



# 2021 TRACK & FIELD COACHES MEETING

SCIAA

*Please mute your  
microphone/phone*

**India Weaver, Athletics Director**

Lecia Schluterman  
Athletics Specialist, Track & Field Coordinator

Ron King & Derek Hunter

Ursula Lomax

# 2021 TRACK & FIELD

LECIA SCHLUTERMAN

## perseverance

(pur-suh-veer-uhns)

noun

Steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement

# IMPORTANT DATES-HIGH SCHOOL

DATE	TIME	LOCATION	EVENT
MARCH 2	4:00 pm	Microsoft Teams	SCIAA Track Coaches Meeting
FEBRUARY 15			TSSAA First Practice Date
MARCH 8			Deadline to Claim Team on TN MileSplit
MARCH 15			TSSAA Deadline to File Eligibility/Schedules TSSAA First Contest Date
MARCH 29-APRIL 2			SCS Spring Break
APRIL 22	11:59 pm		Deadline to submit SCIAA Championship entries on MileSplit
APRIL 26	4:00 pm	SCIAA Office	SCIAA Championship Scratch Meeting
APRIL 27	5:00 pm	Whitehaven (Small) Kirby (Large)	SCIAA Championship Prelims
APRIL 28	5:00 pm	Whitehaven (Small) Kirby (Large)	SCIAA Championship Prelims
MAY 1	9:00 am	Whitehaven Stadium	SCIAA Championship
TBA		TBA	Small Schools Decathlon / Pentathlon
TBA		TBA	Small Schools TSSAA Sub-Sectionals
TBA		TBA	Class AA TSSAA Sectional Finals
TBA		TBA	Class A TSSAA Sectional Finals
MAY 26-28		Murfreesboro, TN	TSSAA State Championship

# IMPORTANT DATES-MIDDLE SCHOOL

Date	Time	Location	Event
March 2	5:30 pm	Microsoft Teams	SCIAA Track Coaches Meeting
February 15			TMSAA First Practice Date
March 17			First SCIAA Track Meet
March 29-April 2			SCS Spring Break
April 16	11:59 pm		Deadline to submit SCIAA Championship entries on Milesplit
April 19	4:00 pm	SCIAA Office	SCIAA Championship Scratch Meeting
April 20	5:00 pm	Whitehaven (Class A) Kirby (Class AA)	SCIAA Championship Prelims (Girls Running & Boys Field Events)
April 21	5:00 pm	Whitehaven (Class A) Kirby (Class AA)	SCIAA Championship Prelims (Boys Running & Girls Field Events)
April 24	9:00 am 2:00 pm	Whitehaven Stadium	SCIAA Championship Field Event & Running Events Finals
May 8	9:00 am	Whitehaven Stadium	TMSAA West TN Sectionals
May 22		Austin Peay State University	TMSAA State Championship

# BEFORE YOU CAN PRACTICE

**Each student-athlete must have a completed before tryouts, practice, jamboree, or game:**

- **Completed and signed Athlete's Health Record:**
- **Valid Physicals dated April 15th 2020 and signed by FNP, MD or PA**
- **Emergency Information, Informed consent & Acknowledgement of Risk**
- **Covid 19 Informed Consent & Assumption of Risk**
- **Concussion Information Sheet initialed and signed by the student-athlete and parent (TN Public Chapter 148)**
- **Sudden Cardiac Arrest Information Sheet initialed and signed by the student-athlete and parent (TN Public Chapter 325)**

**Coaches must complete on file:**

- **Current CPR & First Aid for all faculty and non-faculty coaches**
- **Signed Concussion Information Sheet, certificate of completion of an approved Concussion education course for all coaches and athletic directors (TN Public Chapter 148)**
- **Signed Sudden Cardiac Arrest Information Sheet, certificate of completion of NFHS education course for all coaches and athletic directors (TN Public Chapter 325)**
- **Complete SCS Covid-19 Safe Schools Training**
- **Complete NFHS Covid-19 for Coaches and Administrators**

Practice can begin with all documents above have been provided and filed as well as the completion of the SCS Return to Play Checklist with the approval from the School Athletic Director and Principal

# PRACTICE/GAMES



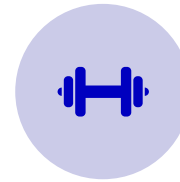
EVERY SCHOOL IS REQUIRED TO SUBMIT PROOF THAT THEY ARE IN COMPLIANCE BY SUBMITTING THE CHECKLIST TO SCIAA. THE CHECKLIST INDICATES THAT ALL TEAMS PARTICIPATING HAVE A PLAN IN PLACE AND ALL NECESSARY PAPERWORK HAS BEEN SIGNED AND REVIEWED BEFORE BEGINNING ANY ACTIVITY



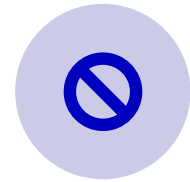
ADS HAVE BEEN GIVEN THIS INFORMATION AND IT CAN BE FOUND ON THE SCIAA WEBSITE (SCIAA.ORG) UNDER ATHLETIC HEALTH SERVICES



THE TEMPERATURE CHECKS AND SCREENINGS MONITORING FORM MUST BE COMPLETED BEFORE PRACTICE BEGINS (EVEN IF DONE EARLIER IN THE DAY AT SCHOOL) AND BEFORE GAMES. MUST INCLUDE ALL PLAYERS, COACHES, OFFICIALS AND ANY OTHER PEOPLE PRESENT.



SOCIAL DISTANCING REQUIREMENTS IN PRACTICE AND COMPETITION PLANS MUST BE FOLLOWED AT ALL TIMES. SPORT SPECIFIC CHANGES WILL BE MENTIONED LATER IN PRESENTATION



NO BUILDING ACCESS IS APPROVED AT THIS TIME



**Christ Community**  
HEALTH SERVICES




## Student Health Clinics

Open Monday - Friday  
8 a.m. - 5 p.m

Call (901) 842-2379 or text "SCS901" to 91999

East High School  
Sheffield CTC  
Westwood High School

# LIGHTNING DO'S & DON'T'S



- ✓ **DO** establish a chain of command and identify who makes the call to remove players from the field.
- ✓ **DO** designate a weather watcher to monitor the local weather.
- ✗ **DON'T** forget that lightning is most common from afternoon to early evening.
- ✓ **DO** postpone outdoor activities if a thunderstorm is eminent.
- ✓ **DO** identify a safe, fully enclosed building—such as a school, field house, library or other habitable building—to use if lightning begins.
- ✓ **DO** seek shelter in a fully enclosed metal vehicle, such as a school bus, car or van.
- ✗ **DON'T** evacuate to open structures including picnic, park, sun, bus, rain and shelters as well as storage sheds, tents, dugouts, refreshment stands, screened porches, press boxes and open garages.
- ✓ **DO** stand away from showers, sinks, locker rooms, indoor pools, appliances and electronics.
- ✗ **DON'T** stand near open water, on elevated areas or under tall objects, such as trees, poles and towers.
- ✓ **DO** allow individuals to head indoors to wait out the storm if they feel in danger.
- ✗ **DON'T** resume activities until 30 minutes after the last strike of lightning is seen and the last sound of thunder is heard.
- ✓ **DO** call EMS if someone suffers a lightning-related injury.
- ✓ **DO** move the victim with care indoors, if necessary.
- ✗ **DON'T** believe myths—lightning victims don't carry a charge; they're safe to touch.
- ✓ **DO** evaluate the airway breathing and circulation, and begin CPR, if necessary.



# TSSAA COVID-19 PRECAUTIONS

- Limit interaction with athletes from opposing schools
- Eliminate handshakes
- No shared equipment, towels, practice gear, etc.
- Have hand sanitizer at each event station
- Disinfect mats after each round of competition if possible
- Officials should wear face coverings
- Conference with coaches should take place with proper social distancing
- Do not participate if sick (if there is doubt stay home)
- Disinfect personal equipment after each game or practice

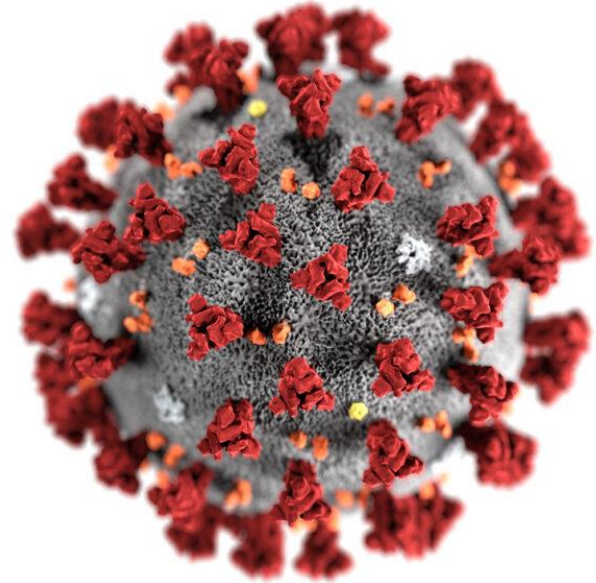


# SCIAA COVID-19 PRECAUTIONS

- All spectators, coaches and staff must wear masks at all times.
- All student-athletes must wear masks while they are not engaged in competition. Student-athletes may wear masks during competition if they so choose.
- All coaches, staff, and student-athletes should use hand sanitizer stations when possible.
- All coaches, staff, and student-athletes must maintain at least 6' of social distancing at all times.
- Teams should maintain social distance in the stands area and should not socialize with other teams.
- Student-athletes should remain in the stands until 1<sup>st</sup> call for their race to help reduce congregation on the field for warm-ups. This will be strictly enforced.
- Athletes and coaches should be screened and temperature checked before attending practices or leaving for competition. If a student- athlete or a coaching staff member fails screening they should not attend practices or competition (as a participant or spectator). A record should be kept of all individuals present at team activities.
- Do NOT share water bottles, shoes, jerseys, equipment, towels, etc.
- Student-athletes should use hand sanitizer before and after using shared implements (relay baton, discus, shot put, pole vault poles, etc.). Those shared track and field implements should be cleaned before and after each use. No sharing of implements between schools/teams.
- No team huddles, handshakes or fist bumps should take place.
- Allow for physical distancing in common areas including bathrooms, stands, sidelines.

# COVID-19 EXPOSURES

- Any information received that an employee (coach) or student athlete has tested positive would be immediately provided to School Operations Administrators in accordance with the AOSS manual.
- That information would be relayed to Health Services and Risk Management for further action.
- Wait for further direction



# SCHEDULE

Schedule  
FAT Locations  
Schedule Changes  
TN MileSplit  
Practice Locations

# 2021 SCIAA HIGH SCHOOL TRACK & FIELD SCHEDULE

Invitational Track Meets March 18<sup>th</sup>

Week 1

Week 2

Tuesday, March 23

Douglass, Soulsville, Fairley, Manassas, Raleigh-Egypt, Cordova	Cordova
OPEN	Crump
Overton, MBA, Central, Wooddale, Freedom Prep, Kirby, Melrose	Kirby
Crosstown, Oakhaven, Mitchell, City University, Hillcrest, Hamilton, Bluff City	Whitehaven

Thursday, March 25

East, PCA, MASE, Whitehaven, Middle College, BTW	Crump
Ridgeway, Trezevant, Southwind, MLK Prep, Craigmont, Westwood, Sheffield	Kirby
OPEN	Whitehaven
White Station, MAHS, MASE, Bolton, Germantown	Cordova

Week 3

Tuesday, April 6

Douglass, MAHS, Cordova, White Station, Hamilton	Cordova
Central, East, Manassas, MASE, Trezevant, MLK Prep, BTW	Crump
Bluff City, Freedom Prep, Bolton, Fairley, Kirby, Overton	Kirby
OPEN	Whitehaven

Thursday, April 8

Melrose, Raleigh-Egypt, Crosstown, Whitehaven, Craigmont	Cordova
OPEN	Crump
Oakhaven, PCA, Sheffield, Wooddale, Ridgeway, Southwind, Germantown	Kirby
Middle College, MBA, Hillcrest, Soulsville, Westwood, Mitchell, City University	Whitehaven

Week 4

Tuesday, April 13

Cordova, MAHS, MBA, Raleigh-Egypt, Bolton	Cordova
Ridgeway, BTW, Central, Manassas, MASE, MLK Prep, East	Crump
OPEN	Kirby
Oakhaven, Trezevant, Fairley, Mitchell, Whitehaven, Westwood, Douglass	Whitehaven

Thursday, April 15

OPEN	Cordova
White Station, Crosstown, Melrose, Hamilton, City University, Bluff City	Crump
Germantown, Kirby, Southwind, Wooddale, Overton	Kirby
Sheffield, Freedom Prep, Soulsville, Craigmont, Hillcrest, PCA	Whitehaven

# 2021 SCIAA MIDDLE SCHOOL TRACK & FIELD SCHEDULE

## Middle School Track & Field Schedule

### Week 2

Wednesday, March 24

Bellevue, Craigmont, Sherwood, White Station, Oakhaven, Maxine Smith STEAM	Cordova
Chickasaw, A. Maceo Walker, City University, <b>Hamilton</b> , BTW, Lester Prep, MASE, <b>Granville T. Woods</b>	Crump
Kate Bond, Woodstock, Colonial, Hickory Ridge, Ridgeway, JP Freeman, MBA	Kirby
Treadwell, Georgian Hills, Havenview, Riverview, Grandview, Douglass	Whitehaven

### Week 3

Wednesday, April 7

<b>Granville T. Woods</b> , Kate Bond, Georgian Hills, MBA, Woodstock, BTW	Cordova
Sherwood, Douglass, Maxine Smith STEAM, Lester Prep, White Station, MASE, Grandview	Crump
Ridgeway, Treadwell, Oakhaven, Riverview, Craigmont, Bellevue, Hickory Ridge, <b>Hamilton</b>	Kirby
Chickasaw, Havenview, Colonial, A. Maceo Walker, City University, J.P. Freeman,	Whitehaven

### Week 4

Wednesday, April 14

Kate Bond, White Station, Maxine Smith STEAM, Georgian Hills, Riverview, Grandview	Cordova
BTW, Douglass, A. Maceo Walker, Oakhaven, <b>Granville T. Woods</b> , MASE, Treadwell	Crump
Colonial, Sherwood, Woodstock, Craigmont, City University, Chickasaw	Kirby
Lester Prep, J.P. Freeman, Havenview, Hickory Ridge, Bellevue, Ridgeway, <b>Hamilton</b>	Whitehaven

# SCHEDULE

This schedule is a **draft** schedule and is not final

The final schedule will be released Thursday, March 4<sup>th</sup>.

Please review your schedule. Every school should be scheduled for 3 meets. Notify me if you find an error.

If your school was left off the schedule entirely, please contact me ASAP.

Once the schedule is finalized you will be notified and it will be loaded to your school's DigitalSports website as well as the SCIAA website.

The schedule will be loaded on the TN MileSplit website upon completion.

Track Meets begin promptly at 5:00 pm. There will be no scratch this season.

**FAT Locations: Crump & Whitehaven Stadium**

# SCHEDULE CHANGE PROCESS

Each school can change up to 2 meets.

Schools must coordinate with one another to change their meets.

*Example: School A competes at Whitehaven Stadium on March 24<sup>th</sup> but wants to change to Cordova Stadium on March 24<sup>th</sup>. The coach at School A must contact the coach at School B who is scheduled at Cordova Stadium on March 24<sup>th</sup>. Both coaches must agree to swap locations. Coach at School A must send an email to Coach at School B suggesting the change. Coach at School B must reply by email to Coach at School A agreeing to the change. Lecia Schluterman must be cc'd in the reply. Lecia Schluterman will make the schedule change.*

**Deadline to change schedules is noon March 4<sup>th</sup>.**



# TN MILESPLIT

TN MileSplit-Meet Entry Instructions: [TN Milesplit Directions](#)

## Team Management

- How do I claim my team?
- How do I edit my team's roster?

## Meet Registration

- How do I enter my team into a meet?
- What do I do if I cannot find my team?
- How do I enter an individual in a meet
- How do I copy entries from a previous meet?
- FAQ: No Events or events for only one gender are showing
- How do I add a relay team?



# PRACTICE LOCATIONS

Once the schedule is complete I will send everyone a link that will assist you in finding open practice stadiums.

If you are practicing at a stadium and an SCIAA event is scheduled, you must vacate the stadium 1 hour prior to the start time or when teams arrive, whichever comes first.



# COACHES

Positions  
Assignments at Meets  
TSSAA Rules Meeting

# COACHING POSITIONS

Head Coach Boys' Track & Field

Assistant Coach Boys' Track & Field

Head Coach Girls' Track & Field

Assistant Coach Girls' Track & Field

*You cannot be the head/assistant coach of one sport and the head/assistant coach of another sport in the same season.*

# COACHES' ASSIGNMENTS AT MEETS

All coaches will have assigned duties for every track meet.

I will send out a survey asking for field event preferences so that I can schedule coaches where they are most familiar.

All coaches will be responsible for their teams and assisting in social distancing measures.

All new coaches should take the NFHS Officiating Track & Field Course. Training information to come.

# TSSAA RULES MEETING

TSSAA Track & Field Rules Meeting is available from  
February 15<sup>th</sup> -March 15<sup>th</sup>

Log on to the TSSAA Portal to complete the Rules  
Meeting by March 15<sup>th</sup>



# HELPFUL LINKS

TSSAA Track & Field Regulations: <https://cms-files.tssaa.org/documents/tssaa/sports-regulations/2020-21/2020-21TrackRegulations.pdf>

TSSAA Track & Field Book: <https://cmsfiles.tssaa.org/documents/tssaa/2021TrCoachesBook.pdf>

TSSAA TN MileSplit: <https://cms-files.tssaa.org/documents/tssaa/track/milesplit-on-boarding-2021.pdf>

NFHS Learn (Concussion, Sudden Cardiac Arrest, COVID-19, etc): <https://nfhslearn.com/courses>

SCIAA Athletic Health Services including Spring AD Presentation:  
<https://sciaa.digitalsports.com/health/>

NFHS Track & Field Course: <https://nfhslearn.com/courses/officiating-track-and-field>

# QUESTIONS/COMMENTS