



Indoor Track State Championship – February 20th

George Mason Field House

I. GENERAL INFORMATION

- A. NFHS indoor track rules will apply to the DCSAA Championship unless otherwise noted.
- B. Schools choosing to enter the DCSAA Indoor Track State Championship have the responsibility for reading and adhering to the rules and regulations of this bulletin.
- C. All participating schools must provide their own transportation to and from the meet.

II. STATE MEET

- A. Meet Organization
 - 1. The team or individual contestants must be accompanied to the meet by the coach or a designated representative.
 - 2. Teams will be admitted to the field House through the main entrance at the rear of the building.
 - a. Teams are not permitted into the Field House before 8:30 am
 - b. The first field event will begin at 10 am
 - c. The first running event will begin at 11am
 - 3. Athletes that are warming up outside must be accompanied by a coach.
 - 4. The following online method for entry must be used – this includes relays.
 - a. Directions for entry
 - (1) Log on to milesplit.com
 - (2) Create a log in
 - (3) Generate a team roster to register for events
 - 5. **Entry Deadline – Monday, February 14 at 11:59pm - NO EXCEPTIONS**
 - 6. An athlete may participate in a maximum of four (4) events including relays.



7. The meet director will make sure that starting blocks are provided.
 8. Starting blocks WILL BE PERMITTED in the 55m and 55m high hurdle.
 9. Each school may submit three (3) entries per individual event and one (1) team in each relay event.
 10. Girls will precede boys in the final of all running events.
 11. Slower sections will precede the fast section.
 12. Order of field events: High Jump (Girls, followed by Boys); Shot put (Boys, followed by Girls); Long Jump (Girls, followed by Boys); Triple Jump (Girls followed by Boys).
 13. Only shots approved by the appropriate official shall be used in the competition.
 14. Participants in the shot put, long jump and triple jump will receive four attempts – this will be a final.
 15. Videotape or other electronic recording of appeals will not be accepted.
- B. Playing rules
1. All rules not modified here shall be in accordance with current National Federation rules.
 - a. Any team member listed on the entry form may participate in any of the school's relay team events providing the maximum participation rule is not violated.
 - b. Any competitor who exceeds the maximum participation rule forfeits further participation in any and all the events in the State Indoor Track Meet. All points earned by the competitor will be forfeited.
 - c. Should a competitor exceed the maximum participation rule while competing in a relay team, the entire relay team is excluded from the State Indoor Meet.



d. Teams checking in at bullpen for respective relay races must present relay cards with participant's full name listed and signed by the coach.

2. Only shoes with 1/4" pyramid spikes or less are permitted in the Field House. Shoes with hard plastic spike plates may not be worn without spikes inserted. All spikes must be approved by the Field House Officials.
3. The spraying of shoes is prohibited. Any infraction will result in the disqualification of the competitor from the meet.
4. No tape will be permitted on the floor for any running event.
5. Order of track events – girls will precede boys in all final running events, except where noted:

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|-----------------------|-----------------------|------------------------|
| 1) 55m Semis B,G HH | 5) 1600m Final | 9) 55m Final |
| 2) 55m Semis B,G Dash | 6) 500m Final | 10) 3200m Final (Boys) |
| 3) 3200m relay Final | 7) 55 HH Final | 11) 800m relay Final |
| 4) 300m Final | 8) 3200m Final(Girls) | 12) 800m Final |
| | | 13) 1600m relay Final |

- a. For the 55m dash and 55HH, the eight fastest times will advance to finals.
- b. All other running events will be final on time.
6. The following **MINIMUM** opening heights shall be used in the field events: HJ-G: 4-6"; HJ-B: 5-6".
7. A competitor must notify the official when leaving one event after being called for competition in another event.
8. Eight places will be scored in the state meet.



9. **ALL ENTRIES MUST HAVE AN ENTRY TIME, HEIGHT OR DISTANCE. ENTRIES WITHOUT TIME, HEIGHT OR DISTANCE WILL NOT BE ACCEPTED. THIS WILL BE STRICTLY ENFORCED. Please respect the sport and the other athletes involved by placing a reasonable and defensible mark for each entry.**

10. All protest for disqualification must be submitted in writing to the meet referee.

C. General Rules

1. A team award will be given to the 1st, 2nd and 3rd place teams. The meet will be scored for the top-eight in each event and medals will be awarded to the top three finishers in each event and ribbons will be awarded for places 4th- 8th.
2. The track and infield are restricted areas and open only to meet officials and competitors in uniform. Coaching box will be available for field events only.
 - a. Penalty for coaches in violation; disqualification of their athlete(s) from the contested event.
 - b. Violators will be asked to leave the facility.
3. Please provide honest performance time/ distance for all entries.
4. No more than six (6) individuals may be entered for each relay.

Note: Only participating athletes and certified track coaches will be admitted into the field house. NO SPECTATORS WILL BE ALLOWED.