

## TRACK AND FIELD

### GENERAL INFORMATION:

- A. Track and Field is a team championship event for boys and girls that is based on Region and Area competitions. A-3A Private schools will compete in Areas to qualify for Sectionals. There will be separate Sectionals, and a State division for A-3A Private schools. Beginning and ending dates for practice and competition can be found at the front of this publication.
- B. All GHSA Track and Field meets will be run in accordance with the rules published in the National Federation Track and Field and Cross Country Rule Book with any exceptions and/or adoptions noted in this section. (NOTE: Knowledge of and compliance to all exceptions is the responsibility of the head coach.)
- C. Track and Field meet requirements:
1. There will be no interscholastic practices or exhibition meets in Track and Field.
  2. The maximum number of meets that may be scheduled is twelve (12), but no individual student may compete in more than ten (10) meets (excluding the Region/Area, Sectional and State Meets).
  3. Track and Field teams may compete in one (1) indoor meet, and this meet will not count as a part of the ten (10) meets allowed per athlete provided the meet is after the date for practice to begin and prior to the date to begin regular competition.
  4. It is permissible for coaches to use "split squads" during the regular season. However, the use of split squads will count as two (2) of that school's maximum allowed competitions.
- D. Any meet involving eight (8) or more schools must be approved by the GHSA Executive Director in accordance with the process described in By-Law 2.64.
- E. A competitor shall not compete in more than four (4) events, including relays. Contestants officially become competitors when they report to the clerk of the course or field-event judge for an event in which they are entered. A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed Order of Events.  
A contestant may officially participate in:
1. Four individual events - NO Relay events.
  2. Three individual events - May be listed on any number of relay events but compete in only one relay event.
  3. Two individual events - May be listed on any number of relay events but compete in only two relay events.
  4. One individual event - May be listed on any number of relay events but compete in only three relay events.
  5. NO individual events - May be listed on any number of relay events and compete in all four relay events.
- F. The following regulations apply to the Pole Vault event:
1. All GHSA schools competing in the pole vault event must meet the minimum NFHS regulations on the vaulting area, the plant box, the vault box collar, the vaulting standards and padding, the crossbar and the landing pads and padding on any hard surfaces. Schools not able to meet these regulations are not allowed to practice or compete in the pole vault event at the non-complying site
  2. Those schools wishing to host a pole vault competition must file annually the "Pole Vault Facility Certification" form found on the GHSA MIS site. A listing of approved schools will then automatically post to the GHSA web site.
  3. In compliance with NFHS rules, school administrators and coaches must verify that all vaulters and poles meet event requirements. A "Pole Vault Verification Form" (found on the GHSA web site) is to be submitted before each competition.
- G. The GHSA has elected to fully comply with the NFHS Rule 4-3-1. All competitors shall have legal uniforms. The singlet and bottom, or one-piece uniform, must be a school-issued or school-approved Track and Field uniform. Uniform bottoms clearly designed as "underwear" will NOT meet the NFHS or GHSA requirement. Uniform tops and one-piece uniforms with multiple manufacturer logos are NOT legal. Uniform bottoms with logos completely around the waistband are LEGAL. Team uniforms worn must clearly identify the competitors, at a glance, as being a member of a certain team. (CLARIFICATION: Team members competing in individual events must wear clearly identifying uniforms for that team, but NOT NECESSARILY of the same design. Relay team members on the same team must wear uniforms of the same design. NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules.
- H. Electronic devices, including but not limited to disc players, tape players, cell phones, pagers, walkie talkies, are permitted for use by coaches within designated coaching boxes or outside of restricted competition areas.
- I. In the Region/Area and State meets, eight (8) places shall be scored, with point totals counting as follows:  
First Place = 10 points Second Place = 8 points  
Third place = 6 points Fourth Place = 5 points  
Fifth Place = 4 points Sixth Place = 3 points

Seventh Place = 2 points Eighth Place = 1 point

NOTE: When there is a tie, the points will be divided equally among the contestants who are tied.

## REGION/AREA COMPETITION:

- A. Deadlines for posting the Region/Area list of entries will be a Region/Area decision.
1. All entries must be submitted on MileSplit GA.
  2. Posting entries on sites other than MileSplit GA does NOT fulfill the GHSA requirement for electronic submission.
  3. Coaches may alter the list of entries until the deadline established by each Region/Area for their meet.
  4. All Region Secretaries/Area Coordinators should communicate their deadline for entries before the "Scratch Meeting" that precedes the Region/Area Meet.
- B. The time schedule for the Region/Area Meet shall be given to each competing school prior to the start of the meet.
1. Events to be contested for Boys and Girls Track (18 events):

RUNNING EVENTS	FIELD EVENTS
4x800m Relay	Discus (Girls 2.20 lb./1kg.) (Boys 3.53 lb./1.6 kg.)
Girls 100m Hurdles (33")/Boys 110m Hurdles (39")	High Jump
100m Dash	Long Jump
4x200m Relay	Pole Vault
1600m Run	Shot Put (Girls 8.81 lb./4 kg.) (Boys 12 lb./5.443 kg.)
4x100m Relay	Triple Jump
400m Dash	
300m Hurdles (Girls 30" / Boys 36")	
800m Run	
200m Dash	
3200m Run	
4x400m Relay	
  2. Each school may have three (3) entries in each individual event and one (1) entry in each relay event.
  3. Relay teams entered in the Region/Area Meet may list a maximum of eight (8) runners.
    - a. The relay names remain the SAME throughout the State Meet Series (Region/Area/Sectional/State Meets) and are the ONLY eligible participants for qualifying relay teams throughout the State Meet Series.
    - b. NO replacements may be made in the Relay list of runners advancing from the Region/Area Meet to the Sectional Meet to the State Meet.
    - c. Any four (4) competitors listed on a Region/Area Meet relay event entry may run in that event in any round of advancement (Region/Area, Sectionals, State Meet Semifinals and Finals), and in any order desired.
  4. In Shot Put, Discus, Long Jump, and Triple Jump, the giving of qualifying and final trials is optional. NOTE: The Region/Area Games Committee may institute a process in which each contestant has three (3) attempts and only the best attempt counts.
  5. It is recommended that all Regions/Areas conduct the boys and girls competitions on the same dates in order to comply with the GHSA deadline for completion of Region/Area competitions.
- C. When there is a tie in any event involving more contestants than the Region/Area is entitled to enter in the Sectional Meet, the contest must continue or be re-held until the representatives to the Sectional Meet are determined, and no points be given for the continued or re-held contest. For possible replacement purposes, all events must determine clear 5th and 6th place finishers in all classes.

## SECTIONAL COMPETITION:

- A. Basic Information
1. The top four (4) finishers in each event from each Region Meet will advance to a Sectional Meet.
  2. *The top eight (8) finishers in each event from each Area Meet will advance to a Sectional Meet.*
  3. Boys and Girls Sectionals in each classification will take place on the same date at the same site (see schedule of Sectionals on the GHSA web site).
  4. For Running Events, there will be qualifying heats only - no running finals will be held.
    - a. There will be two heats in each event, excluding the 800, 1600 and 3200 Meter Runs and the 4x800 Meter Relay. The first place finisher in each heat and the next six (6) fastest times from either heat will advance to the State Final.
    - b. For the 800 Meter, 1600 Meter and 3200 Meter Runs and 4x800 Meter Relay, there will be one heat and the top eight (8) finishers in each race will advance to the State Final.
  5. For Field Events, prelims and finals will be held in all *horizontal* events with the top eight (8) finishers advancing to the State Final.
  6. *Vertical events will only continue until 8 qualifiers have been determined.*
  7. For replacement purposes, ALL events must determine clear 9th and 10th place finishers.

8. Relay teams competing at the Sectional Meet must have been listed on the initial roster.
  - a. NO replacements may be made in the Relay list of runners advancing from the Sectional Meet to the State Final.
  - b. Any four (4) competitors listed on a Sectional Meet relay event entry may run in that event in any round of advancement (Sectionals, State Meet Semifinals and Finals), and in any order desired.
- B. Sectionals will be conducted one (1) week prior to the earliest State Final.
- C. All replacements from the Region/Area meets for the Sectionals must be submitted on MileSplit GA. The Region Secretary, Region Meet Director or *Area Meet Director* may make confirmed changes and/or corrections. The deadline for all changes is 12:00 noon on the Wednesday, April 30, 2025.
- D. A listing of Sectional Sites may be found on the Track and Field page of the GHSA web site ([www.ghsa.net](http://www.ghsa.net)).

#### **STATE CHAMPIONSHIP MEETS:**

- A. The State Championship Meets will be held on the dates listed in the Beginning and Ending Dates table at the front of this publication. Exact sites and schedules will be posted on the GHSA web site prior to the event.
  1. If weather conditions alter the schedule, night sessions may be held or the schedule may be condensed to a one-day meet.
  2. Preliminaries may be eliminated and finals held in any of the events provided that notice is given prior to the beginning of the meet.
  3. In each preliminary running event (semifinals), there will be two (2) heats with the first place finishers in each heat and the next six (6) fastest times qualifying for the finals.
- B. The top finishers as described from each Sectional Meet will qualify for the State Final in all classes.
  1. When a qualifier cannot compete in the State Meet, the next competitor in the order of finish will be selected as a replacement.
  2. All replacements for the State Meet must be submitted on MileSplit GA. Only the SECTIONAL MEET DIRECTOR may make changes/corrections to the list of State Meet Qualifiers. The deadline for all changes is 12:00 noon on the Tuesday, May 6, 2025.
  3. It is the responsibility of EACH COACH to review the school's entries on MileSplit GA and immediately notify the Sectional Meet Director if corrections need to be made.
- C. Each contestant is requested to bring his/her own shot and discus.
  1. Any contestant may use any shot or discus after it has been checked for weight and legality at the field.
  2. Rings for the shot and discus are concrete; therefore, rubber soled shoes must be worn.
  3. The NFHS Track and Field Rule Book will be strictly enforced in regard to the time between jumps and throws.
- D. At the State Meets (boys and girls), 34.92-degree throwing sectors will be used (Discus: Rule 6-6-5; Shot Put: Rule 6-7-5). Schools, Region/Area hosts and Sectionals hosts must have the 34.92-degree sectors in place for the Region/Area and Sectionals meets.
- E. The tracks and runways that are used for all State Meets shall be all-weather tracks.
  1. Spikes on track shoes must not exceed the specified length(s) at each State Meet: NOTE: Shoes may be inspected before contestants are allowed on the track.
  2. Spikes that have been cut off by individuals must be filed to a sharp point. Blunt spikes will not be allowed.
  3. Only the starting blocks furnished at the track may be used in the State Meets.
- F. Admission price for each of the State Meets may be found on the GHSA web site.

#### **ADAPTED DIVISION**

##### **WHEELCHAIR TRACK AND FIELD:**

1. All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team. These students will have the opportunity to compete in the 200 and 800 meter wheelchair races and the shot put. There will be two (2) divisions of competition in the shot put based upon the disability.
2. Students who participate must meet all GHSA eligibility requirements.
3. All athletes qualified for the Wheelchair competition must compete in either a standard wheelchair, a throwing chair or a specially designed racing chair.
4. Students will be members of the school's track and field team and may compete at all the school's meets (regardless of the number of wheelchair competitors), including Sectionals. The athletes must compete in their school's team uniform. The top eight (8) qualifiers over the entire track season in each event, including Sectionals, will advance to compete at the State Track and Field Meet.
5. Wheelchair racers must use a racing wheelchair, gloves and a bicycle helmet that meets ANSI standards.
6. In the shot put, boys Class 1 will use an 8.81lb./4.0 kg. shot while boys Class 2 will use a 6 lb. shot. Girls in Classes 1 and 2 will use a 6 lb. shot.
7. Coaches must complete a required training course conducted by AAASP.
8. All times and distances are to be reported to [results@adaptedsports.org](mailto:results@adaptedsports.org) by the athletes' coaches.
9. For more information, contact AAASP at 404-294-0070 or see the AAASP web site [www.adaptedsports.org](http://www.adaptedsports.org).
10. Information about all Adapted Sports programs may be found on the [ghsa.net](http://ghsa.net) web site by entering this link: [ghsa.net/adapted-team-sports-information](http://ghsa.net/adapted-team-sports-information)

## AMBULATORY STUDENT-ATHLETES WITH DISABILITIES:

1. An ambulatory student-athlete must have a permanent orthopedic, neuromuscular, visual, or other physical disability. Permanent orthopedic impairment and/or visual impairment shall be verified by a licensed physician and maintained on permanent file at the school.
2. All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team.
3. Students who participate must meet all GHSA eligibility requirements. Students shall be members of the school's track and field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors). The athletes must compete in their school's team uniform.
4. Divisions: Two divisions: Male Female. Events: Track: 100, 200, 400; Field: Shot, Discus.
5. Students will be members of the school's track and field team and may compete at all the school's meets (regardless of the number of ambulatory competitors), including Sectionals. The athletes must compete in their school's team uniform. The top eight (8) qualifiers over the entire track season (including Sectionals) in each event will advance to compete at the State Track Meet and must meet standards listed below. Maximum number to qualify per class (division), per event shall not exceed the number of qualifiers allowed for able-bodied athletes - eight (8). Number of events allowed is five (5).

6. Ambulatory Division Qualification Standards:

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
<b>100</b>	:25	:30
<b>200</b>	:55	1:10
<b>400</b>	2:00	2:10

**Shot Put:** Boys- 4M-4K; Girls- 4.4M-6lbs

**Discus:** Boys- 19M-1.5K; Girls- 10M-1K

7. All times and distances are to be reported to [results@adaptedsports.org](mailto:results@adaptedsports.org) by athletes' coaches.
8. For more information, contact AAASP at 404-294-0070 or see the AAASP web site [www.adaptedsports.org](http://www.adaptedsports.org).