

2021 GHSA TRACK AND FIELD



SECTIONAL MEET HANDBOOK

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2021 GHSA Track and Field Sectional Handbook



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Thank you for agreeing to host one of the sixteen (16) GHSA T&F Sectional meets in the State of Georgia. The GHSA Track & Field Advisory Committee has assembled this handbook to help you host a meet that will be a memorable and positive experience for all involved. Each Sectional Meet will consist of three (3) Areas for Class 1A Private and four (4) Regions for Class 1A Public and Classes 2A-7A; as such all three (3) Areas and all four (4) Regions should have input into how the Sectional Meet is managed. Please carefully read over this document and if you have any questions please address them to Mark Cutbirth at markcutbirth@westminster.net.



2020-21 GHSAA T&F / XC Advisory Committee Members:

Class 1A-Private

- Tim Corbett, tim.corbett@tallulahfalls.org (Tallulah Falls Class 1A-Private)

Class 1A-Public

- Jim Morrell, jimmorrell1966@gmail.com (Class 1A-Public)
- Harley Calhoun, harleycalhoun12@gmail.com (Schley County Class 1A-Public)

Class 2A

- Shelly Cranford, scanford@bleckley.k12.ga.us (Bleckley County Class 2A)
- John Rainwater, jrainwater@gcbe.org (Gordon Central Class 2A)

Class 3A

- Mark Cutbirth, markcutbirth@westminster.net (Westminster Class 3A)
- Tomy Sitton, tsitton@jcss.us (East Jackson Class 3A)

Class 4A

- Jeff Battles, battles.jeffrey.w@muscogee.k12.ga.us (Muscogee Co Schools AD Class 4A)
- Octavia Jones, octavia.jones@docoschools.org (Westover Class 4A) (State Meet Site Rep)

Class 5A

- Justin Jones, jonesju@clarke.k12.ga.us (Clarke Central Class 5A)
- Ryan O'Sullivan, rosullivan@btcatholic.org (Blessed Trinity Class 5A)
- Claud Spinks, claud.spinks@henry.k12.ga.us (Eagle's Landing Class 5A - GATFXCCA Rep)

Class 6A

- Isaac Seals, sealsi@fultonschools.org (Riverwood Class 6A)
- Eric Simmons, eric.simmons@carrolltoncityschools.net (Carrollton Class 6A - State Meet Site Rep)
- Levi Sybert, lsybert@bryan.k12.ga.us (Richmond Hill Class 6A)
- Brian Williams, bwilliams@liberty.k12.ga.us (Bradwell Institute Class 6A)

Class 7A

- Phil Hoskins, philip.hoskins@cobbk12.org (McEachern Class 7A)
- Rik Moore, Rik.Moore@gcpsk12.org (Mill Creek Class 7A)
- Shawn Nix, Shawn.Nix@gcpsk12.org (Peachtree Ridge Class 7A)

At Large

- Craig Musselwhite, cmusselwhite7@charter.net (former State Meet Director)
- Tom Pee, tpee5280@gmail.com
- Kati Smallwood, t.smallwood17@comcast.net (Class 6A retired)



Advancement: Area/Region Meets to Sectional Meets

Top 5 Places in every event from each Class A Private Area Meet advance to Sectional Meets. *(For REPLACEMENT purposes, CLEAR 6th and 7th Places MUST be established for ALL events at Class A Private Area Meets.)*

Top 4 Places in every event from each Classes 1A Public, 2A-7A Region Meets advance to Sectional Meets. *(For REPLACEMENT purposes, CLEAR 5th and 6th Places MUST be established for ALL events at Region Meets.)*

In the event of a tie for an advancement place that needs to be broken, whether from Area / Region Meet to Sectional Meet or Sectional Meet to State Meet, the performance where the tie occurred will be carried forward for seeding in the next meet. The qualifying advancement performance achieved by a competitor at the Area / Region Meet or Sectional Meet is the performance that competitor will carry into the next round of competition. No performance achieved in a tie-break will replace an existing mark unless it involves a 1st Place tie (per rulebook).

Seeding at Sectional Meets (from Region Meets):

Sectional Meet Seeding will be done by the GHS A after all Area / Region Meet results have been submitted.

Running Events (Laned Races):

- Area / Region Winners – Seeded by Place first, then Time.
 - All other qualifiers from each Area / Region Meet seeded by time only.

Running Events (4x800, 1600, 3200):

- 4x800, 1600, and 3200 Seeded by time only.

Field Events:

- All entries seeded by distance/height, in reverse order, worst to best

Advancement: Sectional Meets to State Meet

Top 8 Places from each Sectional Meet advance to State Meet *(For REPLACEMENT purposes, CLEAR 9th and 10th Places MUST be established for ALL events at Sectional Meets.)*

Running Events (Laned Races):

- Two Qualifying heats only, no running finals will be contested.
- Two heats each event: Heat Winners, and next 6 fastest times advance to State Meet

Running Events (4x800, 1600, 3200):

- Top 8 finishers advance to State Meet

Field Events: (Horizontal Events: Long Jump, Triple Jump, Discus Throw, Shot Put)

- Trials and Finals with Top 9 advancing to Finals for three additional attempts.
- Competitors should be reordered worst to best for the finals.

Field Events: (Vertical Events: High Jump and Pole Vault)

- Events should be carried to conclusion.

Seeding at State Meet (from Sectional Meets):

All SEEDING at State Finals is based on Sectional Meet performances.

State Meet Seeding will be done by the GHS A after all Sectional Meet results have been submitted.

Running Events (Laned Races): Two Qualifying Heats.

- Heat winners from Sectional Meet – Seeded by Place first, then Time
- All other qualifiers from Sectional Meet seeded by time only

Running Events (4x800, 1600, 3200): One Heat finals, Seeded from best to worst

Field Events: (Horizontal Events: Long Jump, Triple Jump, Shot Put, Discus)

- All qualifiers seeded from worst to best.
- Trials and Finals with Top 9 competitors receiving three additional attempts in Finals.
- Competitors will be reordered worst to best for the finals.

Field Events: (Vertical Events: Pole Vault and High Jump)

- All qualifiers seeded by place and then height, in reverse order, worst to best

State Meet Qualifying Heats to State Meet Final Advancement (Laned Races):

Heat Winners in each Qualifying Heat plus next 6 fastest times advance to State Meet Final



Sectional Meet Schedule Classes 1A–7A

(Time Schedule must be the same for Classes 1A–7A Sectional Meets, with the exception of inclement/severe weather)

NOTE: The schedule of Running Events has been set to match, as closely as possible, the recovery time between running events at the State Meets. Sectional meets should stay on schedule and NOT run ahead of schedule!

Saturday, May 8, 2021

10:30 am 1600 Meter Run (1 Section-all qualifiers girls/boys)

FIELD EVENTS: nine (9) competitors to Finals in horizontal events (jumps and throws)

| | | | |
|-----------------|---|--|--|
| 10:30 am | | Pole Vault (Boys) | |
| 11:00 am | High Jump (Girls) | Discus Throw (Boys, then Ambulatory) | |
| | Long Jump (Girls) | Triple Jump (Boys) | |
| | Shot Put (Girls then Wheelchair, Ambulatory) | | |
| 1:00 pm | Discus Throw (Girls, then Ambulatory) | High Jump (Boys) | |
| | Pole Vault (Girls) | Long Jump (Boys) | |
| | Triple Jump (Girls) | Shot Put (Boys then Wheelchair, Ambulatory) | |
| | Break | | |

RUNNING EVENTS: (The 4x800 Meter Relay should not start before all field events are completed. Running schedule may be adjusted, if necessary, due to Field Event and/or weather delays. However, the time increments between running events should be maintained to ensure adequate recovery time between events.) (The order of running events will be Wheelchair, Ambulatory, if needed, then girls/boys)

3:00 pm 4x800 Meter Relay (1 Section-all qualifiers girls/boys; one-turn stagger)

3:35 pm 4x100 Meter Relay (2 Heats each girls/boys)

4:10 pm 400 Meter Dash (Ambulatory, then 2 Heats girls/boys)

4:25 pm 100 Meter Dash (2 Heats) (Ambulatory, then 2 Heats each girls/boys)

4:40 pm 100/110 Meter Hurdles (2 Heats each girls/boys)

5:00 pm 800 Meter Run (Wheelchair, Ambulatory, 2 Heats each girls/boys)

5:20 pm 200 Meter Dash (Wheelchair, Ambulatory, 2 Heats each girls/boys)

5:35 pm 300 Meter Hurdles (2 Heats each girls/boys)

6:00 pm 3200 Meter Run (1 Section-all qualifiers girls/boys)

6:50 pm 4x400 Meter Relay (2 Heats each girls/boys)

GHS A Recommended Opening Heights: (may be revised by Games Committee should strength of competition and / or weather conditions dictate)

Class 1A-2A:

| | |
|---------------------------------|--------------------------------|
| Boys’ Pole Vault – 9’0” | Boys’ High Jump – 5’6” |
| Girls’ Pole Vault – 7’0” | Girls’ High Jump – 4’6” |

Classes 3A–5A:

| | |
|---------------------------------|--------------------------------|
| Boys’ Pole Vault – 10’0” | Boys’ High Jump – 5’8” |
| Girls’ Pole Vault – 7’6” | Girls’ High Jump – 4’8” |

Class 6A–7A:

| | |
|---------------------------------|--------------------------------|
| Boys’ Pole Vault – 10’6” | Boys’ High Jump – 5’8” |
| Girls’ Pole Vault – 7’6” | Girls’ High Jump – 4’8” |



Athlete Replacement (Area / Region Meet to Sectional Meet)

When there is a tie in any event involving more contestants than the Area / Region Meet is entitled to enter into the Sectional Meet, the contest must continue on the day of the Area / Region Meet competition until representatives to the Sectional Meet are determined. For REPLACEMENT purposes, CLEAR 6th and 7th Places MUST be established at each Area Meet in Class 1A Private. CLEAR 5th and 6th Places MUST be established at each Region Meet in Classes 1A Public, 2A-7A.

1. When an Area / Region Meet qualifier cannot compete in the Sectional Meet, the next competitor in the order of finish will be selected as a replacement. The coach of the qualifying competitor unable to compete MUST notify the Area Coordinator / Region Secretary of that competitor's inability to advance and compete in the next round of competition.
2. The Area Coordinator / Region Secretary MUST contact the coach of the next competitor in the order of finish and verify the selection and replacement of that competitor for the Sectional Meet with that competitor's coach.
3. ***All REPLACEMENTS from Area / Region Meets to Sectional Meets must be submitted ELECTRONICALLY using the form posted on the GHS A MIS site (<http://app.ghsa.net>). ONLY the AREA COORDINATOR / REGION SECRETARY or designee may make confirmed changes and/or corrections. The DEADLINE for all changes is 12:00 noon on Wednesday, May 5, 2021.***
4. All Sectional Meet entries will be posted on the GHS A T&F website site (<http://www.ghsa.net/track-and-field>) for verification. Schools will not receive paper copies of their qualified athletes. It is the responsibility of EACH COACH to review that school's entries on the website and immediately notify the Area Coordinator / Region Secretary if corrections need to be made.
5. A contestant disqualified in an Area / Region Meet may not participate in the Sectional Meet in the event in which (s)he was disqualified.
6. Relay teams advancing to the Sectional Meet may list a maximum of eight runners.
 - (a) The Relay names remain the SAME throughout the State Meet Series: Area / Region / Sectional / State Meets and are the ONLY eligible participants for qualifying Relay Teams throughout the State Meet Series.
 - (b) NO replacements may be made of the eight (8) Relay competitors advancing from the Area / Region Meet to the Sectional Meet.
 - (c) Any four (4) of the up to eight (8) competitors listed with an Area / Region Meet Relay entry may run in that relay event in any round of advancement (Area / Region, Sectional, State Meet Semi- finals and Finals), and in any order desired by the school.

Athlete Replacement (Sectional Meet to State Meet)

When there is a tie in any event involving more contestants than the Sectional Meet is entitled to enter into the State Meet, the contest must continue on the day of the competition until the representatives to the State Meet are determined. For REPLACEMENT purposes: CLEAR 9th and 10th Places MUST be established for ALL events at Sectional Meets.

1. When a Sectional Meet qualifier cannot compete in the State Meet, the next competitor in the order of finish will be selected as a replacement. The coach of the qualifying competitor unable to compete MUST notify the Sectional Meet Director of that competitor's inability to advance and compete in the State Meet.
2. The Sectional Meet Director MUST contact the coach of the next competitor in the order of finish and verify the selection and replacement of that competitor for the State Meet with the competitor's coach.
3. ***All REPLACEMENTS from the Sectional Meet to the State Final must be made ELECTRONICALLY using the form posted on the GHS A MIS site (<http://app.ghsa.net>). 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 Tuesday, May 11, 2021.***
4. All State Meet entries will be posted on the GHS A T&F website (<http://www.ghsa.net/track-and-field>) for verification. Schools will not receive paper copies of their qualified athletes. It is the responsibility of EACH COACH to review that school's entries on the web site and immediately notify the Sectional Meet Director if corrections need to be made.
5. A contestant disqualified in a Sectional Meet may not participate in the State Meet in the event in which (s)he was disqualified.



Sectional Meet Officials

You, the meet host, will appoint a Meet Director who will then contact each Area/Region Meet Director in your Sectional Meet to determine which coaches will serve on the Games Committee, and Jury of Appeals. Once the Games Committee is in place they will help select the rest of the officials for the Sectional Meet.

Games Committee

The three (3) members of Class 1A Private, and four (4) members of Classes 1A Public, 2A-7A Games Committee shall be made up of one coach from each Area/Region. Each Area/Region will select a coach to represent the Area/Region on the Games Committee. The responsibilities of the Games Committee for the Sectional Meets are to set the competition/restricted areas, set criteria for relay markings, select meet officials, adjust opening heights of vertical jumps if needed, designate coaching areas, appoint referees for field events and running events, and decide if the Schedule of Events should be altered or the meet suspended in case of hazardous weather conditions.

Meet Director

The Host School shall select the Meet Director. The Meet Director shall serve as the official representative of host meet management and shall supervise the conduct of the meet and perform such duties to guarantee that the competition will proceed fairly and smoothly. This person will, with the assistance of each Area/Region involved (check with each Area Coordinator/Region Secretary), select members of the Games Committee and the Jury of Appeals, and will also serve as a member of the Jury of Appeals. The Meet Director will be responsible for ensuring that the host site is properly set up, safe, and secure; develop and announce severe weather procedures for the facility; compile and send out a list of restaurants and lodging in your area. **The Meet Director must also ensure that appropriate Pass Gate and Coaches/Athlete Entry and Re-entry procedures and locations are established and communicated to Teams with competitors, well in advance of the day of competition.**

Jury of Appeals

The five (5) members of each Jury of Appeals shall be composed as follows:

Class 1A-Private: one coach from each Area participating, the Meet Director and Meet Referee as well as two (2) available ALTERNATES from different schools, should a member need to be recused from the ruling.

Classes 1A-Public, 2A-7A: one coach from each Region participating and the Meet Director as well as two (2) available ALTERNATES from different schools, should a member need to be recused from the ruling.

Each Area/Region will select a coach to represent that Area/Region on the Jury of Appeals. The responsibilities of the Jury of Appeals are to determine if the rules have been misapplied after a coach files a written protest.



Meet Officials

*(See National Federation Rule book for the following Official's Responsibilities)
(Have a copy of NFHS Rule Book and Case Book at competition site.)*

Meet Director

Field Event Referee

Running Event Referee

The GHSA strongly recommends that the Meet Director, Field Event Referee and Running Event Referee ALL COMPLETE THE NHFS OFFICIATING TRACK AND FIELD course prior to hosting a Sectional Meet.

Starter and Back up Starter

FAT Operator and Backup FAT Operator (Finish Judges)

- The FAT and Backup FAT systems must be independent of each other such that if the primary system fails, the backup system is still functional

Clerk of the Course

Field Judges (Two judges for each field event that are not from the same region/area)

***NOTE: "ALL measurements in the Discus Throw are recorded to the nearest lesser inch...."
(NFHS Rule 6-6-11)***

Umpires for Running Events (Relay exchange, curve, hurdles, break line. Two umpires for each area from different Area/Regions)

Inspector of Throwing Implements

Announcer

School Administrator

Certified Trainer or Medical Staff

Security or Police

Gate Keeper (with appropriate Pass Gate and Coaches/Athlete Entry and Re-entry procedures and locations)

Custodian

Volunteers (Field Event help, hurdle crew, block crew)



Meet Equipment

Field Events:

- Tape Measures for Long Jump, Triple Jump, Shot Put, Discus Throw, High Jump, & Pole Vault
- Cross Bars-High Jump and Pole Vault (Extra Cross Bars as back-up)
- Shot & Discus-Scale (Spray Paint to Mark Legal Implements; Illegal implements should be impounded until the Field Events have concluded)
- Pole Vault Release Forms turned into Event Judge, Field Event Referee, or Meet Director
- Proper Discus Cage and Shot Areas
 - Rings for the shot and discus are concrete; therefore, rubber soled shoes must be worn.
 - Each contestant is requested to bring his/her own shot and discus.
 - Any contestant may use any shot or discus after it has been checked for weight and legality at the field.
- Optional Field Event: Ongoing Performance Standards (Boards) for each field event
- Optional Field Event: Wind Gauge for Long Jump / Triple Jump
- Walkie-Talkie, Radio communication

Running Events:

- FAT and Backup FAT systems for all races – these systems must be INDEPENDENT of each other such that if the primary system fails, the backup system is still functional
- Starter (Starter's Gun)
- Back-Up Starter (Back-Up Starter's Gun)
- Blanks-Sufficient for number of races in meet
- Relays/Break Line-Flags
- Hip numbers for all races
- 800m/1600m/3200m-Index cards with numbers as back-up plan for order of finish
- Blocks will be provided by host school only
- Hurdles (sufficient for lanes for both 100m/110m and 300m Hurdles)
- Lap Counter-Optional
- Optional Running Event: Wind Gauge for Laned Races up to 200 meters

Financial: Income

- Host school will keep concession revenues.
- Host school will get a percentage of the T-shirt sales revenue. GHSA will provide T-Shirt Vendor contact information.
- Host school will keep gate minus 5% to GHSA.
- Gate Price set at \$5.00 per person.

Financial: Expenses (To be paid by host school out of gate and concessions)

- Starter, back up starter, FAT operator and FAT back up operator, gate keeper, custodian, security, starting blanks, hip numbers and miscellaneous items (paper etc).



Case Book for Advancement Issues

"When there is a tie in any event involving more contestants than the Sectional Meet is entitled to enter the State Meet, the contest must continue or be re-held until the representatives to the State Meet are determined."

Horizontal Field Events: (DT, LJ, SP, TJ) – Top 8 Qualify for the State Meet

- **TIES WILL BE BROKEN** by following NFHS Rules 6-3-2 and 7-3a-1,2 (ties are broken by second best, third best, etc. performances).
 - **SITUATION:** Two or more competitors are tied for the Qualifying 8th Place and each of them has only ONE fair measurement resulting in the tie (ie: there are NO second best, third best, etc. performances available for breaking the tie).
 - **TIE-BREAK PROCEDURE:** A "jump/throw-off" should occur **AFTER** the conclusion of the regular competition (rather than interrupt the "normal" progression of the regular competition) and the "jump/throw-off" procedure stipulates that each of the tied-competitors take one attempt at a time until the tie is broken for the Qualifying 8th Place.

Vertical Field Events: (HJ, PV) – Top 8 Qualify for the State Meet

- **SITUATION:** Ties for the Qualifying 8th Place: NFHS Rule 7-3b covers the initial tie-breaking procedures for vertical events, but only requires a "jump-off" if the tie involves 1st place and stipulates in Rule 7-3-2b-4b that if "The tie concerns any place other than first, the competitors shall be awarded the same place." Yet, should there be a tie for the Qualifying 8th Place, **THE TIE MUST BE BROKEN** using the following procedure:
 - **TIE-BREAK PROCEDURE:** A "jump-off" should occur **AFTER** the conclusion of the regular competition (rather than interrupt the "normal" progression of the regular competition) and the "jump-off" procedures specified in NFHS Rule 7-3-2b-4a should be applied to those competing to break the tie for the 8th Qualifying Place. When breaking the tie, the athlete that advances does not get credit for the mark achieved in the process of breaking the tie. The tie-break performance is used only to determine advancement and **DOES NOT** affect seeding by performance at the State Meet.

Laned Races: (100, 100h, 110h, 200, 300h, 400, 800, 4X100, 4X400)

Heat Winners + next six fastest times Qualify for the State Meet.

- **SITUATION:** There may be Ties (identical times to the hundredth) for the Qualifying 8th Place especially from competitors competing in **DIFFERENT** heats. Competitors in the same heat would likely have a difference in place based on the reading of the picture (unless they are judged to have finished in a "dead heat"), and NFHS Rule 3-8-4 explains how to break ties by reading times to the one one-thousandth of a second. Two competitors from **DIFFERENT HEATS** may have identical (to one-thousandth of a second) Qualifying 8th Place times requiring a "run-off" being contested to break the tie.
 - All required "run-offs" for 100, 100h, 110h, 200, 300h, 400, 800, 4x100 should occur between the running of the girls' and boys' 3200m races **AND** the start time of the 4x400 Relays should be delayed by 10 minutes if any contestants in the "run-offs" are also competing in the 4x400 Relay.
 - If a "run-off" is required for the 4x400, it should occur 10 minutes after the conclusion of the last scheduled race of the day.

For REPLACEMENT purposes, CLEAR 9th and 10th Places MUST ALSO be established, and if necessary, the above TIE-BREAK procedures should be followed to determine those places.



2021 GHS A Track and Field Sectional Handbook
2021 Track & Field Sectional Hosts/Sites: May 8, 2021



| CLASS 7A | |
|--|--|
| Sectional A - Regions 1,2,3,5 McEachern HS 2395 Brand Rd, Powder Springs, GA 30127 Powder Springs, GA 30127-1798 Meet Director: Philip Hoskins (770-365-7287) email: philip.hoskins@cobbk12.org AD: Myra Camese (myra.camese@cobbk12.org) | Sectional B - Regions 4,6,7,8 West Forsyth HS 4155 Drew Rd Cumming, GA 30040 Meet Director: Clayton Tillery (770-855-4739) email: ctillery@forsyth.k12.ga.us AD: Brett Phipps (BPhipps@forsyth.k12.ga.us) |
| CLASS 6A | |
| Sectional A - Regions 1,2,6,7 John's Creek HS 5575 State Bridge Road Johns Creek, GA 30022 Meet Director: email: AD: Jason Holcombe (holcombej1@fultonschools.org) | Sectional B - Regions 3,4,5,8 Rome HS @ Barron Stadium 300 W 3rd Street Rome, GA 30165 Meet Director: Nick Bridges (770-296-0704) email: nbridges@rcs.rome.ga.us AD: Jason Harris (jharris@rcs.rome.ga.us) |
| CLASS 5A | |
| Sectional A - Regions 1,4,5,8 Union Grove HS 120 East Lake Road McDonough, GA 30252-4812 Meet Director: Eric Daugherty (404-660-7662) email: edaugherty@henry.k12.ga.us AD: Dr. Peter Mullvain (peter.mullvain@henry.k12.ga.us) | Sectional B - Regions 2,3,6,7 Starr's Mill HS 193 Panther Path Fayetteville, GA 30215-2950 Meet Director: Chad Walker (770-827-5501) email: walker.chad@mail.fcboe.org AD: Shane Ratliff (ratliff.shane@mail.fcboe.org) |
| CLASS 4A | |
| Sectional A - Regions 1,2,3,4 Muscogee County Schools @ Kinnett Stadium 7610 Schomburg Road Columbus, GA 31909 Meet Director: Jeff Battles (706-573-4209) email: Battles.Jeffrey.W@muscogee.k12.ga.us AD: Jeff Battles (Battles.Jeffrey.W@muscogee.k12.ga.us) | Sectional B - Regions 5,6,7,8 North Oconee H.S. 1081 Rocky Branch Rd. Bogart, GA 30622 Meet Director: Michael Dowis (678-863-2808) email: mdowis@oconeeschools.org AD: Michael Dowis (mdowis@oconeeschools.org) |
| CLASS 3A | |
| Sectional A - Regions 1,3,4,8 East Jackson HS 1435 Hoods Mill Road Commerce, GA 30529 Meet Director: Tomy Sitton (404-788-3415) email: tsitton@jcss.us AD: Shawn Lindsey (slindsey@jcss.us) | Sectional B - Regions 2,5,6,7 Atlanta Public Schools @ Lakewood Stadium 70 Claire Drive SE Atlanta, GA 30315 Meet Director: Kandice Mitchell (470-658-3232) email: kpmitchell@atlanta.k12.ga.us AD: Jasper Jewell (jjewell@atlanta.k12.ga.us) |
| CLASS 2A | |
| Sectional A - Regions 1,2,3,4 East Laurens HS 920 East Highway 80 Dublin, Ga 31027 Meet Director: Will Smith (478-279-2593) email: willsmith@lcboe.net AD: Jeff Clayton (jeffclayton@lcboe.net) | Sectional B - Regions 5,6,7,8 Gordon Central HS 335 Warrior Path Calhoun, GA 30701 Meet Director: John Rainwater (678-986-8539) email: jrainwater@gcbe.org AD: Matt Swanson (mswanson@gcbe.org) |
| CLASS 1A Private | |
| Sectional A - Areas 1,2,3 First Presbyterian Day School 5671 Calvin Drive Macon, GA 31210-8099 Meet Director: Rennie Atkinson (478-719-0690) email: rennie.atkinson@fpdmacon.org AD: Greg Moore (greg.moore@fpdmacon.org) | Sectional B - Areas 4,5,6 Providence Christian Academy 4575 Lawrenceville Highway NW Lilburn, GA 30047-3617 Meet Director: Timothy Unsicker (770-362-0474) email: t.unsicker@providencechristianacademy.org AD: Brad Williams (b.williams@providencechristianacademy.org) |
| CLASS 1A Public | |
| Sectional A - Regions 1,2,3,5 Mitchell County HS 1000 Newton Road Camilla, GA 31730 Meet Director: Jim Morrell (229-319-0385) email: jimmorrell1966@gmail.com AD: Dondrail Pinkins (dondrail_pinkins@mitchell.k12.ga.us) | Sectional B - Regions 4,6,7,8 Commerce HS @ Banks Co HS 1486 A Historic Homer Highway Homer, GA 30547 Meet Director: Chas Hardy (706-983-9037) email: Chas.hardy@commercecitieschools.org AD: William Smith (william.smith@commercecitieschools.org) |



2021 GHS A Track & Field GHS A Uniform Rules Clarification



- Undergarments having a waistband with multiple logos/references of the manufacturer and/or a crotch outline are NOT legal as uniform bottoms.
- Undergarment tops and/or bottoms do not have to be the same color.
- Any OTHER clothing items (socks, head wear, sleeves, gloves etc.) are NOT considered part of the school issued uniform. **The GHS A has elected to abide by the NFHS rule allowing jewelry and non-uniform items to be worn by competitors. NO items may be worn that are demeaning to the sport and/or present a hazard to the safety of the competitor or others.**
- Team members competing in the same individual event 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.
- The wearing of wristwatches with GPS capability during competition is ILLEGAL. The penalty for this violation is DISQUALIFICATION.
- The ultimate responsibility for uniform compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHS A and NFHS uniform rules. On the next page is a Uniform Guidelines document.

While Uniform rules are quite specific, there is always some gray area open to interpretation by meet officials. Coaches should anticipate the strictest interpretation of the rules that their team may encounter. As the season begins, make sure your athletes thoroughly understand the rules governing jewelry and uniforms. Even though many of the early small meets may not strictly enforce these rules, impress upon your athletes the importance of being in compliance anyway. Prevent a pattern of competing while violating these rules even if there are no apparent consequences for doing so. As important meets approach, reaffirm that all athletes are fully aware of, and in compliance with the rules. Again, try to anticipate the strictest interpretation and prepare accordingly.

NFHS and GHS A penalty for illegal uniform:

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.



NFHS Uniform “Design” vs “Style” Guidelines



Excerpt from 2010 NFHS Track and Field Pre-Meet Notes
 (<http://www.usatf.org/usatf/files/bb/bbb4135e-b83d-4bde-a388-cb1a1be02942.pdf>):

The sports of track and field and cross country have some of the most lenient rules for uniforms. However, with this leniency comes confusion from time to time when applying the basic rules of a legal uniform in the midst of all the permitted uniform creativity. One frequent rule question is the accurate application of “design” of the uniform for the members of a track relay team or a cross country team.

Both relay teams and cross country teams are competing as a team, similar to a volleyball or basketball team. The purpose of the uniform rule, in this instance, is so the uniforms worn by the school’s teammates are clearly identifying the competitors at a glance of being a member of a certain team. This identification is essential to allow the meet officials to fairly and consistently identify each runner and the team to which he/she belongs.

Rules 8-6-1 and 4-3-2 require the team members (relay team and cross country team) to be wearing uniforms of the same “design.” The term “design” refers to a pattern of colors used in the uniform. For example, if three team members are wearing singlets with a white body and a red diagonal stripe four inches in width and the remaining team member(s) are wearing a white singlet with two red vertical stripes, the “design” would be different. The vertical striped uniformed runner(s) would be in an illegal uniform and the competitor(s) would be disqualified from the event (Penalties 8-6, 4-3).

Design and style should not be confused. The term “design” refers to a pattern of colors used in the uniform. The use of the same colors, but arranged in a different pattern is not considered the same “design” as required by rule. Style might be all team members are in black one piece uniforms but one team member wears black shorts over the one-piece uniform. These uniforms would be legal. For the runner adding the shorts, the legs of the one piece then become a visible undergarment and subject to those rules.





GHSAs 2019-20 Constitution & By-Laws - Section 14 - Track and Field

GENERAL INFORMATION: Sections B, G (Pp. 81-82)

- B. All GHSAs 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.
- G. *The GHSAs has elected to fully comply with the NEW 2019 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 GHSAs requirement. Uniform apparel with multiple manufacturer logos are NOT 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. A school entering two relay teams in the same event may have a different design of uniform for each team.)* 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 GHSAs and NFHS uniforms rules.

[COMMENT: A frequently recurring uniform violation is a competitor who wears a top and/or bottom CLEARLY “labeled” with another sport (football, basketball, wrestling, etc.); these tops/bottoms do NOT satisfy the GHSAs REQUIREMENT of “a track top and track bottom.”]

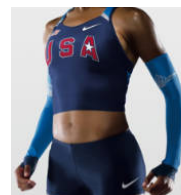
NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSAs and NFHS uniforms rules.!!

Typical Examples of Illegal / Legal Uniforms

UNDERGARMENTS ARE NOT UNIFORMS!!



ILLEGAL
One-piece Uniforms
with multiple
manufacturer logos /
references.



ILLEGAL
Uniform Top
“bare midriff”



ILLEGAL
Uniform Bottoms
“French or High Cut”



LEGAL
“Closed-Leg”
Women’s Brief
Uniform Bottoms



ILLEGAL
Uniform Bottoms with
decorative waistbands
and multiple
manufacturer logos /
references.



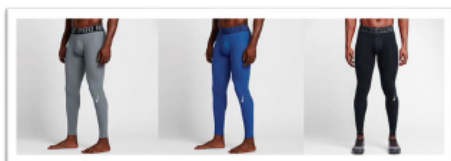
ILLEGAL
Uniform Bottoms
with decorative
waistbands and
crotch outline /
opening



LEGAL
Uniform Bottoms
single manufacturer
logo, no crotch outline
or opening, no
decorative waistband.



LEGAL
Undergarments are
NO LONGER
required to be of a
single (same) color.



ILLEGAL
Uniform Bottoms with
decorative
waistbands, multiple
manufacturer logos,
crotch outline



LEGAL
Uniform Bottoms
with single
manufacturer logo,
NO decorative
waistband or crotch
outline



GEORGIA HIGH SCHOOL ASSOCIATION (GHSA) POLE VAULT VERIFICATION FORM

ALL MEMBER SCHOOLS are required to complete the **GHSA Pole Vault Verification Form** listing the name and grade of each contestant participating in the Pole Vault Event. The **Head Coach** must verify, on the day of each meet, the weight of each contestant, and the proper ratings of all poles used by each contestant. This procedure is required for **ALL** GHSA sanctioned Track and Field competitions. **This completed form must be presented to the HEAD FIELD JUDGE of the Pole Vault Event prior to the start of warm-ups, on the day of competition.**

School Name _____

Classification _____

Name of Meet _____

Date _____

| | <u>Full Name of Pole Vaulter</u> | <u>Grade</u> | <u>Vaulter's Weight*</u> | <u>List ALL Pole Ratings</u> |
|----|----------------------------------|--------------|--------------------------|------------------------------|
| 1. | _____ | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ | _____ |
| 6. | _____ | _____ | _____ | _____ |

*Includes full competition uniform and footwear.

Name of Head Coach (please print) _____

Signature of Head Coach _____

Name of Event Coach (please print) _____

Signature of Event Coach _____

NOTE TO ATHLETIC ADMINISTRATORS, TRACK AND FIELD COACHES AND OFFICIALS

Below are NFHS Track and Field Rules relevant to Pole Vault safety:

NFHS TRACK AND FIELD RULE 6-5-3: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4-inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to the competition, the Coach must verify that all of the school's pole vaulters and poles meet these requirements. **NOTE:** Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4-inch marking in contrasting color on each pole. (6-8-3)

NFHS TRACK AND FIELD RULE 6-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked, or a pole rated below his/her weight, or any equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**

NFHS TRACK AND FIELD RULE 6-5-5: Prior to warm-up, the field referee, head field judge, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per **NFHS Rule 3-10-1**. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of 3/4-inch in contrasting color located within or above the top hand-hold band, and a binding of layers of adhesive tape of uniform thickness on the grip end. The binding shall not be on or above the top hand-hold band.

NFHS TRACK AND FIELD RULE 6-5-21: A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight-appropriate. **PENALTY: Disqualification from the event.**

NFHS TRACK AND FIELD RULE 6-5-27h: It is a foul if the competitor grips the pole above the top hand-hold band. **PENALTY: An unsuccessful trial is charged.**



GHSA POLE VAULT SYSTEM CHECKLIST



- 14 -

1. MINIMUM MEASUREMENTS OF A LEGAL POLE VAULT SYSTEM (**RULE 6-5; ART 7**)
19'8" ACROSS THE BACK AND WIDTH BEHIND THE STANDARD CUTOUTS
20'2" TOTAL LENGTH (FRONT TO BACK)
16'5" FROM THE "0" MARK AT THE BACK OF THE VAULT BOX
16'5" MINIMUM WIDTH OF FRONT BUNS
2. LANDING SYSTEM **MUST** INCLUDE A COMMON COVER CONNECTING ALL THE SECTIONS TOGETHER. (**RULE 6-5; ART 7**)
3. THE STANDARDS SHALL HAVE ALL EXPOSED PROJECTIONS ON THE BASE COVERED WITH STANDARD BASE PADDING AND SHOULD BE ANCHORED OR WEIGHTED TO PREVENT TIPPING (**RULE 6-5; ART 10**)
4. ALL BOXES SHOULD BE ENCLOSED BY A PADDED BOX COLLAR THAT MEETS **NFHS STANDARDS**
5. ANY HARD SURFACES AROUND THE LANDING AREA SHOULD BE PADDED WITH A 2 INCH MINIMUM DENSE FOAM.

