



# 2019 High School Track & Field



## SCIAA Contact & Scheduling Questions

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## General Track & Field Questions

Head Coordinator:

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Assistant Coordinator:

**Derek Hunter:** (901) 481-1291

## Important Dates

Date	Time	Location	Event
February 2	9:45 am	Central High School	SCIAA Track Coaches Meeting
February 11			TSSAA First Practice Date
March 11			TSSAA Deadline to File Eligibility/Schedules TSSAA First Contest Date
April 18	11:59 pm		Deadline to enter SCIAA Championship entries on Milesplit
April 22	4:00 pm	SCIAA Office	SCIAA Championship Scratch Meeting
April 23	5:00 pm	Whitehaven (Small Schools) Kirby (Large Schools)	SCIAA Championship Prelims (Girls Running Events) & Boys Field Event Finals
April 24	5:00 pm	Whitehaven (Small Schools) Kirby (Large Schools)	SCIAA Championship Prelims (Boys Running Events) & Girls Field Event Finals
April 27	2:00 pm	Whitehaven Stadium	SCIAA Championship (Running Event Finals)
April 29-30		Kirby Stadium	Decathlon / Pentathlon
May 6 & 8		Kirby Stadium	TSSAA Sub-Sectionals
May 13		Kirby Stadium	TSSAA Sectional Finals
May 22-24		Murfreesboro, TN	TSSAA State Championship

## 2019 Track and Field Locations/Meet Directors

Crump Stadium: Gary Debarry

Cordova/Southwind Stadium: Terrance Turner

Fairgrounds: John Greene

Kirby: Michelle Graham

Whitehaven: Ursula Lomax

## SCIAA General Rules

1. SCIAA will manage all gates at meets.
2. Schools may request to provide concessions for *regular season* meets. The concessions sign-up deadline is February 22nd (requests will be approved by March 1st). ***Sign up on the track and field page on SCIAA.org***
3. HS TF is scheduled to start at 5pm unless otherwise noted on the Master Schedule
4. Event substitutions can be made on the day of the event. Please contact the meet director at the end of the meet to correct the names of participants. No new entries are allowed. Scratch runners will be at the discretion of the Meet Director.
5. Coaches must complete their duties assigned by the Meet Director for your participating meet. If you fail to do so, you will risk disqualification of your team.

## **Track & Field Information**

### **Athletes**

**Uniforms:** All uniforms must follow the NFHS Rules. The referee will warn every participant prior to the meet that they must compete in a legal uniform, and if a contestant competes in an illegal uniform, then that contestant is disqualified from that event. There are no team warnings or individual warnings after the meet begins. Officials should use preventative officiating as much as possible.

**Eligibility List:** Eligibility list and schedule must be submitted in the TSSAA Portal before the first contest date on March 11<sup>th</sup>, 2019.

**Practice:** The first date for practice is the Monday, February 11th, 2019. **Participants must have signed physicals and required forms on file at the school prior to their first practice.** Each student-athlete must have a completed Athlete's Health Record (comprised of a cleared pre-participation physical examination, emergency information, informed consent, acknowledgement of risk and authorization to participate signed by parent/guardian) and the Tennessee State Concussion & Sudden Cardiac Law "Information & Signature Form" before he or she can participate in a try-out, practice, or game.

### **Coaches**

**Requirements:** All coaches must have current CPR certification and complete the NFHS "Concussion in Sports" prior to coaching. All non-faculty and classified employees must complete the NFHS "Fundamentals of Coaching" and First Aid, Health, & Safety for Coaches" prior to coaching.

### **Events**

**Boys Track and Field Events** 1. Shot put 2. Discus 3. Long jump 4. Triple jump 5. High jump 6. Pole vault 7. 4 x 800-meter relay 8. 110-meter high hurdles 9. 100-meter dash 10. 4 x 200-meter relay 11. 1,600-meter run 12. 4 x 100-meter relay 13. 400-meter dash 14. 300-meter intermediate hurdles 15. 800-meter run 16. 200-meter dash 17. 3200-meter run 18. 4 x 400-meter relay

**Girls Track and Field Events** 1. Shot put 2. Discus 3. Long jump 4. Triple jump 5. High jump 6. Pole vault 7. 4 x 800-meter relay 8. 100-meter high hurdles 9. 100-meter dash 10. 4 x 200-meter relay 11. 1,600-meter run 12. 4 x 100-meter relay 13. 400-meter dash 14. 300-meter intermediate hurdles 15. 800-meter run 16. 200-meter dash 17. 3200-meter run 18. 4 x 400-meter relay

### **Meet Entry**

#### **Number of Entries:**

Each team can enter 2 individuals per event. **(EXCEPTION: During the SCIAA post-season, each team may enter 3 individuals per event.)**

Number of relay teams per school is 1.

Each athlete may only participate in 4 total events (including running and field).

**TN Milesplit:** The SCIAA will be using [www.tn.milesplit.com](http://www.tn.milesplit.com) to submit online entries. If you are not familiar with Tennessee Runner, instructions on how to register/claim your team, complete your roster and register for an event is available on the SCIAA.org Track and Field Page. Please monitor your meets carefully to make sure your teams have all athletes entered into your meet.

**Entry Deadline:** All track meet entries must be completed before noon the day prior to the meet.

### **Scoring**

#### **Individual Scoring Format:**

3 Teams (5-3-2-1), 4 Teams (6-4-3-2-1), 5 Teams (8-6-4-2-1), 6 Teams (10-8-6-4-2-1), 7 Teams (10-8-6-4-3-2-1), 8 Teams or More (10-8-6-5-4-3-2-1)

### **Results**

Results will be available in Tennessee Milesplit no later than Monday of the following week.

### **Practice at District Stadiums**

Games on district fields at district owned stadiums take precedence over practices. Please clear the stadium 60 minutes prior to game time. Clearing the stadium includes all student-athletes, coaches, team followers etc. Please review the SCIAA website for game times and locations at district stadiums.

### **Admission**

Regular Season \$3.00. Post Season \$5.00.