

TRACK AND FIELD

DATES FOR TRACK & FIELD MEETS

District Meets

Classes B and C..... May 4-9

Divisional Meets

All Classes May 11-16

State Meets

All Classes May 22-23

I - GENERAL RULES AND REGULATIONS

- (1) The Montana High School Association will promote, provide for and control all interschool track and field activities among member schools for both boys and girls.
- (2) All track and field meets shall be conducted under the Track and Field Rules of the National Federation except when modified by the Association Rules.
- (3) MHSAA rules modify Rule 4, Section 2, Article 4 of the National Federation Track Rules to provide that each school can enter up to five (5) contestants per individual event in meets involving four or more schools.
- (4) The member schools shall be classified as AA, A, B and C for track and field. The classifications shall be the same as for basketball.
- (5) The Montana High School Association Executive Board shall establish the starting date for practice and the first allowable date when any meets may be held.
- (6) No individual shall compete in any Association contest until he/she has a minimum of ten (10) days of track and field practice and at least one practice session per day on ten (10) different days (no practice permitted on Sunday), prior to the date of the first allowable contest. The initial ten (10) practices for each individual must be completed as a comprehensive, regularly scheduled team practice with the full coaching staff.

When determining what constitutes a MHSAA practice that satisfies the language above in (6), the following criteria must be applied:

1. **Practice must be at least one (1) hour long.**
2. **At least one full squad (varsity team/J.V. team) and their coaching staff must be present.**
3. **The athlete must participate in the entire practice.**
4. **Practice should include the majority of drills and conditioning that are the norm for that team or squad.**
5. **A practice the day of a meet does not count (unless an athlete is practicing with another squad that does not have a meet that day, i.e. a varsity team member who stays home and practices with the JV team that does not have a meet that day).**
6. **Warm-ups or walk-throughs with the team prior to a meet does not constitute a practice.**

If a student begins his/her **initial ten (10)** days of required practices and that period of days is interrupted by sickness, injury, academic ineligibility or any other reason for a period of two weeks, then the student shall be required to practice an additional five (5) days and in cases of sickness or injury to produce a doctor's release.

Athletes participating on teams competing in MHSAA post season play, which overlaps the beginning of the next MHSAA sanctioned activity starting practice date, may be credited for practices during the overlap period toward meeting the minimum practice requirement of the overlapped activity season.

- (7) No team shall participate in more than ten (10) meets excluding Association sponsored meets and excluding top ten or top eight meets. An athlete will only be allowed to compete in one top 10/8 track and field meet. The track season for both boys and girls officially closes with the end of the state meet.
- (8) No individual may participate in an out-of-state invitation-only meet unless approved by the MHSAA Executive Director. Any out-of-state participation approved under these criteria will count toward the ten-meet limit for the particular student.
- (9) No school is required to take part in any contests or athletic events, but once entered, teams are obligated to participate in a contest or athletic event to its normal conclusion unless the contest is terminated by mutual consent of the school officials involved due to unusual weather or game conditions, or situations which could be hazardous to participants or spectators. Any coach is prohibited from unilaterally refusing to participate.

If a school fails to complete contests or athletic events that they have entered, the violating school would be subject to penalties as deemed appropriate and necessary by the Executive Director.

No school is required to take part in any regular season meet, but when once entered under the plan outlined, schools shall carry out their part of the program in fairness to all other schools represented. Any team taking part in season play is automatically entered in to the first meet held in that district or in that division. That team shall not be allowed to withdraw from participating in such meet without the specific approval of the Executive Director. The penalty for violation shall be as outlined under Penalties, Article VIII, Section (2).
- (10) MHSAA rules modify National Federation Track & Field rule 4, section 2, articles 1 and 2, Limitation of events: In one-day meets a contestant shall not be allowed to participate in more than five events (track and/or field), including relays.

Note: It is possible for a competitor to qualify in 5 individual events at the divisional meet and then also compete on a relay team or teams at the state meet, thus participating in more than 5 events. The state meet is considered to be more than a one day meet.

- (11) **Scoring for all MHSAA meets shall be according to National Federation Rule 2 - 1 - 2. Each relay race shall be included in the scoring. District, division and state meets shall score six (6) places in individual and relay events (using 10-8-6-4-2-1 scoring). In the case of a tie for sixth place in Class AA, tenth place in Class A, sixth/eighth place in Class B and fifth/sixth/seventh place in Class C in any individual event at a divisional meet, all tying participants shall qualify for entry in the state meet (except as noted).**

Note: No ties will be permitted in the 100-meter dash, 200-meter dash, 400-meter dash, hurdles and relay races for the last place that advances to the state meet. Divisions must settle ties in these events so that only the correct number of contestants qualify for the state meets.

- (12) Qualifying relay teams are not limited to the same personnel at the state meet who participated in the divisional meet. No substitutions are allowed in individual event(s).
- (13) Interstate Track and Field Meets: Any interstate meet must be sanctioned as set forth in Rule 16 in the Association General Rules and Regulations before any member school may participate.
- (14) All participants are prohibited from wearing any garments with alcohol or tobacco advertisements, profanity or other inappropriate messages at track and field meets. It is the responsibility of coaches and meet directors to ensure that

inappropriate apparel be removed. Participants who fail to remove inappropriate apparel on request to do so shall be disqualified from participation in the meet.

- (15) In all meets an athlete must have a legally recorded mark in the preliminaries to advance to the finals.
- (16) For an athlete to be eligible to compete in post-season competition he/she must compete in at least two (2) Association sanctioned meets during the regular track and field season. Only a medical waiver from a certified physician stating that an athlete has sustained an injury preventing him/her from competing until that time will be accepted as a condition to be exempt from this rule. The high school for which the student will participate must file a request with the MHS Executive Director for consideration of a waiver of this rule.
- (17) All schools will be required to process the pole vaulters' weight verification form listing each student participating in the pole vault event. The form is to be on file in the Activities Director's office prior to a pole vaulter's first interscholastic competition.
- (18) The MHS prohibits any use and/or possession of tobacco, alcohol or other mood altering drugs during competition. Violation will cause the coach or participant to be disqualified from further participation in that event.
- (19) A state track and field meet participant may only wear one watch during competition. The watch must be unadorned and may be worn only on the wrist and may not have a global positioning system as part of the watch.
- (20) At all post season meets, warm-ups for throwing events must be conducted in the following manner:
 - a. When athletes participate in a general warm-up the day prior to competition, each athlete will be allowed only one implement/attempt at a time.
 - b. During the general warm-up immediately prior to the event, each athlete will be allowed only one implement/attempt at a time.

II - DISTRICT AND DIVISIONAL MEETS

- (1) For purposes of elimination for the State Track and Field Meet, schools shall be divided into district and divisions the same as basketball.
- (2) The responsibility for staging district and divisional meets rests with the schools in the respective districts and divisions. Times and distances used for seeding at the district (Classes B and C) and divisional (Classes AA and A) levels must be from performances established during the current season.
- (3) ***Class B and Class C schools in each division will be charged with the responsibility of divisional seeding. Possible options include: a) conducting district meets; or b) entering athletes directly to the divisional meets. Divisions that choose not to conduct district meets must request permission from the MHS office.***

In Class C, advancement from the district meets to divisional meets will be as follows:

Western C – five will qualify from each district
Southern C – five will qualify from each district
Eastern C – eight will qualify from each district
Northern C – five will qualify from each district, plus five additional qualifiers based on season performances

In Class B district meets, the first six place winners in each event and the first six relay teams will qualify for advancement to the divisional meet.

Relay teams are not limited to the same personnel at the divisional meets as participated in the relay at the district meets. Advancement to divisional meets is restricted to only those who qualify at the district meets. No substitutions are allowed, except in relay personnel. District meet managers are responsible to certify entries from their districts to the divisional meet managers.

- (4) Divisional meets must be held in all classes to qualify contestants to the State Track and Field Meet. Divisions will advance competitors to the state meet as follows:

Class AA – both divisions: the first six place winners, including ties for sixth place in all running and field events. All Class AA relay teams will advance to the state meet if they attain a provisional time at the divisional.

Class A – both divisions: the first ten place winners in all events except relays, including ties for tenth place in running and field events. For relays, only the ***top ten teams will advance, including ties for tenth place.***

Class B – the first six place winners, including ties for sixth place in all running and field events, in the Northern and Western divisions and the first eight place winners, including ties for eighth place in all running and field events, in the Southern Division.

Class C – the first five place winners, including ties for fifth place in all running and field events in the Eastern division. The first six place winners including ties for sixth place in all running and field events in the Northern and Southern divisions. The first seven place winners, including ties for seventh place in all running and field events in the Western division.

Qualifying relay teams are not limited to the same personnel at the State Track and Field Meet who participated in the divisional meet. Advancement to the State Meet is restricted to only those who qualify at the divisional meets. No substitutions are allowed, except in relay personnel.

- (5) Districts and divisions shall not permit more than one relay team per school to be entered for each relay event.
- (6) Divisional track and field meets may be conducted on two days, provided the meet does not start before 2:00 p.m. on the first day and that the requirements for limitations on the number of events remain the same as for one day meet. Exceptions: if multiple track and field divisions are participating at the same meet site, the starting time may be adjusted to begin at 12:00 noon on the first day of the meet, and Class A divisionals can start at 10:00 am on the first day of the meet.
- (7) Financing of district and divisional track and field meets is the responsibility of the respective district or division.
- (8) Immediately following each district or divisional track and field meet the meet manager should submit a financial report to the MHS Executive Director on the official MHS financial report form.
- (9) All entries must be certified by each divisional meet manager and reported to the manager of the State Track and Field Meets immediately following the conclusion of the meet. Entries received later than the Sunday following the divisional meets will not be accepted for participation in the State Track and Field Meets.

III – QUALIFYING STANDARDS

- (1) In addition to conducting a divisional meet, all classes will use Qualifying Standards as an approved method to qualify athletes for the state track and field meets.
- (2) The approved Qualifying Standards by class are:

EVENTS	Class AA	
	GIRLS	BOYS
100 Meters	13.00	11.30
200 Meters	26.70	22.80
400 Meters	1:01.00	51.20
800 Meters	2:24.00	2:01.00
1600 Meters	5:23.00	4:34.00
3200 Meters	11:50.00	10:00.00
100/110 Meter Hurdles	16.30	15.70
300 M Meter Hurdles	48.00	41.50
Shot Put	35'3"	48'
Discus	113'	148'
Javelin	115'	170'
High Jump	5'1"	6'2"
Long Jump	16'6"	21'
Triple Jump	34'	42'
Pole Vault	10'	13'6"
400 Meter Relay	50.60	43.80
1600 Meter Relay	4:12.00	3:30.00
400M Relay <i>Provisional Time</i>	52.80	45.80
1600M Relay <i>Provisional Time</i>	4:25.00	3:42.00

Shot Put	35'5"	44'11 1/2"
Discus	108'11"	135'10"
Javelin	122'0"	168'2"
High Jump	5'0"	6'0"
Long Jump	16'5 1/2"	20'5"
Triple Jump	33'7"	42'1 1/4"
Pole Vault	8'6"	12'0"
400 Meter Relay	52.01	45.45
1600 Meter Relay	4:18.93	3:37.22

(3) An athlete who meets or exceeds the qualifying standard in a particular individual event at a regular season qualifying meet or at a district meet (Class B or C) and/or divisional meet (all classes) may enter that event at the state meet. An athlete using a qualifying standard to advance to state in a particular individual event must be entered in the district meet in Class B or C and divisional meet in all classes for that event but is not required to participate. That entry counts toward the MHSA event limitation which states that a contestant shall not be allowed to participate in more than five events (track and/or field), including relays, as well as toward the school's limitation of five contestants per event. For all other purposes, the NFHS Track and Field Rules defining when an athlete becomes a competitor/participant will be followed.

EVENTS	Class A	
	GIRLS	BOYS
100 Meters	13.20	11.40
200 Meters	26.90	23.30
400 Meters	1:01.50	51.70
800 Meters	2:26.00	2:02.00
1600 Meters	5:28.00	4:38.00
3200 Meters	12:13.00	10:12.00
100/110 Meter Hurdles	16.40	16.10
300 M Meter Hurdles	48.50	41.80
Shot Put	35'2"	46'8"
Discus	110'0"	142'
Javelin	115'0"	167'
High Jump	5'0"	6'0"
Long Jump	16'0"	20'5"
Triple Jump	33'7"	41'8"
Pole Vault	9'6"	13'0"
400 Meter Relay	51.80	44.80
1600 Meter Relay	4:14.00	3:34.00

(4) A master list of qualifying times/marks will be updated regularly throughout the season and posted on the online stats program designated by the MHSA. The meet's host school or the school's head track and field coach must submit/enter qualifying performances within two full business days of the mark being set. Submissions must be completed using the MHSA-designated online stats program. Late submissions are not allowed and will not be used for qualifying/seeding purposes.

(5) Qualifying standards will be evaluated and, if necessary, modified following the state meets every other year (in even-numbered years).

(6) Evaluation of qualifying standards and any recommendations for modification will be the responsibility of the Classes AA, A and B schools respectively. All recommended changes must be presented to the MHSA staff before July 1st (of even numbered years) in order to be implemented for the following season.

EVENTS	Class B	
	GIRLS	BOYS
100 Meters	13.20	11.50
200 Meters	27.10	23.20
400 Meters	1:01.90	51.80
800 Meters	2:26.00	2:02.80
1600 Meters	5:34.00	4:43.50
3200 Meters	12:26.00	10:32.00
100/110 Meter Hurdles	16.50	16.00
300 M Meter Hurdles	48.30	41.70
Shot Put	34'11"	46'10"
Discus	109'	137'
Javelin	117'6"	163'
High Jump	4'11"	6'
Long Jump	15'9"	20'4"
Triple Jump	33'10"	41'3"
Pole Vault	9'	12'3"
400 Meter Relay	52.10	44.65
1600 Meter Relay	4:20.00	3:34.00

IV - TOURNAMENT PROGRAMS, CONCESSIONS AND CORPORATE SPONSORS

(1) The tournament program rights for all district and divisional programs will be determined by the respective district or division. The tournament program rights for all state tournaments will be the responsibility of the MHSA Executive Board.

(2) The concession rights for any state tournament must be approved by the Executive Director. Concession rights include but are not limited to t-shirts, other apparel, photos, buttons etc.

(3) At district and divisional events, concessions where goods and/or services are received would be at the approval of managers of events.

(4) Corporate sponsorship of any post season event is the responsibility of the MHSA Executive Board and requires Board approval. Exceptions are: a) program advertisements and b) signage or announcements acknowledging the receipt of donated goods including food or beverages for the hospitality room, the use of tents at outdoor events, or the use of other equipment necessary for staging the event. Signage should be placed only in the appropriate areas; i.e. on the tents or in the hospitality room/area.

EVENTS	Class C	
	GIRLS	BOYS
100 Meters	13.16	11.68
200 Meters	26.85	23.53
400 Meters	1:00.12	51.87
800 Meters	2:25.32	2:02.50
1600 Meters	5:38.58	4:40.64
3200 Meters	12:29.24	10:20.80
100/110 Meter Hurdles	16.43	16.41
300 M Meter Hurdles	47.76	42.01

Established facility sponsorships are not affected provided that MHSA corporate sponsorship requirements are met.

V - STATE TRACK AND FIELD MEETS

- (1) The Executive Board shall be responsible for staging the state track and field meets for Class C. The Executive Board shall determine all sites, set dates and appoint state track and field meet managers. The managers shall be responsible to the Executive Board to conduct the state track and field meets in accordance with the rules of the Montana High School Association. Classes AA, A and B state meets will be conducted by advancing competitors from the divisional track and field meets in addition to utilizing qualifying standards.
- (2) Judges and other meet officials shall be selected by the meet managers subject to the approval of the Executive Board.
- (3) The use of two-way radio communications systems at the state track and field meets by other than authorized track officials is prohibited. Other than devices used by meet officials, all radios, recorders, iPods, cell/camera/smart phones, video cameras and other electronic devices are prohibited on the field of competition (except in the pole vault coaching box).
- (4) All relay races will be started at the juncture of the straight away and the curve at the state meets.
- (5) Participation in the State Meets: State Meet qualifiers are outlined in II-District and Divisional Meets, (3) and (4) and in III-Qualifying Standards (1) through (4).
- (6) All divisional entries must be certified by each divisional meet manager and reported to the manager of the state meets on or before the Sunday preceding the state meet. Entries received after the date will not be accepted for participation in the state track and field meets. Any necessary corrections after Sunday will be made in accordance with NFHS Track and Field Rules and the MHSA Handbook.

In Classes AA, A and B, each head coach must enter his/her qualifying athletes using the electronic method designated by the MHSA no later than Sunday preceding the state meet. Entries received after the date will not be accepted for participation in the state track and field meets. Entries for qualifying performances that were not submitted in accordance with III-Qualifying Standards will not be allowed.

- (7) The MHSA will follow the basic record recognition for changing from the English to the metric System as that of the National Federation. The current English system of the MHSA records will stand and be listed as the Metric record for that distance until someone betters that time of the equivalent Metric distance. Until someone betters that record, the English distance record will continue to be shown. The exception to this would be the 100 meter dash. Hand held records and automatic timing records will both be recognized if the hand held time is faster.
- (8) Timed finals will be utilized in the 300 meter hurdles, 400 meter dash, and the 1600 meter relay for both boys and girls. In Class AA, the 400 meter relay will be a timed final also.
- (9) The number of participants in field event finals will be ten. The number of participants in track event finals from preliminaries will be ten when run on ten-lane tracks and eight when run on eight-lane tracks.
- (10) State Track and Field Championships Pass Policy

The following Pass Policy will be followed for State Track and Field Championships:

- A. Administrators, athletic directors of participating schools, and coaches of participating schools only: Boys' AA and A - 7; Girls' AA and A - 7; Boys' B and C - 3; Girls' B and C - 3.
- B. Contestants - Bona-fide contestants (1).

[Each school shall receive two (2) packets - one (1) for Boys Teams and one (1) for Girls Teams.]

- C. Managers - One (1) per team per school.
- D. Montana High School Coaches without contestants - None.
- E. Media
 - 1. Print news media - one pass for Associated Press and passes for working staff of local newspapers of teams in the tournament or newspapers in the marketing area of those teams. Members of the print media are required to show their Montana Newspaper Association press credentials when picking up their passes.
 - 2. Television news media - passes for working staff of local stations of teams in the tournament or stations in the marketing area of those teams.
 - 3. Commercial photography or broadcast - passes for working staff as contracted by the event manager or MHSA.
 - 4. Passes will not be issued for spouses or children who attend the event with working members of the media.

Note: When more administrators and/or coaches attend than passes permitted by the above policy, extra tickets must be purchased.

(11) State Track and Field Meet Ticket Prices

The Executive Board has established the following minimum ticket prices for all State Track and Field Meets.

	Adult	Student
Single-Session (Friday or Saturday)	\$ 9.00	\$ 7.00
All-Session (two days)	\$17.00	\$12.00

(12) Financial Report of the State Meet

A financial report will be submitted to the MHSA Executive Director immediately following the completion of the State Track and Field Meets by each respective meet manager on the official MHSA report form.

VI - LIST OF EVENTS

For all state, divisional and district meets the following is a list of approved events for boys and girls:

Track Events	Field Events
1. 100 Meter Dash	1. Pole Vault
2. 200 Meter Dash	2. High Jump
3. 400 Meter Dash	3. Long Jump
4. 110 Meter High Hurdles-boys (10 hurdles: 39" high)	4. Triple Jump
100 Meter High Hurdles-girls (10 hurdles: 33" high)	5. Discus
5. 300 Meter Intermediate Hurdles (8 hurdles: 36" for boys, 30" for girls)	6. Javelin
6. 800 Meter Run	7. Shot Put
7. 1600 Meter Run	
8. 3200 Meter Run	
9. 400 Meter Relay (4 competitors, 100 meters each)	
10. 1600 Meter Relay (4 competitors, 400 meters each)	

VII - ORDER OF EVENTS FOR BOYS AND GIRLS

The order of events for track and field meets for a one session meet when no preliminary flights or heats are required — Rule 1, Section 2, Article 1A and Rule 1, Section 3, of the National Federation Track and Field Rules: For one session meets that require preliminaries the recommended order of events should follow Rule 1, Section 2, Article 1B and Rule 1, Section 3, of the National Federation Track and Field Rules (except when modified by the MHSA).