

Track and Field Advisory Agenda

1. Fixed Running schedule state meet (B girls, A Girls, B Boys, A Boys)
 - a. Discussion on advantages of having a running schedule that does not rotate
 - b. Recommendation to have the running order set and not rotate yearly as it would assist coaches in determining when athletes should warm up and be excused from events.

2. Qualifying Standards, Provisional standards
 - a. Class B Standard adjustments
 - i. Girls 100 – 12.94 from 13.04
 - ii. Girls 200 – 26.75 from 26.94
 - iii. Girls discus – 112' from 110''
 - iv. Girls Javelin – 112' from 115'
 - v. Girls 4x100 – 52.15 from 52.84
 - vi. Girls 4x200 – 150.55 from 151.54
 - vii. Girls 4x400 – 4:16.25 from 4:18.24
 - viii. Boys 110 Hurdles – 16.55 from 16.44
 - ix. Boys 300 Hurdles – 42.65 from 42.44
 - x. Boys 4x100 – 45.75 from 45.94
 - b. Class A Standard adjustment
 - i. Will be provided ASAP

3. Fat timing
 - a. Recommend that all state qualifying meets must be FAT timed. If FAT timing fails, handheld times for those events will be allowed using the following formula (round to the nearest 1/10th and add .24) The track meet shall not be delayed fixing the FAT timing malfunction.

4. Weighing of implements at region and regular season events
 - a. Require all region meets to weigh in all implements prior to the competition

5. Region Awards
 - a. Add 2nd and 3rd place team awards to the region track meet
 - b. Allow regions to purchase individual awards for 4th-8th place (Class B) and 7th and 8th place (Class A) through the NDHSAA awards provider.

6. Camera review language
 - a. Nathan will provide language for a NFHS rule change allowing the use of association adopted camera in determining judges' errors in both track and field events.
 - b. Advisory will review and provide a final document
 - c. Once final document is complete, Nathan and Kevin will work on a rules change proposal form for the NFHS.

7. Meet management – 3200m run
 - a. If very hot weather is forecasted have the option to move the 3200 later in the evening.
 - b. Determination will be made prior to 10:00 on the day of the event.

8. 5th/6th Event at state for individuals
 - a. No interest at this time in adding event limits for individual athletes at the state meet.

9. Consistent 6th grade rule
 - a. Discussion on the 6th grade rule
 - b. Determined if a member school wishes to address this issue it should be done through the proper channels

10. Sprint Medley Relay/Mixed Relay
 - a. No interest in adding a relay to the state event at this time.

11. State starters
 - a. Recommend the NDHSAA hire 2 east and 2 west starters
 - b. Advisory will be solicited to assist in determining starters for the state meet.

12. 3 class system
 - a. Discussion on potential advantages
 - b. Kevin informed the group of the current NDHSAA boards regulation
 - c. Kevin informed the group of the process to make this change and sport advisory is not the correct avenue.

13. State meet flight configuration
 - a. Current rule with changes below

Flights for Field Events at State Track:

1. For competitions with participants of ~~10~~ 12 or less, one flight.
2. For competitions of ~~11~~ 13 to ~~18~~ 24, two flights. With an even number of participants, two flights of equal numbers. With an odd number of participants, two flights with the second having one more competitor than the first.
3. For competitions of more than ~~18~~ 25, make three flights with as equal a number of competitors as possible. When unable to have three equal flights, the last flight will have one more competitor than the other flights. This pattern would continue with having an extra competitor in the second to last flight, etc. ~~Example: 23 competitors, flight 1 will have 7 competitors, flight 2 will have 8 competitors, flight 3 will have 8 competitors.~~ Utilizing a maximum of three flights.

14. Pole Vault Certification

- a. After discussion, advisory determined to leave the pole vault weigh in certification form as is.

15. Event/ Team limits

- a. Discussion on team versus individual meet limitation.
- b. Proposed to change the regulation to Any individual may participate in a maximum of 14 regular season outdoor meets and eliminate the “Any team” from the regulation.
- c. Rationale: individual sports should have individual athlete limitation not team limitations.

Proposed Regulation changes

1. Qualifying Standards – see #2 above
2. All state qualifying meet must be FAT timed meets. If timing system fails handheld times would be utilized with provisions in discussion item #3.
3. Regional meets must weigh in all field implements
4. Change the flight configuration at the state meet – See #13 above
5. Change the event limitation from “team and individual” to individual only