meet. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by 12:00 noon two (2) days prior to the regional meet. Schools failing to scratch contestants prior to 12:00 noon two (2) days prior to the regional meet shall be fined \$50 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual circumstances. Scratches to the regional meet shall be emailed to the host school on school letterhead signed by the head coach.
  2. Team packets containing heat sheets, time schedule, meet information, appeal form, etc. may be picked up at the host school two hours prior to your school participating.
  3. Coaches must pick up their packets and pay fees prior to participation in any event.
  4. If a school enters no more than two contestants in the meet, the student(s) may be accompanied by a faculty coach/representative or an LHSAA-approved non-faculty coach from any other school/school system entered in the meet if both schools' principals give written permission. The written permission shall be presented to the meet director at the packet pickup area.
  5. If a qualifying contestant from the district meet is scratched and the alternate is not notified by 12:00 noon two (2) days prior to the meet, there shall be no replacement allowed.

- 23.5.9 Substitutions on Relay Teams:** A coach may substitute a contestant to participate with his/her relay team if the contestant's name is listed on the relay entry form provided to the regional meet director by the respective district meet directors at the conclusion of the district meet and if the substitute's participation limit of four events (including relays) is not exceeded.
- 23.5.10** Running events shall be conducted in metric distances unless track events are conducted on a 440-yard track. In this case, the events shall be conducted in yards, and the results of the events shall be converted from English to metric time when reporting the results to the LHSAA. This information shall be used to seed contestants in the running events at the state meet. The Metric Conversion Table in Rule 23.3.14 shall be used to convert English to metric time.
- 23.5.11** The English measurement system shall be used to determine heights and distances in all field events.
- 23.5.12 Principal's Regional Meet Committee in All Classifications:**
1. The regional meet chairperson shall be the principal of the preceding year's regional meet winner.
  2. A regional meet chairperson shall call a meeting of regional participants' principals or his/her designee at least six weeks prior to the meet. The regional committee shall:
    - A. Select a host school
    - B. Select the meet site.
    - C. Select the date(s) of the meet.
    - D. Set the meet's starting time.
    - E. Select the meet director.
    - F. Appoint the games committee to organize and administer the meet.
    - G. Select the track referee, field referee, and other meet officials.
    - H. Select a jury of appeals.
    - I. Establish financial provisions for the meet.
    - J. Set admission prices.
  3. Regional meet committee decisions shall be made by a simple majority vote of the principals or his/her designee present at the meeting.
- 23.5.13 Substitutions:** A school may list a maximum of six contestants for each relay event and only contestants whose names are listed on the official relay entry form shall participate in those events. If a contestant's name is not listed on the relay entry form submitted from the district meet director to the regional meet director, the contestant shall not be a substitute in that relay event at the regional meet.
- 23.5.14 Withdrawal from the Meet:** If a contestant elects to withdraw from an event or the entire meet, the alternate contestant's school shall notify the meet director and coach of the alternate contestant of this withdrawal no later than 10 a.m. on the Monday prior to the meet.
- 23.5.15 Responsibility of Regional Meet Directors - Immediately after the regional meet, the meet director shall:**
1. Email backup copy of Hytek with complete and accurate meet results to the LHSAA.
  2. Ensure that schools which qualified relay teams have a complete list of contestants (including alternates).
  3. Maintain copy of meet results sent to the LHSAA.
  4. Provide the LHSAA with a telephone number where he/she may be contacted (day and night) to obtain clarifications or additional information.
  5. Any person who will serve as a regional meet director shall be required to attend a meeting for information and instruction at the Louisiana Track and Field Coaches Association clinic that will be held in January at a designated date and time. Each region is responsible to have its regional director present at this meeting. Failure to attend this meeting shall result in the LHSAA appointing the regional director for that region with the expenses of that director being billed to the region.

**23.5.16 Qualifying Plans and Special Rules for Regional Meets (All Classes - Boys and Girls)**

1. The girls' and boys' meets shall be contested at the same site on the same day.
2. Site of Meet: Shall be within the region of the participating schools: preferably at a state university/college or at a centrally located high school.
3. Track Surface: Shall be an all-weather surface with a minimum of eight lanes around two turns. For Classes 1A and C, it shall be a minimum of six lanes around two turns. Lane widths shall be at least 36" (preferably 42".) It is recommended that it shall be marked for use in more than one direction for 100/110-meter hurdles and 100-meter dash.
4. Timing Device: Shall be fully automatic timing device (FAT), if available. Semi-automatic timing device is acceptable if FAT is unavailable.
5. Landing Pits for Pole Vault, High Jump, Long Jump, and Triple Jump shall meet standards specified in NFHS's Outdoor Track and Field Rule Book.
6. Runways for Jumping and Vaulting Events shall meet minimum lengths specified in NFHS's Outdoor Track and Field Rule Book and shall be marked for use in either direction, except for Class 1A.
7. Recording Trials: Jumps, vaults, and throws shall be measured and recorded.
8. Breaking Ties: Fourth-place ties shall be resolved at the meet so that state meet alternates can be decided.
9. Seeding Process: Contestants in qualifying events' shall be seeded according to their district meet times. If fully automatic time (FAT) is available, all qualifying shall be against time. If FAT timing is unavailable or the timing device malfunctions, qualifiers shall be seeded according to the places they finished in each heat. In all other events, contestants shall be seeded/flighted according to time and/or performance.
10. Awards and Expenses: Participating schools shall be assessed an entry fee determined by the regional meet committee to pay for the meet's awards and administration expenses. The admission price for the meet shall be set by the regional meet committee. The host school shall retain gate receipts and concession sales revenue for expenses relating to facilities, workers, and equipment.

## Regions by Classification

### Class 5A:

<u>REGION</u>	<u>DISTRICTS</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	1, 2, 3	4 individuals, 4 relay teams
2	4, 5, 6	4 individuals, 4 relay teams
3	7, 8, 9	4 individuals, 4 relay teams

### Class 4A:

<u>REGION</u>	<u>DISTRICTS</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	1, 2, 3	4 individuals, 4 relay teams
2	4, 5, 6	4 individuals, 4 relay teams
3	7, 8, 9, 10	4 individuals, 4 relay teams

### Class 3A:

<u>REGION</u>	<u>DISTRICTS</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	<u>1, 2, 3</u>	4 individuals, 4 relay teams
2	<u>4, 5, 6, 9</u>	4 individuals, 4 relay teams
3	<u>7, 8, 10, 11</u>	4 individuals, 4 relay teams

### Class 2A:

<u>REGION</u>	<u>DISTRICTS</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	1, 2, 3, 4	4 individuals, 4 relay teams
2	5, 6, 7, 8	4 individuals, 4 relay teams
3	9, 10, 11, 12	4 individuals, 4 relay teams

### Class 1A:

<u>REGION</u>	<u>DISTRICTS</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	1, 2, 3	4 individuals, 4 relay teams
2	4, 5, 7	4 individuals, 4 relay teams
3	6, 8	4 individuals, 4 relay teams

### Class B:

<u>REGION</u>	<u>DISTRICTS</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	1, 2, 3	4 individuals, 4 relay teams
2	4, 5	4 individuals, 4 relay teams
3	6, 7	4 individuals, 4 relay teams

### Class C:

<u>REGION</u>	<u>QUALIFIERS TO REGIONAL MEET*</u>
1	Not Applicable
2	Not Applicable
3	Not Applicable

\*Alternates: Fifth-place finishers in each event in all district meets.

**23.6 STATE MEET (Boys and Girls)**

- 23.6.1** The state track and field meet shall be organized and administered according to rules outlined in this section.
- 23.6.2** The LHSAA shall accept and consider bids to host the outdoor track and field meet on a one or two year basis. The Executive Committee shall review the bids and select the state meet's host and site.
- 23.6.3** In conjunction with the host, the LHSAA shall conduct the state meet at the same site on the same date for all classes in both boys' and girls' outdoor track and field.
- 23.6.4** The Executive Director shall secure possible sites for the state meet and present them to the Executive Committee for selection. The boys' and girls' outdoor track and field state championship meet for all classes shall be held over a three-day period during the 44th calendar week on the dates listed in Rule 23.1, Important Dates, in this section. Classes B and C shall be conducted on Thursday, Classes 1A and 2A shall be conducted on Friday, and Classes 3A, 4A, and 5A shall be conducted on Saturday.
- 23.6.5** Prior to the state meet, the LHSAA shall place a state meet memorandum on its website and notify all schools when available. Each head track coach shall be notified by email as to when the heat sheets are available. Once notified the participating schools shall have four hours to review, appeal, or dispute the school's heat sheets which are posted on the LHSAA website. The only changes that will be considered at this time shall be errors in reporting/posting by the Regional Meet Director or the LHSAA administration. Omissions/errors by the participating schools are not appealable or disputable.
- 23.6.6** The Executive Director, Assistant Executive Directors, and the Executive Committee shall be the games' committee for the meet and perform the following duties:
1. Appoint a meet director and assistant director.
  2. Appoint a track referee and field referee.
  3. Appoint a jury of appeals.
  4. Establish and administer an appeals process that permits a coach to question in writing a meet official's decision.
  5. Establish team packet pick-up times (prior to starting time) for all meet days.
  6. Each day's starting meet time shall be set by the games' committee.
  7. Each event's starting time shall be set by the games' committee.
- 23.6.7** Individual and relay team seeding shall be based on regional meet performances. The seeding procedure shall adhere to Rule 23.6.20.9.
- 23.6.8** Running events shall be in metric distances. If regional track events were on a 440-yard track, each event's results shall be converted from English to metric time to seed state meet contestants. The Metric Time Conversion Table to be used in converting English to metric time is explained in Rule 23.3.14.
- 23.6.9** English measurement shall be used when determining heights and distances in field events.
- 23.6.10** Each class shall determine its own individual contestants' and relay teams' qualifying methods from the regional to the state meet. In devising its qualifying plan, a class shall comply with LHSAA constitutional rules and by-laws and NFHS's Outdoor Track and Field Rule Book.

- 23.6.11** Each class shall be limited to a maximum of nine qualifying individual contestants and relay teams in each event from its regional to the state meet.
1. Each class's schools shall qualify individual contestants and relay teams in each event from the regional meets conducted the week prior to the state meet.
  2. Only contestants and relay teams (including alternate contestants) that qualify in a regional meet shall compete in the state meet.
  3. All classes' first-, second- and third-place finishers in regional individual and relay events shall automatically qualify for the state meet.
  4. If fewer than nine regional meet individual contestants and relay teams in a class automatically qualify to the state meet, the class may develop a plan to qualify additional individual contestants and relay teams in each event as long as total qualifiers in each event do not exceed nine.
  5. Each class shall develop a state meet qualifying plan for alternate contestants and relay teams.
- 23.6.12** A contestant may compete in a maximum of four state events (including relays).
- 23.6.13 Team Packets**
1. There will be no scratch meeting for the state meet. Schools that qualify contestants from the regional meet to the state meet shall declare by noon on Tuesday of the week of the state meet any scratches for those qualifying to the state meet. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by noon on Tuesday of the week of the state meet. Schools failing to scratch contestants prior to noon on Tuesday of the state meet shall be fined \$50 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual circumstances. Scratches to the state meet shall be emailed to the LHSAA office on school letterhead signed by the coach and school principal.
  2. Team packets containing heat sheets, track & field facilities diagram, participant passes, appeal form, and other information may be picked up two hours prior to your school participating. Coaches shall receive participant passes for all relay alternates in this package.
  3. A coach must pick up his/her packet and distribute participant passes to all qualifiers prior to participation in any event.
  4. If a school enters no more than two contestants in the meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA-approved non-faculty coach from any other school/school system entered in the meet, if both schools' principals give written permission. The written permission shall be presented to the meet director at the packet pick-up area.
  5. If a qualifying contestant from the regional meet is scratched and the alternate is not notified prior to noon on Tuesday of meet week, there shall be no replacement allowed.
- 23.6.14 Substitutions on Relay Teams:** A coach may substitute a contestant to participate with his/her relay team if the contestant's name is listed on the relay entry form provided to the LHSAA by the respective regional meet director at the conclusion of the regional meet, and if the substitute's participation limit of four events (including relays) is not exceeded.

### 23.6.15 Order of Events and Time-Interval Schedule

1. The order of events and time-interval schedule explained in Rule 23.3.12 shall apply.
  2. The LHSAA shall incorporate the different classes for the boys' and girls' teams into the order of events when formulating the schedule of events for the state meet.
  3. The boys' and girls' 3200-meter run shall be scheduled after the 200-meter dash, back to back, with the 1600-meter relay in each sport alternating with that respective class.

*Example in Classes B and C (boys and girls)*

<u>Event</u>	<u>Sport</u>	<u>Class</u>
3200-meter run	Girls	C
3200-meter run	Boys	C
1600-meter relay	Girls	C
1600-meter relay	Boys	C
3200-meter run	Girls	B
3200-meter run	Boys	B
1600-meter relay	Girls	B
1600-meter relay	Boys	B

*Classes 1A and 2A shall be scheduled in the same manner.*

*Classes 3A, 4A, and 5A shall be scheduled in the same manner.*

### 23.6.16 Special Rules Adopted by Games Committee (Field Events)

1. The field events' time schedule shall be followed as closely as possible with appropriate consideration given to contestants competing in other track and/or field events.
2. A contestant competing in another event shall report to the field judge conducting the respective field event by the time of the final call to inform the field judge he/she is competing in a simultaneous field event.
3. Throwing implements (shot, discus, and javelin) shall be weighed, measured, and marked by an official during a designated 1-1/2 hour period prior to that field event's start.
4. A contestant may not compete until his/her equipment has been approved and marked by an appropriate meet official.
5. Each contestant shall be allowed a maximum of three preliminary throws, jumps, and vaults in each respective meet.
6. The seven contestants with the best distances in a throwing event shall be given an additional three throws.
  7. In the shot put and discus events, a contestant shall remain in the circle until he/she is released by the event official. A contestant shall exit through the back half of the circle.
8. Starting heights for the high jump and pole vault shall be available at the state meet.

### 23.6.17 Special Rules Adopted by Games Committee (Running Events)

1. After the initial running event's starting time, all other running events' starting times shall be approximate. If the required time interval is allowed between running events, the running events' portion of the meet may proceed ahead of schedule.
2. The International Exchange shall be used in all relay events.
3. The following starts/staggers shall be used in relay events:
  - A. 800-meter run with one-turn stagger (runner may move to the inside beyond the flag on the back straightway if he/she has more than a one-stride advantage on the inside runners)
  - B. 1600- and 3200-meter runs with waterfall start (runner may move to the inside if he/she has more than one-stride advantage on the inside runners)
  - C. 1600-meter relay with a three-turn stagger
4. Relay teams shall provide their own batons which shall comply with NFHS's Track and Field Rule Book's specification. Batons shall be checked for legality at check in prior to each event.

5. The meet host shall provide starting blocks. A runner shall not use his/her own starting block.
6. After each running event, a runner shall remain in his/her designated lane and return to the finish line in order for official determination of the finish order.
7. Preliminary qualifying heats in running events shall not be conducted at the state meet.
8. Runners shall be seeded in lanes according to their best regional meets' recorded times.
9. The following running events shall be seeded from the middle to outside lanes: (Automatically seeded by computer program)

800-meter relay	400-meter relay
1600-meter relay	400-meter run
100/110-meter hurdles	200-meter dash
100-meter dash	300-meter hurdles

10. The following events shall be seeded from the first to ninth lanes: (Automatically seeded by computer program.)
  - 800-meter run
  - 1600-meter run
  - 3200-meter run

**PLACES AND TIMES    SEED IN LANES**

Fastest	1
2 <sup>nd</sup> fastest	2
3 <sup>rd</sup> fastest	3
4 <sup>th</sup> fastest	4
5 <sup>th</sup> fastest	5
6 <sup>th</sup> fastest	6
7 <sup>th</sup> fastest	7
8 <sup>th</sup> fastest	8
9 <sup>th</sup> fastest	9

11. The 200-meter dash shall be run on the curve.
12. At the final call, contestants shall report to the clerk of course in legal track uniforms, ready to run.

**23.6.18 Uniforms and Schools**

1. Contestants shall adhere to all articles under RULE 4 – SECTION 3 COMPETITOR’S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY in the NFHS Track and Field and Cross Country rules book.

**23.6.19 Calls and Check-in Procedures**

1. Two calls shall be made for each event. The first call shall be 30 minutes prior to the event. The second and final call shall be 20 minutes prior to the event. Calls shall be made at the check-in area.
2. Contestants shall report to their respective check-in stations on the first call and no later than the second and final call. After a contestant has officially checked in, he/she may continue to warm up or participate in another event.
3. Coaches, managers, or spectators may not be in the check-in area.
4. A coach, manager, school trainer, or team attendant may not be on the track or in a field event’s area during competition.
5. After completion of the regional meet, the state meet’s facility shall be off limits for practice by a competing school’s team until the state meet. Violation of this rule may result in the school’s disqualification from the state meet.



6. Each qualifying and alternate contestant who attends the state meet shall be given a participant pass to admit him/her to the track and field arena on the day he/she is scheduled to compete. This pass shall be non-transferable. When not participating or preparing to participate, contestants shall remain in the stands.

**23.6.20 Scoring:** The following scoring method shall be used to determine the number of points awarded to the first six place finishers in each event (individual and relay events):

<u>PLACE</u>	<u>POINTS AWARDED</u>
1 <sup>st</sup>	10
2 <sup>nd</sup>	8
3 <sup>rd</sup>	6
4 <sup>th</sup>	4
5 <sup>th</sup>	2
6 <sup>th</sup>	1

**23.6.21 Procedure for appealing official ruling**

1. A coach may appeal an official's decision to the track referee or the field referee by following the appropriate appeal procedure.
2. A coach may appeal a track and/or field referee's decision to the jury of appeals by following the appropriate appeal procedure.
3. An appeal shall be written on the official appeal form included in each school's packet distributed at the state meet. Additional appeal forms may be obtained from an LHSAA official in the press box.
4. A completed appeal form shall be presented to an LHSAA official in the press box.
5. The LHSAA official shall deliver the form to the LHSAA Assistant Executive Director who shall serve as the associate meet director.
6. The appeal shall be referred to the appropriate referee who shall review it and render a written decision. The referee shall have the authority to overrule the decision of an event official.
7. If necessary, an appeal may be referred to the jury of appeals which shall review the appeal and render a written decision. The jury of appeals shall have the authority to overrule a referee's decision. The jury's decision shall be final.
8. A written ruling shall be returned to the coach who made the appeal.
9. If necessary, the coach may be allowed to enter the track infield by LHSAA officials for a discussion regarding the appeal.
10. If a referee/jury of appeals overturns a ruling, the referee shall make the appropriate placement and scoring adjustments with meet officials.
11. Verbal appeals shall not be accepted.
12. Appeals submitted 30 minutes after an event has ended shall not be accepted.
13. Appeals shall be judged in accordance with the Outdoor Track and Field Rule Book and/or special rules passed by the games committee.

## 23.6.22 Qualifying Plans from Regional Meet to State Meet

<u>CLASS</u>	<u># OF REGIONS</u>	<u># QUALIFIERS FROM EACH REGION TO STATE</u>	<u>ALTERNATES FROM EACH REGION</u>
5A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
5A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
4A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
4A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
3A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
3A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
2A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
2A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
1A - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
1A - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
B - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
B - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
C - Boys	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finisher in each event
C - Girls	3	3 individuals/3 relay teams in each event	4 <sup>th</sup> -place finishers in each event

**23.6.23 Interrupted Competition:** If competition is interrupted because of events beyond the control of the responsible administrative officials, the competition shall be completed the next day from the point of interruption. If this is not possible, the meet must be resumed within 72 hours following the cancellation of the original meet. If the meet cannot be completed within 72 hours, there shall be no team champions named in that class/division unless the points earned by any school(s) competing will not change the outcome of the meet.

**23.7 WHEELCHAIR TRACK AND FIELD**

**23.7.1** The following track and field events shall be sanctioned in outdoor track and field as individual events for wheelchair participants:

- 200-meter dash
- 400-meter dash
- 800-meter run
- Javelin
- Shot put
- Discus

**23.7.2** Rules governing wheelchair track and field shall follow the guidelines of the Games Uniting Mind and Body (GUMBO) Resource Guide, as it applies to wheelchair track and field in Louisiana and the LHSAA. The LHSAA encourages all meet directors to contact a GUMBO representative to be on site at all district and regional meets.

**23.7.3** In addition to all eligibility rules of LHSAA, the following shall apply to wheelchair students participating in LHSAA outdoor track and field meets:

1. Wheelchair participants shall compete against each other only.
2. Wheelchair participants shall compete in school-issued uniforms.
3. A wheelchair participant shall have a permanent muscular or neuromuscular disability which significantly limits the ability to move or a permanent skeletal deformity or abnormality which significantly affects ambulation. This disability must prevent the student from participating in other sanctioned sports. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
4. A wheelchair participant shall compete in track and field events in a wheelchair or throwing chair that meets legal specifications as follows:
  - A. A track wheelchair should have a minimum of three wheels.
  - B. A track wheelchair shall be manually operated with no mechanical gears or levers used to propel the chair.
  - C. Only one hand rim shall be attached to each large wheel.
  - D. The field chair's seat, including the cushion, shall not exceed 25 inches in height. The chair need not be a wheelchair.
  5. Wheelchair participants competing in track events must wear helmets during competition.

**23.7.4** A meet's order of events shall be determined by meet management.

**23.7.5** A wheelchair participant shall compete for individual and team honors in the classification in which his/her team competes in the meet. Meet scoring for wheelchair participants shall be as follows:

1. 1 participant - 1 point
2. 2 participants - 2 - 1 points
3. 3 participants - 3 - 2 - 1 points
4. 4 participants - 4 - 3 - 2 - 1 points
5. 5 participants - 5 - 4 - 3 - 2 - 1 points
6. 6 participants - 6 - 5 - 4 - 3 - 2 - 1 points

**23.7.6** Points scored by a wheelchair participant shall count toward his/her team score in all outdoor track and field meets including all regular season, district, regional and/or state meet.

1. However, if the points scored by a wheelchair participant enables his/her team to tie or exceed the highest team point total of another team(s) then the team with the wheelchair participant(s) will be declared the co-champion and the other team(s) without the wheelchair participant(s) will be declared outright champion(s). This same rule will apply in determining the runner-up position. This includes all regular season, district, regional and state meets.

*Example #1 - Team "A" has one wheelchair participant who scores 4 points. Team "B" does not have a wheelchair participant entered in the meet. Team "A" has the highest score of the meet with 65 points (includes 4 wheelchair points). Team "B" is second highest with 62 points (no wheelchair points). Ruling: Team "B" shall be declared the champion and Team "A" shall be declared the co-champions of the meet. (The same ruling would apply when determining the runners-up team). Example #2 - Team "A" has two wheelchair participants entered in two events each. They score 2 points each (4 total points). Team "B" has one wheelchair participant entered in one event and he/she scores 2 points. Team "A" finishes first with 73 points. Team "B" finishes second with 71 points. Ruling: Team "A" and "B" are declared co-champions. (The same ruling would apply when determining the runners-up team).*

2. If the team on which the wheelchair contestant participates would have won the meet without counting the points scored by the wheelchair contestant, it shall be declared the outright champion or runner-up. This includes all regular season, district, regional and state meets. *Example #3 - Team "A" has one wheelchair participant entered in four events and scores 4 points. Team "B" does not have a wheelchair participant in the meet. Team "A" finishes first with 60 points. Team "B" finishes second with 50 points. Ruling: - Team "A" is declared the outright champion. (The same ruling would apply when determining the runners-up team.) Example #4 - Team "A" has one wheelchair participant entered in two events and scores 4 points. Team "B" has one wheelchair participant entered in one event and scores 2 points. Team "A" finishes with 51 points plus 4 wheelchair points and team "B" finishes with 51 points plus 2 wheelchair points. Ruling: - Teams A & B are declared co-champions. (The same ruling would apply when determining the runners-up team.)*

**23.7.7** If a wheelchair participant competes against another wheelchair participant in the same sport (boys/girls), in the same classification and in the same event, the contestant that finishes first shall be declared the champion and shall score 2 team points. The other contestant in that event shall score 1 point. For 3 wheelchair participants, the points awarded shall be 3-2-1. This scoring shall continue to a maximum of 6 wheelchair participants. Each athlete is required to meet minimum standards listed in 23.7.8 below at the local, district, and regional meets in order to score points for his/her team. *Note: Track standards do not apply to cinder tracks.*

**23.7.8** If a wheelchair athlete competes alone in a sport (boys/girls) at the local, district, and regional level, he/she shall be required to meet standards in order to win first place in the event and score 1 team point in the event as a wheelchair contestant. If a contestant fails to meet the required standard at the local, district, and regional meets in an event, he/she shall not be awarded a place or any points in the event. Minimum required standards at the local, district, and regional level shall be:

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
200-meter dash	1:00 minutes	1:30 minutes
400-meter dash	1:30 minutes	2:30 minutes
800-meter run	3:00 minutes	4:00 minutes
Discus	25'0"	19'0"
Shot Put	8'0"	6'0"
Javelin	22'0"	16'0"

*Note 1: Track standards do not apply to cinder tracks.*

*Note 2: The size of the discus and shot put and javelin for wheelchair participants shall be the same as all other male and female participants.*

**23.7.9** When competing in the outdoor state track and field meet, all wheelchair participants shall be required to compete on the same day of the meet regardless of their school's classification. Their points will be added to their team's total before a championship is awarded.

**23.7.10** Wheelchair participants shall qualify for the district, regional and state meets following the same qualifying procedures as other participants in the same class. Only four (4) individual events allowed. Qualifying times must be met at the district and regional meets.

### **23.8 PARA AMBULATORY TRACK AND FIELD**

**23.8.1** The following track and field events shall be sanctioned in outdoor track and field as individual events for Para ambulatory participants:

100-meter dash	200-meter dash
400-meter run	Javelin
Discus	Shot put

**23.8.2** Rules governing Para ambulatory track and field shall follow the guidelines of the Games Uniting Mind and Body (GUMBO) Resource Guide, as it applies to disabled ambulatory track and field in Louisiana and the LHSAA. The LHSAA encourages all meet directors to contact a GUMBO representative to be on site at all district and regional meets.

**23.8.3** In addition to all eligibility rules of LHSAA, the following shall apply to Para ambulatory participants in LHSAA outdoor track and field meet:

1. Para-ambulatory participants shall compete in school-issued uniforms.
2. A para-ambulatory participant shall have a permanent orthopedic, neuromuscular, or other physical disability. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
3. A para ambulatory participant must have either a GUMBO classification or national disability classification.

**23.8.4** When competing in the outdoor state track and field meet, all para ambulatory participants shall be required to compete on the same day of the meet regardless of their school's classification. A para ambulatory participant shall compete for individual honors only in one open division mandated by meet management. A meet's order of events shall be determined by meet management. The contestant's performances shall not be counted in the meet's overall team scoring.

- 23.8.5** Para ambulatory participants shall qualify for the district, regional and state meets following the same qualifying procedures as other participants. A participant shall be limited to a maximum of four (4) individual events. Each Para ambulatory participant is required to meet minimum standards listed below at the local, district and regional meets. If a contestant fails to meet the required standard in an event, he/she shall not be awarded a place in the event. Minimum required standards for local, district, and regional meets shall be:

<b>EVENT</b>	<b>BOYS</b>	<b>GIRLS</b>
100 meter dash	0:35	0:45
200 meter dash	1:00	1:30
400 meter run	2:00	3:00
Discus	25'0"	19'0"
Shot put	8'0"	6'0"
Javelin	22'0"	16'0"

*Note 1: Track standards do not apply to cinder tracks*

*Note 2: The size of the discus, shot put and javelin for Para Ambulatory participants shall be the same as all other male and female participants.*