



2021 SCIAA High School Track & Field Schedule



SCIAA Track & Field Coordinator

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 479-438-0854

General Track & Field Questions

- Head Coordinator: Ron King: (901) 233-4334
- Asst Coordinator: Derek Hunter:(901) 481-1291

<u>Large Schools</u>	<u>Small Schools</u>
Bolton	Bluff City
Central	BTW
Cordova	City University
Craigmont	Crosstown
Germantown	Douglass
Kingsbury	East
Kirby	Fairley
Overton	Freedom Prep
Ridgeway	Hamilton
Southwind	Hillcrest
Whitehaven	KIPP
White Station	MAHS
	MASE
	Compass-Midtown
	Memphis RISE
	MBA
	MSE
	Manassas
	Melrose
	Middle College
	Mitchell
	MLK Prep
	Oakhaven
	Power Center
	Raleigh Egypt
	Sheffield
	Soulsville
	Trezevant
	Westwood
	Wooddale

All Track Meet Entries MUST be entered online BEFORE NOON the day before the meet.
Crump and Whitehaven Stadiums are FAT locations.

IMPORTANT DATES			
DATE	TIME	LOCATION	EVENT
MARCH 2	4:00 pm	Microsoft Teams	SCIAA Track Coaches Meeting
FEBRUARY 15			TSSAA First Practice Date
MARCH 8		SCIAA.org	Deadline to submit schedule changes
MARCH 8			Deadline to Claim your 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 TN MileSplit
APRIL 26	4:00 pm	SCIAA Office	SCIAA Championship Scratch Meeting
APRIL 27	5:00 pm	Whitehaven (Small)	SCIAA Championship Prelims (Girls Running Events) & Boys Field Event Finals
		Kirby (Large)	
APRIL 28	5:00 pm	Whitehaven (Small)	SCIAA Championship Prelims (Boys Running Events) & Girls Field Event Finals
		Kirby (Large)	
MAY 1	9:00 am	Whitehaven Stadium	SCIAA Championship (Running Event Finals)
MAY 3 & 4	10:00 am	Houston High School	Small & Large Schools Decathlon / Pentathlon
MAY 9 & 10	5:00 pm	Kirby Stadium	Small Schools TSSAA Sub-Sectionals
MAY 14 & 15	TBA	Bartlett High School	Large Schools TSSAA Sectional Finals
MAY 17	TBA	USJ (Jackson)	Small Schools TSSAA Sectional Finals
MAY 26-28		Murfreesboro, TN	TSSAA State Championship

Week 1**Invitational Track Meets March 18th****Week 2****Tuesday, March 23**

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

Thursday, March 25

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

Week 3**Tuesday, April 6**

Douglass, MAHS, Cordova, White Station, Hamilton, Kingsbury	Cordova
Central, East, Manassas, MASE, Trezevant, MLK Prep, BTW	Crump
Bluff City, Bolton, Fairley, Kirby, Overton, City University, Compass Midtown	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,	Whitehaven

Week 4**Tuesday, April 13**

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

Thursday, April 15

OPEN	Cordova
MASE, Crosstown, Melrose, Hamilton, City University, Bluff City, Kingsbury	Crump
Germantown, Kirby, Southwind, Wooddale, Overton, Compass Midtown	Kirby
Sheffield, Soulsville, Craigmont, Hillcrest, PCA, Douglass	Whitehaven

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GENERAL TRACK & FIELD QUESTIONS

- Head Coordinator: **RON KING:** (901) 233-4334
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2020 TRACK AND FIELD LOCATIONS/MEET DIRECTORS

- Crump Stadium: Carl Bowie (901) 503-7189
- Cordova Stadium: Gary Deberry (901) 596-1898
- Kirby: Michelle Graham (901) 870-7386
- Whitehaven: Ursula Lomax (901) 315-2237

SCIAA GENERAL RULES

- SCIAA will manage all gates at meets.
- Track meets are scheduled to start at 5pm unless otherwise noted.

- 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 not be allowed due to the increased number of participating teams.
- 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.
 - ✓ [Field Event Descriptions – Coaches Notebook](#)

TRACK & FIELD INFORMATION

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, they will be 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 by the first contest date.

THE FIRST DAY OF PRACTICE:

STUDENT REQUIREMENTS:

- 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 REQUIREMENTS:

- 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

TSSAA TRACK & FIELD INFORMATION

- [TSSAA Boys Track Regulations](#)
- [TSSAA Girls Track Regulations](#)

BOYS TRACK & FIELD EVENTS

Shot Put	Discus	Long Jump
Triple Jump	High Jump	Pole Vault
4x800m Relay	110m High Hurdles	100m Dash
4x200m Relay	1600m Run	4x100m Relay
400m Dash	300m Intermediate Hurdles	800m Run
200m Dash	3200m Run	4x400m Relay

GIRLS TRACK & FIELD EVENTS

Shot Put	Discus	Long Jump
Triple Jump	High Jump	Pole Vault
4x800m Relay	100m High Hurdles	100m Dash
4x200m Relay	1600m Run	4x100m Relay
400m Dash	300m Intermediate Hurdles	800m Run
200m Dash	3200m Run	4x400m Relay

Meet Entry

The SCIAA will be using <https://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 to support you. **Please monitor your meets carefully to make sure your teams have all athletes entered in the meet.**

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

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

SUPPORT VIDEOS:

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?](#)

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).

FIELD EVENT STANDARDS:

Event	Girls	Boys
High Jump	4'2"	5'4"
Triple Jump	25ft	30ft
Long Jump	14ft	17ft
Pole Vault	5'0"	7'6"
Shot Put	20ft	35ft
Discus	65ft	85ft

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	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.

STADIUMS OPEN FOR PRACTICE: A stadium usage file will be sent to all coaches once it is complete. This information is subject to change due to reschedules, so check daily to determine if the stadium is open.

ADMISSION

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

SCIAA CHAMPIONSHIP INFORMATION

TBA

SCIAA Track & Field COVID-19 Guidelines

- 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 the first call of their race to help reduce congregation on the field for warm-ups.
- Athletes and coaches should be screened and temperature checked before attending practices or games. If a student-athlete or a coaching staff member fails screening they should not attend practices or games. A record should be kept of all individuals present at team activities.
- Athletes and coaches should be screened and temperature checked before leaving for games. If a student-athlete or a coaching staff member fails screening they should not attend the game as a participant or spectator.
- Do NOT share **personal** water bottles, 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 team huddles, handshakes or fist bumps should take place.
- Allow for physical distancing in common areas including bathrooms, stands, sidelines, dugouts.

Commented [GU1]: I think do not share personal this is under SCIAA Covid Guidelines

Commented [GU2]: What do you think about shared items being cleaned "before" and after use?

Commented [GU3]: I would ask the coordinators about the 2 events prior to their event having those kids on the field to see if that is enough time

Commented [GU4]: Also some of the TSSAA and SCIAA are the same. Eliminate the ones in the SCIAA that are the same

2021 TSSAA/TMSAA Track & Field Modifications/Considerations

<https://cms-files.tssaa.org/documents/tssaa/2020/COVID-19-Regulations-and-Considerations-2021-02-01.pdf> page 24

- 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