



**SOUTH SUBURBAN
CONFERENCE**

Apple Valley High School
Burnsville High School
Eagan High School
Eastview High School
Farmington High School

Lakeville North High School
Lakeville South High School
Prior Lake High School
Rosemount High School
Shakopee High School

**Track
&
Field**

**2026 Championship
Meet Procedures**

Revised/Edited for NFHS compliance in November, 2025

**THE SOUTH SUBURBAN CONFERENCE
TRACK & FIELD CHAMPIONSHIPS
BOYS & GIRLS MEET PROCEDURES**

SECTION 1. AWARDS

- A. The Conference Championship awards that shall be provided by the conference:
 - One team championship trophy.
 - Individual medal awards for the first three finishers in each individual event and team relay medals for the first three finishers in each relay event.
- B. All conference-provided awards shall be ordered and purchased by the Conference Track & Field Coordinator and Executive Secretary of the South Suburban Conference.
- C. Beginning in 2023, medals shall be awarded to athletes in places 4, 5 & 6 in individual events only. By SSC policy, the meet host school's coaches have the responsibility to organize the purchase of these additional medals.
- D. It shall be the responsibility of the Track & Field Coordinator to inventory the awards upon their arrival and to inform the Executive Secretary of any problems.
- E. The Meet Manager shall notify the Conference Coordinator immediately after the meet if any additional awards are needed. The Executive Secretary of the South Suburban Conference will be notified by the Conference Coordinator of those needs.

SECTION 2. AWARDS PRESENTATION

The Awards presentation format and schedule will be established by the host school.

SECTION 6. SCRATCHES

- A. The coaches will receive a scratch/substitution sheet as part of the entry process which they must submit to the designated area stated in the pre-meet information at least 15 minutes prior to the pre-meet meeting. All scratches/substitutions must be listed on this sheet. Sheets submitted after the deadline will not be accepted (coaches must arrange transportation such that the information is on-site by the scratch meeting time (75 minutes prior to the first preliminary events.) The entry process may allow for these to be submitted to the entry manager prior to the day of the meet.
- B. Substitutions will not be allowed in final events whose fields were determined by preliminary performances at the meet.
- C. The coach may substitute an entry to replace the scratched entry. The substitute will be placed in the same heat and lane or flight as the scratched entry. No substitutions will be permitted for bid-in athletes. ***Substitutions may be made for the first three entries provided the substitute has a seed performance equal to or better than that school's bid-in entrant's performance if the school has more than three in the event. If a substitute's seed performance is challenged by an opposing coach, the substitute's coach must be able to provide the written results of the meet in which the performance was attained for the athlete to be entered.*** HEATS AND/OR FLIGHTS WILL NOT BE RE-SEEDDED.
- D. If an athlete scratches from an open event in either the preliminaries or finals that event counts as one of his/her four participations.
- E. If an athlete scratches from an event for which s/he has advanced from the preliminaries to the finals, further participation in the meet will not be allowed.
- F. An athlete who has been scratched due to an injury, illness or other emergency may be re-instated in other events in which s/he has been entered upon proper documentation of the circumstances, authorized medical clearance and the approval of the referee.

SECTION 11. HEATS, FLIGHTS, QUALIFYING PROCEDURES & STAGGERS

- 1. An athlete leaving a field event to compete in another event must report to the event judge of the event s/he is leaving. The event judge must write down the time the athlete is leaving. The athlete must return to the event judge immediately upon completion of his/her race or field event trial.
- 2. For a nine lane track
 - No. of Entries
 - Method of Qualifying

1 - 9	Finals only
10 - 18	Two heats - qualify one from each and the next seven best times (F.A.T.) or two from each & the next five best times (if handheld must be used).
19 - 27	Three heats - qualify one from each and the next six best times (F.A.T.) or two from each & the next three best times (if handheld must be used).
28 - 36	Four heats - qualify one from each and the next five best times (F.A.T.) or two from each & the next best time (if handheld must be used).

Lane Assignments - Nine lane track

100m, 100m HH, 110m HH 300m IM, 300m LH 4x800m

Lane 5 - #1 seed in 5
 Lanes 4 & 6 - #2 seed in 4; 3rd seed in 6
 Lanes 3 & 7 - #4 seed in 3; 5th seed in 7
 Lanes 2 & 8 - #6 seed in 2; 7th seed in 8
 Lanes 1 & 9 - #8 seed in 1; 9th seed in 9

200m, 400m, 4x100m, 4x200m, 4x400m

Lanes 4 & 5 - #1 seed in 4; 2nd seed in 5
 Lanes 3 & 6 - #3 seed in 3; 4th seed in 6
 Lanes 2 & 7 - #5 seed in 2; 6th seed in 7
 Lanes 1 & 8 - #7 seed in 1; 8th seed in 8
 Lane 9 - #9 seed in 9

800m, 1600m, 3200m

One turn stagger with top runners in the middle lanes.

Relays

The 4x800m relay shall be contested in a single section.

The 4x100m, 4x200m, and 4x400m relays shall be contested in two sections. The second section shall be the faster entrants. The first section shall have 4 schools and the second section the balance of the schools. These relays will be contested in a single section each whenever the number of entries is less than or equal to the number of lanes on the track. The master time schedule will remain in place.

The current-year MSHSL State Meet language regarding the number of relay marks allowed at exchange zones for runners in lanes-only relays shall be followed. If the current guidelines have not yet been published, the preceding year's language shall be followed. The games committee shall specify the allowable marking materials.

A. Shot Put and Discus Throw

1. The Shot Put shall be contested first each day. The Discus Throw shall begin no later than 75 minutes after the shot put event starts.
2. Throwing event warm-ups will include a 30-minute general warm-up period during which any checked-in thrower may use the circle. Each flight will have a flight-only warm-up just prior to its

- competition which will allow each thrower in that flight 2 times in the circle during the warmup period; each time in the circle, the thrower may bring 2 implements to throw.
3. Flights shall be drawn by performance with the best competitive flight competing last.
 4. Flight size shall be in accordance with the current NFHS rules. The number in each flight shall be equalized as much as possible.
 5. Each competitor will have three attempts in the preliminaries. Each finalist will have three more attempts.
 6. The number to qualify for finals shall be one more than the number of scoring places. Finalists will compete in reverse order of performance (8 lane track has 8 places, therefore 9 finalists, 9 lane track has 9 places, therefore 10 finalists, 10 lane track has 10 places, therefore 11 finalists)
- B. Long Jump and Triple Jump
1. Three flights of comparable size shall be scheduled.
 2. Each school shall have one slot in each flight. Any bid-in athletes that qualify shall be an additional slot each for the affected schools. Bid-ins will be added to flights to keep flight size similar.
 3. Each flight shall have a specific start time listed in the meet schedule such that the finals shall coincide with the start times of the first overall section of the 3200 m on Day 1 and the first overall section of the 1600m on Day 2.
 4. Coaches will enter their athletes during the entry process with best jump for seeding to enable comparison for adding any bid-in athletes. These entered athletes are the official entrants for the school.
 5. Coaches will receive the order of competition in each flight of the horizontal jumps as determined by random draw prior to the original entry deadline. Coaches will notify the entry manager of which athlete will compete in which flight by the method and deadline specified in the entry process.
NOTE: the intent of this process is to eliminate the need for athletes to check-out of the horizontal jumps to compete in running events. Coaches are expected to place the athletes accordingly and let them know they need to be present and competing in their assigned flights.
 6. Each competitor will have three attempts in the preliminaries. Each finalist will have three more attempts.
 7. The number to qualify for finals shall be one more than the number of scoring places. Finalists will compete in reverse order of performance (8 lane track has 8 places, therefore 9 finalists, 9 lane track has 9 places, therefore 10 finalists, 10 lane track has 10 places, therefore 11 finalists).
- H. Pole Vault
1. Competitors will vault in reverse order of best seed performances and will use a "five alive" system when appropriate by NFHS rule.
 2. Warm-up for vaulters passing opening heights shall only be allowed as specified by NFHS rule.
 3. a. The girls' starting height will be 8'0". ***This may be adjusted by the games committee prior to the entry deadline based on a review of conference performances from athletic.net. Head coaches will be informed by e-mail prior to the deadline.***
b. The boys' starting height will be 10'0". ***This may be adjusted by the games committee prior to the entry deadline based on a review of conference performances from athletic.net. Head coaches will be informed by e-mail prior to the deadline.***
c. Meet management shall monitor conference members' athlete performances on-line and report the heights of each school's best three vaults to the games committee one week before entries are due. If heights are modified by the games committee, coaches will be informed at least five days before entries are due.
 4. The bar will be raised in 6 inch increments until six competitors remain and then in 3 inch increments.
- I. High Jump
1. a. The starting height will be 4'6" for Girls and 5'8" for Boys. ***These may be adjusted by the games committee prior to the entry deadline based on a review of conference performances from athletic.net. Head coaches will be informed by e-mail prior to the deadline.***
b. Meet management shall monitor conference members' athlete performances on-line and report the heights of each school's best three jumps to the games committee one week before entries are due. The games committee has the authority to modify starting heights based on these data. If heights are Modified by the games committee, coaches will be informed at least five days before entries are due.
 2. The bar will be raised in 2 inch increments until six competitors remain and then in 1 inch increments.
 3. Competitors will jump in reverse order of best seed performances and will use a "five alive" system when appropriate by NFHS rule.

4. Warm-up for jumpers passing opening heights shall only be allowed as specified by NFHS rule.

SECTION 12. IMPLEMENTS' WEIGH-IN AND INSPECTION

The discus and shot shall be weighed and inspected prior to competition each day between 1:30 and 2:45. The assigned officials will mark those that are legal and impound those which do not meet the proper specifications. Only inspected and marked implements are allowed in warm-up and competition.

SECTION 16. SCORING

The Championship Meet shall be scored to the number of places equal to the number of lanes available at the host site for both Track & Field events.

The value of the first through ninth place shall be as follows:
10-8-7-6-5-4-3-2-1 Relays are scored the same as individual events.

2026 South Suburban Conference Track & Field Time Schedule

PRELIMINARIES – DAY 1 –Tuesday, May 19

1:30	Games Committee decision on field event venues	
1:45	Scratch/Add due	
2:00	Coaches' Meeting	
	FIELD EVENTS - Prelims & Finals in Field Events	
	2:50 Boys Pole Vault	2:50 Girls High Jump
	2:50 Boys Shot Put	4:05 Girls Discus Throw
	Boys Triple Jump and Girls Long Jump (Flight 1-2:50; Flight 2-3:25; Flight 3-4:00; Finals-4:35 for LJ & TJ)	
3:40	Girls 100m High Hurdles (33") - 4 Heats	
3:55	Boys 110m High Hurdles (39") - 4 heats	
4:10	Girls 100m - 4 heats	
4:22	Boys 100m - 4 heats	
4:35	Girls 3200m - Section 1	
4:52	Girls 3200m - Section 2	
5:07	Girls 400m - 4 heats	
5:19	Boys 400m - 4 heats	followed by Girls 3200m awards
5:38	Girls 300m Low Hurdles (30") - 4 heats	followed by Boys Triple Jump awards
5:53	Boys 300m Intermediate Hurdles (36") - 4 heats	followed by Girls Long Jump awards
6:10	Girls 800m - 4 heats	followed by Boys Shot Put awards
6:30	Boys 800m - 4 heats	followed by Girls High Jump awards
6:48	Girls 200m - 4 heats	followed by Boys Pole Vault awards
7:02	Boys 200m - 4 heats	followed by Girls Discus Throw awards
7:19	Boys 3200m - Section 1	
7:33	Boys 3200m - Section 2	followed by Boys 3200m awards

2026 South Suburban Conference Track & Field Time Schedule

CHAMPIONSHIP FINALS –Wednesday, May 20

1:30	Games Committee decision on field event venues	
2:15	Coaches' Meeting	
2:50	FIELD EVENTS - Prelims & Finals in Field Events	
	2:50 Girls Pole Vault	2:50 Boys High Jump
	2:50 Girls Shot Put	4:05 Boys Discus Throw
	Girls Triple Jump and Boys Long Jump (Flight 1-2:50; Flight 2-3:25; Flight 3-4:00; Finals-4:35 for LJ & TJ)	
3:15	Girls 4 x 800m Relay	(1 section)
3:30	Boys 4 x 800m Relay	(1 section)
3:45	Girls 100m High Hurdles	
3:53	Boys 110m High Hurdles	
4:00	Girls 100m	
4:06	Boys 100m	
4:16	Girls 4 x 200m Relay	(2 sections)
4:26	Boys 4 x 200m Relay	(2 sections)
4:35	Girls 1600m	Section 1
4:45	Girls 1600m	Section 2
4:55	Boys 1600m	Section 1
5:05	Boys 1600m	Section 2
5:15	Girls 4 x 100m Relay	(2 sections)
5:23	Boys 4 x 100m Relay	(2 sections)
5:31	Girls 400m	
5:36	Boys 400m	
5:46	Girls 300m Low Hurdles	
5:52	Boys 300m Intermediate Hurdles	
6:00	Girls 800m	
6:06	Boys 800m	
6:12	Girls 200m	
6:20	Boys 200m	
6:42	Girls 4 x 400m Relay	(2 sections)
6:57	Boys 4 x 400m Relay	(2 sections)

South Suburban Conference

Pole Vault Weight Verification Form

Each member school shall process the **Pole Vault Weight Verification Form** listing each student participating in the pole vault event and keep the information on file in the Athletic Director's Office prior to a pole vaulter's first interscholastic competition. Periodic verification of a vaulter's weight and pole rating should be conducted during the season.

By NFHS rule, the competitors weight shall be at or below the manufacturer's pole rating. A competitor shall not use a training pole, a pole which is improperly marked or a pole rated below his/her weight during the warm-up or competition.

School	Gender: Boys Girls
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Name of Vaulter	Weight	Pole Rating
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Date	Printed Name & Signature of Athletic Director
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Date	Printed Name & Signature of Head Varsity Coach
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Minnesota State High School League
2100 Freeway Boulevard
Brooklyn Center, MN 55430-1735

SOUTH SUBURBAN CONFERENCE TRACK & FIELD MEET Uniform/Sportsmanship/Equipment Verification Form to Meet Referee

Head Coach:

Sign below and return form to the Clerk table.

1. All of our athletes competing in this year's meet are in compliance with all current calendar year National Federation (NFHS) and school year Minnesota State High School League rules/regulations regarding being attired in legal uniforms, using legal equipment, and not wearing any prohibited items.

Penalty: The competitor shall be required to remove all prohibited items and be attired in a legal uniform prior to competition. If the athlete refuses to change into a legal uniform, s/he will not be allowed to compete. If an athlete is not asked to change and be properly attired and is found in an illegal uniform at the conclusion of a race or trial, no penalty will be applied. No reports will be filed.

2. I have reviewed the rules and expectations with my athletes and assistant coaches regarding sportsmanship.
3. All of our athletes understand that iPads, cell phones, video recorders, and all other electronic devices are NOT allowed in competitive or restricted areas, as determined by the meet policies and procedures. This includes all field event venues, the track and infield, clerk tent, awards area and medical tent. The penalty is disqualification from all events in which the athlete is entered.

Date: Tuesday, May 19 & Wednesday, May 20, 2026

Meet: South Suburban Conference Championships

School: _____

Team: Boys Girls _____

Coach's Signature: _____

NOTE: Direct any questions to the Meet Referees [Scott Stallman (track)/Ken Freeman(field)]