

This booklet contains the
Montana High School Association's
ORGANIZATION PROCEDURES
FOR
PRELIMINARIES AND FINALS

STATE TRACK AND FIELD CHAMPIONSHIPS

Classes "AA" - "A" - "B" - "C"

Boys and Girls

2021

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PREFACE

Since 1968, State Track and Field Championships in Montana have been administered with the policies and regulations of this manual. Though altered at various times, this manual provides a systematic and equitable method of organizing preliminary competition through finals. The entire State Track and Field Meet is computer programmed, and preliminaries and/or finals are patterned from the systems described in this book.

COMPLETE LIST OF TRACK & FIELD EVENTS

Girls' Track Events

100 Meter Dash
 200 Meter Dash
 400 Meter Dash
 800 Meter Run
 1600 Meter Run
 3200 Meter Run
 100 Meter High Hurdles
 (10 hurdles-33" high)
 300 Meter Low Hurdles
 (8 hurdles-30" high)
 400 Meter Relay (4 x 100 Meters)
 1600 Meter Relay (4 x 400 Meters)

Girls' Field Events

Discus (2 lbs. 2.205 ozs. /1 kg minimum)
 Javelin (1 lb. 3.23 ozs. /600 gr. minimum)
 Shot Put (8.818 lbs. /4.0 kg minimum)
 Pole Vault
 High Jump
 Long Jump
 Triple Jump

Boys' Track Events

100 Meter Dash
 200 Meter Dash
 400 Meter Dash
 800 Meter Run
 1600 Meter Run
 3200 Meter Run
 110 Meter High Hurdles
 (10 hurdles-39" high)
 300 Meter Intermediate Hurdles
 (8 hurdles-36" high)
 400 Meter Relay (4 x 100 Meters)
 1600 Meter Relay (4 x 400 Meters)

Boys' Field Events

Discus (3 lbs. 5.3 ozs. /1.6 kg minimum)
 Javelin (1.764 lbs. /800 gr. minimum)
 Shot Put (12 lbs./5.443 kg)
 Pole Vault
 High Jump
 Long Jump
 Triple Jump

BASIC PROCEDURES

Class AA – Qualifying Standards and Divisionals

There are two divisions: Eastern and Western. Six (6) qualifiers from each division advance to the state meet, with all relay teams advancing if they meet the provisional times. In addition, qualifiers who meet the qualifying standards established by Class AA during the regular season or during the divisional meet will advance to state. The number of heats, sections and flights will vary and will be determined by the meet manager after the divisional meets.

Finals are seeded by time/mark.

Class A – Qualifying Standards and Divisionals

There are two divisions: Western and Eastern. Ten (10) qualifiers from each division advance to the state meet, **including relays**. In addition, qualifiers who meet the qualifying standards established by Class A during the regular season or during the divisional meet will advance to state. The number of heats, sections and flights will vary and will be determined by the meet manager after the divisional meets.

Finals are seeded by time/mark.

Class B – Qualifying Standards and Divisionals

There are three divisions: Northern, Southern and Western. Six (6) qualifiers from the Western and Northern divisions advance to the state meet and eight (8) qualifiers from the Southern Division advance. In addition, qualifiers who meet the qualifying standards established by Class B during the regular season or during the district/divisional meet will advance to state. The number of heats, sections and flights will vary and will be determined by the meet manager after the divisional meets.

Finals are seeded by time/mark.

Class C

There are four divisions: Northern, Southern, Western and Eastern. Five (5) qualifiers from the Eastern division, six (6) qualifiers from the Northern and Southern division, seven (7) qualifiers from the Western division in Class C advance to the state meet for a total of twenty-four (24) qualifiers in each event. In addition, qualifiers who meet the qualifying standards established by Class C during the regular season or during the district/divisional meet will advance to state. The number of heats, sections and flights will vary and will be determined by the meet manager after the divisional meets.

Finals are seeded by time/mark.

For all classifications (AA, A, B, and C) the relevant number of place winners for each respective classification (AA-6; A-10; B-6 or 8; C-5 or 6 or 7) will qualify including ties for the last place in all running and field events.

SEEDING FOR TRACK EVENTS

Preliminaries

All Classes:

Seeding for all preliminary qualifying running events is determined by times from the divisional meets and from other meets in which a qualifying standard was met. **If a qualifying mark has not been met, the time from finals at the divisional meet will be used for seeding purposes at the state meet.** The number of heats will vary and will be determined by the meet manager after the divisional meets. Preliminaries will be run when the total number of qualifiers exceeds ten runners in an event for a ten-lane track or eight for an eight-lane track.

Finals

All Classes:

Lane assignments for the finals in the 100 meter dash, 200 meter dash, 100 meter hurdles, 110 meter hurdles and the 400 meter relay will be determined by the competitor's time in the preliminaries.

Lane assignments for the timed finals in the 300 meter hurdles, 400 meter dash, and the 1600 meter relay will be determined by the competitor's time in his/her division or by his/her qualifying time.

The 800 and 1600 meter races **will have a maximum of thirty (30) per section in all classifications. In all classifications**, if more than one section is needed, a maximum of fifteen (15) racers will run in the last section, and all other runners (up to 30) will run in the first section.

The 3200 meter event will have one race at state.

Times will be listed from fastest to slowest and will be placed in sections and finals according to standard seeding in Hytek Meet Manager.

DISTANCES RACES

All classes will assign positions depending on the number of qualifiers in the 800 and 1600 meter races. For all classes there will be only one race in the 3200 meter event.

All distance races will be run using a double waterfall start and will be seeded from the inside out. The fastest 1/3 of the athletes will be seeded in alley 2 (lanes 6-10) and the other 2/3 of the athletes will be seeded into alley 1 (lanes 1-10). Position assignments will be determined by the competitor's time in his/her division or by his/her qualifying time.

Double Waterfall Start - In the 800, 1600, and 3200 the 1 turn, double waterfall competitor starting positions will be used. This arrangement is used for entries greater than 8 and less than 25. The fastest 1/3 of all entries are placed in the outside waterfall (lanes 6, 7, 8, 9, 10) and the remaining entries are placed in the waterfall that extends across the track (lanes 1 – 10). All locations use the 3M step-up marks. The seeding arrangements for the double waterfall are located below. The competitors at the waterfall line that extends across the track may break to the inside at any time without fouling. The competitors in the upper waterfall must stay in the outside 5 lanes for 1 turn and may break to lane 6 at any time without fouling. The use of the double waterfall is recommended to be used at regular season meets so the competitors are familiar with this procedure.

Two Alley Waterfall Seeding

To be used for the 800, 1600, and 3200

Rational

Based on 2/3 of the athletes at the common start/finish line - lanes 1-10

1/3 of the athletes placed in the second alley – lanes 6 – 10

Alley Seeding Preference

Alley 2 - Higher Seeds

Alley 1 - Lower Seeds

Seeding Position

(Based on 24 Athletes)*

Seed	Position
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24

If you have heats of 25 or greater, the athlete's seeded position will follow the above format where seed mark = alley position. **Example** - an athlete with a seed time that places them as 27th best seed should be assigned position 27. Athletes with a seed mark greater than 24 will be placed on the second row of the assigned alley.

Seed / Position

Number of Runners	Alley One (Common Start/Finish line) (Lanes 1 -10) Seeded Positions	Alley Two (Lanes 6-10) Seeded Positions
5	1,2,3,4,5	Do Not Use
6	4,5,6	1,2,3
7	4,5,6,7	1,2,3
8	4,5,6,7,8	1,2,3
9	4,5,6,7,8,9	1,2,3
10	4,5,6,7,8,9,10	1,2,3
11	4,5,6,7,8,9,10,11	1,2,3
12	5,6,7,8,9,10,11,12	1,2,3,4
13	5,6,7,8,9,10,11,12,13	1,2,3,4
14	5,6,7,8,9,10,11,12,13,14	1,2,3,4
15	6,7,8,9,10,11,12,13,14,15	1,2,3,4,5
16	6,7,8,9,10,11,12,13,14,15,16	1,2,3,4,5
17	6,7,8,9,10,11,12,13,14,15,16,17	1,2,3,4,5
18	7,8,9,10,11,12,13,14,15,16,17,18	1,2,3,4,5,6
19	7,8,9,10,11,12,13,14,15,16,17,18,19	1,2,3,4,5,6
20	7,8,9,10,11,12,13,14,15,16,17,18,19,20	1,2,3,4,5,6
21	8,9,10,11,12,13,14,15,16,17,18,19,20,21	1,2,3,4,5,6,7
22	8,9,10,11,12,13,14,15,16,17,18,19,20,21,22	1,2,3,4,5,6,7
23	8,9,10,11,12,13,14,15,16,17,18,19,20,21,22,23	1,2,3,4,5,6,7
24	9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24	1,2,3,4,5,6,7,8
25	Front Row -9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25	1,2,3,4,5,6,7,8
26	Front Row -9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25,26	1,2,3,4,5,6,7,8
27	Front Row -9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25,26	Front -1,2,3,4,5,6,7,8 Back Row -27
28	Front Row -9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25,26,28	Front -1,2,3,4,5,6,7,8 Back Row -27
29	Front Row -9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25,26,28,29	Front -1,2,3,4,5,6,7,8 Back Row -27
30	Front Row -9,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24 Back Row – 25,26,28,29	Front -1,2,3,4,5,6,7,8 Back Row -27,30

SEEDING FOR FIELD EVENTS

All Classes

Seeding for state will be determined by the distances/marks from the divisional meets and other meets in which a qualifying standard was met. **If a qualifying mark has not been met, the distances/marks at the divisional meet will be used for seeding purposes at the state meet.** Distances will be used to place competitors in flights according to standard seeding in Hytek Meet Manager. The number of flights will vary depending on the number of qualifiers and will be determined by the meet manager.

STATE MEET POLICIES AND PROCEDURES

The following items were agreed upon as policies for both state meets:

- A. **No** radios, recorders, iPods, cell phones or video cameras will be allowed on the field. Please advise your athletes!
- B. **Coaches** will be required to clear the track and field areas at 10:00 am on both days. Exception for pole vault coaches: A coaches' box for pole vault coaches only will be designated near the pole vault event. Passes for admission to that area will be issued to participating schools at the Coaches' Meeting at the state meet.
- C. **Jewelry:**
 - 1. The wearing of jewelry is prohibited. The first jewelry violation shall only apply to the competitor. Without holding up competition, the competitor shall be required to remove the jewelry before any further competition and be issued a warning that another jewelry violation shall result in a disqualification from the event. The event judge or the observing meet official should give written notice of the violation to the meet referee, including the athlete's name, the event, time and date of the jewelry violation. The meet referee shall notify the coach of the offending school of the competitor's violation and the warning. The protocol for communication of a violation will be that the event judge will notify the referee, and the referee will notify the coach.
 - 2. **To request a waiver for a Daith Piercing the following criteria must be met:**
 - a) **The piercing must be medically indicated. A note from a neurologist or primary care provider is required.**
 - b) **Executive Director will consult with Chief Medical Advisor**
 - c) **ED and CMA will take the individual's sport(s) under consideration in regard to risk of injury to self and to others.**
 - d) **One of the following recommendations will be made:**
 - 1) **Piercing will be allowed**
 - 2) **Piercing allowed with a "soft" material in place of a metal device (if individual states he/she cannot replace the metal with a soft material, ED and CMA will re-evaluate as in # 3 and issue a decision.**
 - 3) **No piercing allowed.**
 - 3. Watches are allowed, but participants may wear only one watch during competition. The watch must be unadorned and may be worn only on the wrist.
- D. **Uniforms:**
 - 1. The uniform must be worn as intended by the manufacturer. If applicable, the jersey must be tucked into the shorts for all competition.
 - 2. The first illegal uniform violation shall only apply to the competitor. Without holding up competition, the competitor shall be required to correct the violation before any further competition and be issued a warning that another uniform violation shall result in a

disqualification from the event. The event judge or the observing meet official should give written notice of the violation to the meet referee, including the athlete's name, the event, time and date of the uniform violation. The meet referee shall notify the coach of the offending school of the competitor's violation and the warning. The protocol for communication of a violation will be that the event judge will notify the referee, and the referee will notify the coach.

3. **No** portion of the team uniform, except shoes, may be removed in the finish area of track events or in the immediate area of competition for field events.

E. Headwear:

No headwear, except headbands, will be allowed unless inclement weather is encountered or in special circumstances, such as health conditions or religious considerations. A headband is any item that goes around the head (including elastic strips/bands, pre-wrap, moisture-absorbing terry cloth etc.) If worn, only one headband is permitted. Headbands may be a maximum of 5 inches wide and must be a single, solid color and be non-abrasive and unadorned except for a manufacturer's logo and/or a school logo. The headbands shall have no jewelry attached.

F. Spikes:

At both meet sites, the following restrictions will apply to spikes:

1/8" spikes are the maximum lengths in track and field events (no needles). Pyramid or hex is recommended. Exception: javelin boots - football/soccer or baseball/softball shoes may be used in the javelin. Javelin runways are grass.

G. Running Events:

1. **No** holding of starting blocks unless block malfunctions, then only the starter can designate someone to hold blocks. Meet management will furnish all starting blocks. No personal blocks are allowed.
2. **The 1600 Meter Relay** will start on a three-curve stagger.
3. **The 800, 1600 and 3200 Meter Races** will be started with a double waterfall start. These races will be seeded inside out with preferred positions in the inside lanes. Refer to chart on page 6.
4. **Relay batons** will be furnished. No personal batons allowed.
5. Only tape will be allowed for the **relay exchange zones**. No chalk will be allowed.
6. For the **4x100 meter relay**, participants will proceed to the corners from the marshalling area as directed by the clerk of the course.
7. **Warm-ups** for running events will be conducted on the backstretch or on another suitable area as determined by the meet manager.
8. **Procedure for Timed Finals:**

For all classes, if the FAT system fails during one section of a timed final, then place winners will be determined by using hand times for both (all) sections of the event. Hand times will be rounded to the slower one-tenth. In the event of a tie, points for all tied places will be added together and divided among the number of tied competitors/relay teams.

H. Field Events:

Athletes will use their own implements. ***Inspection of implements will be Friday and Saturday from 7:30 a.m. to 9:30 a.m. (Implements for events on Saturday's schedule must be inspected on Saturday, not the day before.) Only approved implements are allowed for event warm-ups.***

1. Throwing and horizontal jumps:

- a. Trials - competitors will be placed into flights.
- b. A general warm-up period before the start of the event will be allowed for all competitors. During any general warm-up period on Thursday or immediately preceding the throwing event(s), each athlete will be allowed only one implement/attempt at a time.

Then, a period of time where only the flight's competitors are allowed two (2) warm-ups before their flight begins competition will be conducted. The Games Committee will have the option of modifying this procedure for inclement weather or other extreme circumstances.

- c. Competitors in each flight shall be allowed three trials. All three trials shall be taken before the next flight begins.
- d. In both preliminaries and finals, the head event judge may allow trials to be taken in succession to accommodate those who may be excused to participate in other events. Changes may also be made in the order of competition, provided that athletes compete within their original flights and the changes are made only in order to accommodate an event conflict. If weather or other conditions might result in unfairness to any competitor, the referee shall alter the plan and prescribe single trials in the preliminaries and in the finals.
- e. Finals - the top ten will throw or jump in reverse order (10th, 9th, 8th, 7th, 6th, 5th, 4th, 3rd, 2nd, 1st) taking one attempt at a time or more than one trial in succession.

2. Pole vault and high jump:

The continuous flight method will be used with five competitors active at a time - e.g. five competitors are designated to start competition. Each of the first group will be called in order. When one passes a turn, clears the bar or is eliminated, the next competitor in order shall move up so the number of contestants in the active flight remains constant.

- a. Starting heights will be as follows:

Class	Gender	Pole Vault Height:	High Jump Height:
AA	Boys	12' 0"	5' 11"
	Girls	8' 6"	4' 9"
A	Boys	11' 0"	5' 10"
	Girls	7' 6"	4' 8"
B	Boys	11' 0"	5' 10"
	Girls	7' 6"	4' 8"
C	Boys	10' 6"	5' 8"
	Girls	7' 0"	4' 6"

- b. Successive heights in the pole vault will be 6" raises until three or fewer competitors remain, then 3" raises will be used. High jump successive heights will be 2" raises until three or fewer competitors remain, then 1" raises will be used. When only one competitor remains and he/she is determined to be the winner of the event, he/she can determine the increments.
- c. Prior to the start of the meet, the Games Committee can alter starting heights and successive heights. Adjustments to starting heights will be made no later than the Coaches' Meeting on Thursday night, unless extreme weather conditions necessitate otherwise.

M. Buses

When dropping off or picking up athletes, busses are not allowed inside either school complex. Please do not pull in behind any school building. Busses will not be allowed to idle in the vicinity of the schools.

N. MHSA Track and Field Rule (14), page 91 of the current MHSA Handbook:

All participants are prohibited from wearing any garments with alcohol or tobacco advertisements, with profanity or with other inappropriate messages at track meets. It is the responsibility of coaches and meet directors to ensure that inappropriate apparel is removed.

O. NFHS Track and Field Rules – Items of Note

NFHS Track and Field Rules, Rule 4, Section 6 includes this note: *“The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician’s statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.”*

SCHEDULE OF STARTING TIMES
CLASSES AA AND C
MISSOULA

FRIDAY - MAY 28, 2021

<u>Time</u>	<u>Running Events</u>	<u>Time</u>	<u>Field Events</u>
10:30	Trials - 400 M Relay - "C" (B) - 3 heats Finals - 400 M Relay - "AA" (B) - 2 sections Trials - 400 M Relay - "C" (G) - 3 heats Finals - 400 M Relay - "AA" (G) - 2 sections	9:00	Javelin - "C" (B) Shot Put - "AA" (B)
11:20	Trials - 110 M Hurdles - "C" (B) - 2 heats Trials - 110 M Hurdles - "AA" (B) - 2 heats Trials - 100 M Hurdles - "C" (G) - 2 heats Trials - 100 M Hurdles - "AA" (G) - 2 heats	10:30	Javelin - "AA" (G)
12:10	<i>PRESENTATION OF COLORS</i>	11:00	Long Jump - "AA" (B) Long Jump - "C" (G) High Jump - "AA" (G)
12:30	Finals - 800 M Run - "AA" (B) Finals - 800 M Run - "AA" (G)	12:10	<i>PRESENTATION OF COLORS</i>
12:55	Trials - 100 M Dash - "C" (B) - 2 heats Trials - 100 M Dash - "AA" (B) - 2 heats Trials - 100 M Dash - "C" (G) - 2 heats Trials - 100 M Dash - "AA" (G) - 2 heats	12:15	Discus - "C" (G)
1:40	Finals - 1600 M Run - "C" (B) Finals - 1600 M Run - "C" (G)	1:30	Long Jump - "AA" (G) Long Jump - "C" (B) High Jump - "AA" (B) Shot Put - "AA" (G)
2:10	Trials - 200 M Dash - "C" (B) - 2 heats Trials - 200 M Dash - "AA" (B) - 2 heats Trials - 200 M Dash - "C" (G) - 2 heats Trials - 200 M Dash - "AA" (G) - 2 heats	1:45	Discus - "C" (B)
2:50	Finals - 3200 M Run - "AA" (B) Finals - 3200 M Run - "AA" (G)		
3:30	Finals - 400 M Dash - "C" (B) - 3 sections Finals - 400 M Dash - "AA" (B) - 2 sections Finals - 400 M Dash - "C" (G) - 3 sections Finals - 400 M Dash - "AA" (G) - 2 sections		

<u>TENTATIVE POLE VAULT SCHEDULE</u>		<u>For Pole Vault Events:</u>
Thursday – “AA” Boys	4:00 pm Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	This is an approximate schedule, which is <i>subject to change</i> . Weather permitting the first event will begin Thursday. Meet management, in conjunction with MHSA, may make adjustments.
Friday – “AA” Girls	8:30 am Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
“C” Boys athletes	12:00 pm (approx.) Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
“C” Girls athletes	3:00 pm (approx.) Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
Note for finals: 300m hurdles, 400m dash, 4 x 400m relay are timed finals. 4 x 100m relay is a timed final for AA but has preliminaries/finals for other classes. 100m dash, 200m dash, 110m hurdles, and 100m hurdles are scheduled for preliminaries and finals for all classes. All field events are finals.		

SCHEDULE OF STARTING TIMES
CLASSES AA AND C
MISSOULA

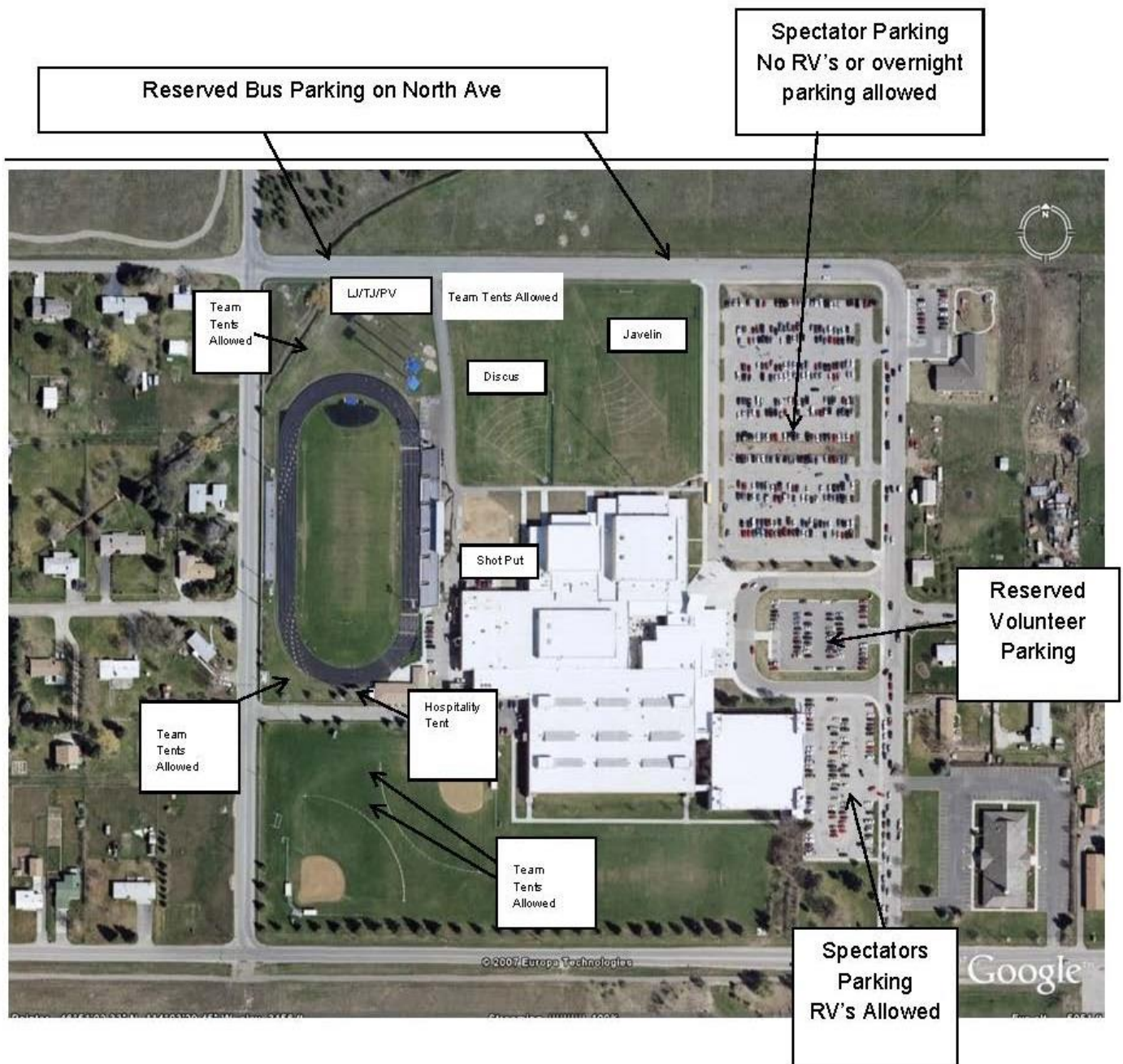
SATURDAY - MAY 29, 2021

<u>Time</u>	<u>Running Events</u>	<u>Time</u>	<u>Field Events</u>
10:30	Finals - 400 M Relay - "C" (B) Finals - 400 M Relay - "C" (G)	9:00	Javelin - "AA" (B) Shot Put - "C" (B)
10:55	Finals - 110 M Hurdles - "C" (B) Finals - 110 M Hurdles - "AA" (B) Finals - 100 M Hurdles - "C" (G) Finals - 100 M Hurdles - "AA" (G)	10:30	Triple Jump - "C" (B) Triple Jump - "AA" (G) High Jump - "C" (G) Javelin - "C" (G)
11:35	<i>PRESENTATION OF COLORS</i>	11:35	<i>PRESENTATION OF COLORS</i>
11:55	Finals - 800 M Run - "C" (B) Finals - 800 M Run - "C" (G)	12:15	Discus - "AA" (G)
12:25	Finals - 300 M Int Hurdles-"C" (B)-3 sections Finals - 300 M Int Hurdles-"AA" (B)-2 sections Finals - 300 M Low Hurdles-"C" (G)-3 sections Finals - 300 M Low Hurdles-"AA" (G)-2 sections	1:30	Triple Jump - "C" (G) Triple Jump - "AA" (B) High Jump - "C" (B) Shot Put - "C" (G)
1:15	Finals - 100 M Dash - "C" (B) Finals - 100 M Dash - "AA" (B) Finals - 100 M Dash - "C" (G) Finals - 100 M Dash - "AA" (G)	1:45	Discus - "AA" (B)
1:40	Finals - 1600 M Run - "AA" (B) Finals - 1600 M Run - "AA" (G)		
2:10	Finals - 200 M Dash - "C" (B) Finals - 200 M Dash - "AA" (B) Finals - 200 M Dash - "C" (G) Finals - 200 M Dash - "AA" (G)		
2:35	Finals - 3200 M Run - "C" (B) Finals - 3200 M Run - "C" (G)		
3:25	Finals - 1600 M Relay - "AA" (B)-2 sections Finals - 1600 M Relay - "AA" (G)-2 sections Finals - 1600 M Relay - "C" (B)-3 sections Finals - 1600 M Relay - "C" (G)-3 sections		

Note for finals:

300m hurdles, 400m dash, 4 x 400m relay are timed finals. 4 x 100m relay is a timed final for AA but has preliminaries/finals for other classes. 100m dash, 200m dash, 110m hurdles, and 100m hurdles are scheduled for preliminaries and finals for all classes. All field events are finals.

MCPS Stadium located at Big Sky High School 3100 South Avenue West, Missoula, MT



SCHEDULE OF STARTING TIMES
CLASSES A AND B
LAUREL

FRIDAY - MAY 28, 2021

Time	Running Events	Time	Field Events
10:30	Trials - 400 M Relay - "B" (B) - 3 heats Trials - 400 M Relay - "A" (B) - 2 heats Trials - 400 M Relay - "B" (G) - 3 heats Trials - 400 M Relay - "A" (G) - 2 heats	9:00	Javelin - "B" (B) Shot Put - "A" (B)
11:20	Trials - 110 M Hurdles - "B" (B) - 2 heats Trials - 110 M Hurdles - "A" (B) - 2 heats Trials - 100 M Hurdles - "B" (G) - 2 heats Trials - 100 M Hurdles - "A" (G) - 2 heats	10:30	Javelin - "A" (G)
12:10	<i>PRESENTATION OF COLORS</i>	11:00	Long Jump - "A" (B) Long Jump - "B" (G) High Jump - "A" (G)
12:30	Finals - 800 M Run - "A" (B) Finals - 800 M Run - "A" (G)	12:10	<i>PRESENTATION OF COLORS</i>
12:55	Trials - 100 M Dash - "B" (B) - 2 heats Trials - 100 M Dash - "A" (B) - 2 heats Trials - 100 M Dash - "B" (G) - 2 heats Trials - 100 M Dash - "A" (G) - 2 heats	12:15	Discus - "B" (G)
1:40	Finals - 1600 M Run - "B" (B) Finals - 1600 M Run - "B" (G)	1:30	Long Jump - "A" (G) Long Jump - "B" (B) High Jump - "A" (B) Shot Put - "A" (G)
2:10	Trials - 200 M Dash - "B" (B) - 2 heats Trials - 200 M Dash - "A" (B) - 2 heats Trials - 200 M Dash - "B" (G) - 2 heats Trials - 200 M Dash - "A" (G) - 2 heats	1:45	Discus - "B" (B)
2:50	Finals - 3200 M Run - "A" (B) Finals - 3200 M Run - "A" (G)		
3:30	Finals - 400 M Dash - "B" (B) - 3 sections Finals - 400 M Dash - "A" (B) - 2 sections Finals - 400 M Dash - "B" (G) - 3 sections Finals - 400 M Dash - "A" (G) - 2 sections		

<u>TENTATIVE POLE VAULT SCHEDULE</u>			<u>For Pole Vault Events:</u>
Thursday – "A" Boys	4:00 pm	Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	This is an approximate schedule, which is <i>subject to change</i> . Weather permitting the first event will begin Thursday. Meet management, in conjunction with MHSA, may make adjustments.
Friday – "A" Girls	8:30 am	Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
"B" Boys	12:00 pm (approx.)	Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
"B" Girls	3:00 pm (approx.)	Warm-up for 45-60 minutes, depending on athletes Competition to begin at the end of warm-up	
Note for finals: 300m hurdles, 400m dash, 4 x 400m relay are timed finals. 4 x 100m relay is a timed final for AA but has preliminaries/finals for other classes. 100m dash, 200m dash, 110m hurdles, and 100m hurdles are scheduled for preliminaries and finals for all classes. All field events are finals.			

SCHEDULE OF STARTING TIMES
CLASSES A AND B
LAUREL

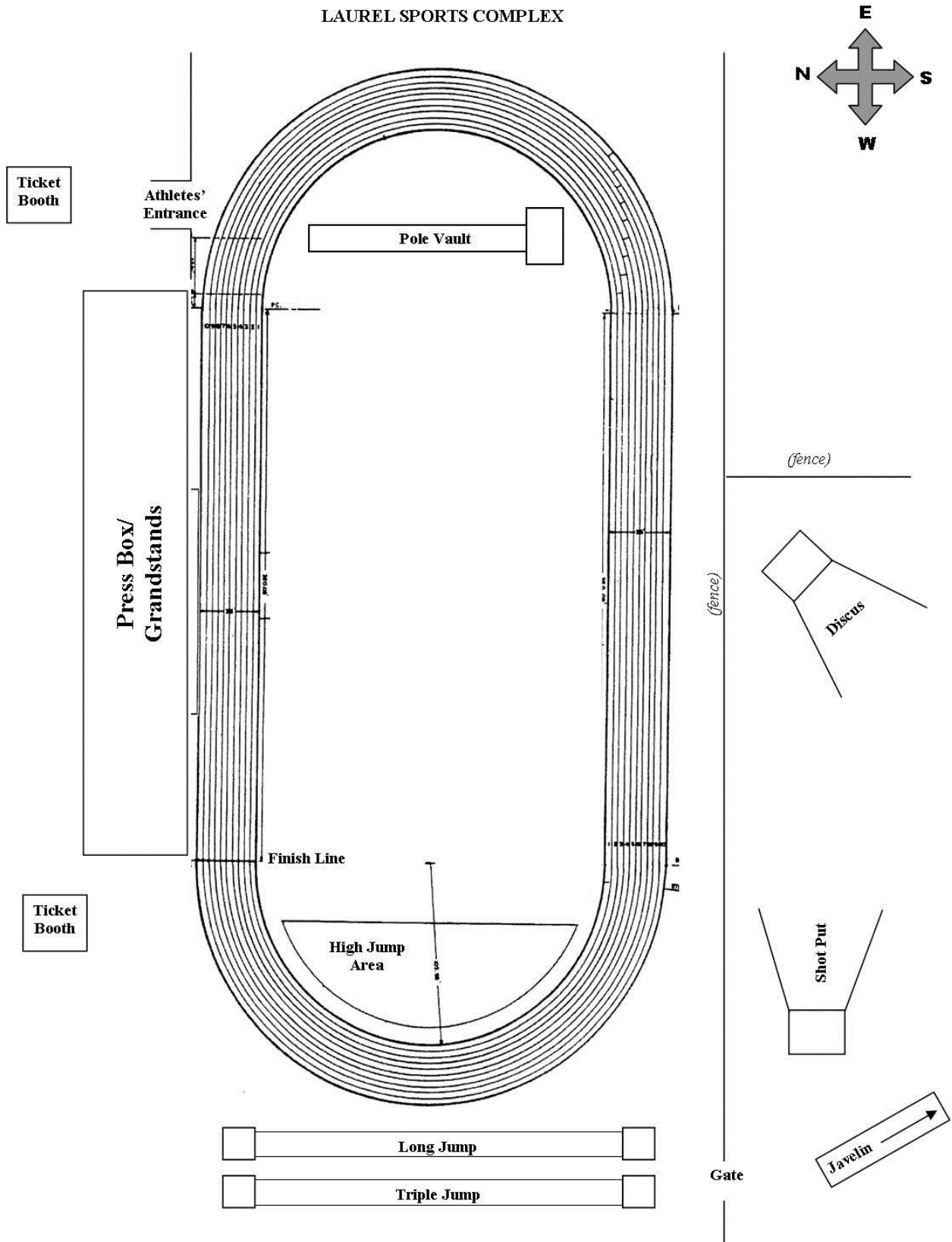
SATURDAY - MAY 29, 2021

<u>Time</u>	<u>Running Events</u>	<u>Time</u>	<u>Field Events</u>
10:30	Finals - 400 M Relay - "B" (B) Finals - 400 M Relay - "A" (B) Finals - 400 M Relay - "B" (G) Finals - 400 M Relay - "A" (G)	9:00	Javelin - "A" (B) Shot Put - "B" (B)
11:05	Finals - 110 M Hurdles - "B" (B) Finals - 110 M Hurdles - "A" (B) Finals - 100 M Hurdles - "B" (G) Finals - 100 M Hurdles - "A" (G)	10:30	Triple Jump - "B" (B) Triple Jump - "A" (G) High Jump - "B" (G) Javelin - "B" (G)
11:45	<i>PRESENTATION OF COLORS</i>	11:45	<i>PRESENTATION OF COLORS</i>
12:05	Finals - 800 M Run - "B" (B) Finals - 800 M Run - "B" (G)	12:15	Discus - "A" (G)
12:35	Finals - 300 M Int Hurdles-"B" (B)-3 sections Finals - 300 M Int Hurdles-"A" (B)-2 sections Finals - 300 M Low Hurdles-"B" (G)-3 sections Finals - 300 M Low Hurdles-"A" (G)-2 sections	1:30	Triple Jump - "B" (G) Triple Jump - "A" (B) High Jump - "B" (B) Shot Put - "B" (G)
1:25	Finals - 100 M Dash - "B" (B) Finals - 100 M Dash - "A" (B) Finals - 100 M Dash - "B" (G) Finals - 100 M Dash - "A" (G)	1:45	Discus - "A" (B)
1:50	Finals - 1600 M Run - "A" (B) Finals - 1600 M Run - "A" (G)		
2:20	Finals - 200 M Dash - "B" (B) Finals - 200 M Dash - "A" (B) Finals - 200 M Dash - "B" (G) Finals - 200 M Dash - "A" (G)		
2:45	Finals - 3200 M Run - "B" (B) Finals - 3200 M Run - "B" (G)		
3:35	Finals - 1600 M Relay - "A" (B)-2 sections Finals - 1600 M Relay - "A" (G)-2 sections Finals - 1600 M Relay - "B" (B)-3 sections Finals - 1600 M Relay - "B" (G)-3 sections		

Note for finals:

300m hurdles, 400m dash, 4 x 400m relay are timed finals. 4 x 100m relay is a timed final for AA but has preliminaries/finals for other classes.
100m dash, 200m dash, 110m hurdles, and 100m hurdles are scheduled for preliminaries and finals for all classes. All field events are finals.

LAUREL SPORTS COMPLEX

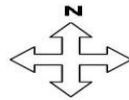


Area Map for Laurel Sports Complex

Please be advised that school will be in session at the meet location on Thursday. Parking will be limited when arriving for practice on Thursday.

Spectator parking will be limited, and existing daily school bus zones will be closely monitored.

Team Bus parking will be available between East 6th and East 8th Streets.



State Track Bus Parking Laurel, Montana



SEEDING PROCEDURES

FOR

CLASS “AA”

Boys and Girls

Class AA QUALIFYING STANDARDS

Revised 2018

(Next review of standards after 2020 state meet)

Girls

Boys

EVENTS

13.00	100 METERS	11.30
26.70	200 METERS	22.80
1:01.00	400 METERS	51.20
2:24.00	800 METERS	2:01.00
5:23.00	1600 METERS	4:34.00
11:50.00	3200 METERS	10:00.00
16.30	100/110 M HURDLES	15.70
48.00	300 M HURDLES	41.50
35'3"	SHOT PUT	48'
113'	DISCUS	148'
115'	JAVELIN	170'
5'1"	HIGH JUMP	6'2"
16'6"	LONG JUMP	21'
34'	TRIPLE JUMP	42'
10'	POLE VAULT	13'6"
50.60	400 METER RELAY	43.80
4:12.00	1600 METER RELAY	3:30.00

For Class AA, all relay teams will advance to the state meet provided they meet the following provisional times at divisional:

52.80	400 METER RELAY	45.80
4:25	1600 METER RELAY	3:42

CLASS AA QUALIFYING STANDARDS

PROCEDURES as outlined by the Class AA Activities Directors.

Qualifying Standards / Qualifying Meets

1. The qualifying standards will be reviewed via the AA Activities Directors every two years.
2. All varsity meets in which teams compete against another school will be used as a qualifying meet when FAT is used. These qualifying marks will be accepted for the state meet. This is to include divisionals.
3. Wind gauges will not be required at qualifying meets.
4. Implements that will be used for competition are required to be weighed and certified by both the coach and activities director at the beginning of the season. Implements will be marked with the two school colors.
5. A qualifying meet must have all seventeen events unless it is shortened because of weather.
6. Qualifying marks are to be reported to hundredths. No rounding will be accepted. All qualifying standard times must be electronic times. No conversion from hand times to FAT or vice/versa will be allowed.
7. If FAT fails in the middle of the meet all times that are certifiable with FAT can be used to determine if a qualifying standard is met. All field events will be considered certifiable.
8. In order for a qualifying time/mark to be recognized, the data from the qualifying meet must be posted on Athletic.net. Results must be uploaded to Athletic.net within two (2) full business days of the meet of the meet. Late submissions are not allowed. Meet data will be sorted into a leader board on which the qualifying marks will be listed.
9. At the conclusion of each qualifying meet, the meet manager or his/her designee will post the event results from Hy-Tek to Athletic.net. In the event that Hy-Tek is not used for a particular meet, the meet manager or his/her designee will create a meet within Hy-Tek and enter only the qualifying marks, which will then be posted on Athletic.net. This will allow all qualifying times/marks to be added to the website without mandating the use of Hy-Tek for the entire meet.
10. Out-of-state meets that meet the criteria for a qualifying meet will be considered qualifying meets, provided the information is posted on Athletic.net. If there are fewer than seventeen events because the specific state does not sanction the same number and/or types of events, it will still be considered a qualifying meet if FAT is used.

Divisional Details

11. An athlete who meets or exceeds the qualifying standard in a particular individual event at a regular season qualifying meet or at a divisional meet may enter that event at state. An athlete using a qualifying standard to advance to state in a particular event must be entered in the divisional meet for that event, but is not required to participate. The entry counts toward the event limitation of five per athlete as well as toward the school's limitation of five contestants per event.
12. Relay teams must participate at divisionals. Schools that do not place in the top six may use a qualifying time to advance to state if they have met the standard. Relay teams will be allowed an entry if they have either placed in the top six at divisionals or have met a qualifying standard earlier in the year.
13. All divisional entries for running races must be FAT times. No conversions up or down will be accepted.
14. The top six placers in field events and running events at divisionals advance to state.

15. For divisional meets, coaches are responsible and will be required to enter athletes via an online service for all of their athletes' events by Tuesday of divisional week. Divisional meet managers will provide instructions for entering athletes online. Coaches are required to provide the athlete's best marks. It is imperative that coaches double-check their entries.
16. The divisional meet manager will provide results to the state meet manager immediately following the meet.

Seeding and Event Details for Divisionals and/or State Meets

17. At state, athletes are limited to five events plus two relays.
18. Coaches will enter athletes for state via Athletic.net immediately following divisionals. Entries will close at **3:00 pm** on Sunday following divisionals. Coaches will review data on Monday morning and have until **3:00 pm** on Monday to correct any errors. **NOTE FOR ENTRIES: Entries for state must be either a final time/mark from a divisional meet from which the athlete is advancing OR a time/mark set at a previous competition which meets or exceeds the qualifying standard. If an athlete's personal best from the regular season does not meet or exceed the qualifying standard, it cannot be used for seeding at the state meet.**
19. Seeding for state will be determined by time/distance/height from the divisional meets and other meets in which a qualifying standard is met. The coach must submit the best time or distance that a competitor has met in a qualifying meet or divisionals via Athletic.net by **3:00 pm** on the Sunday following the divisional meet.
20. If an athlete and/or relay team is disqualified for unsportsmanlike conduct at divisionals, the athlete and/or relay team cannot use a qualifying mark in the specific event to compete at state.
21. In an event where there are timed finals, if the number of athletes is greater than the number of lanes, the last heat will be filled if we have at least 4 runners in the heat preceding. Lane guidelines are as follows:

10-Lane Track

14 athletes on a 10-lane track will have 4 in one heat and 10 in the last heat.
 13 athletes on a 10-lane track will have 4 in the first heat and 9 in the last heat.
 11 athletes on a 10-lane track will have 4 in the first heat and 7 in the final heat.
 This is for timed finals and preliminaries.

8 Lane Track

14 athletes on an 8-lane track will have 6 in one heat and 8 in the last heat.
 13 athletes on an 8-lane track will have 5 in the first heat and 8 in the last heat.
 10 athletes on an 8-lane track will have 4 in the first heat and 6 in the final heat.
 This is for timed finals and preliminaries.

22. During preliminary races, athletes from the same team will be separated when there are more than two athletes from the same school in a race. This may not occur if there are only two heats and five athletes from the same school; there will obviously be three athletes in one heat.

23. Seeding of preliminary and final races will be as follows:

10 Lane Track

1st Best Time-Lane 5
 2nd Best Time- Lane 6
 3rd Best Time-Lane 4
 4th Best Time-Lane 7
 5th Best Time-Lane 3
 6th Best Time-Lane 8
 7th Best Time-Lane 2
 8th Best Time-Lane 9
 9th Best Time-Lane 1
 10th Best Time-Lane 10

8 Lane Track

1st Best Time-Lane 4
 2nd Best Time-Lane 5
 3rd Best Time-Lane 3
 4th Best Time-Lane 6
 5th Best Time-Lane 2
 6th Best Time Lane 7
 7th Best Time-Lane 1
 8th Best Time-Lane 8

24. At divisionals and state, entries and seeding for running event finals will be determined by times from preliminary races.
25. For races with preliminaries, the heats will be seeded by time, will be divided evenly with competitors and will use the following advancement formula. The number taken with preliminary races to finals at divisionals and state are as follows and **finals will be seeded by time.**
- 10-lane track**
- a. 2 heats=top four places in each heat and next best 2 times
 - b. 3 heats= top two places in each heat and next best 4 times
 - c. 4 heats=top two places in each heat and next best 2 times
 - d. 5 heats=first place and next best 5 times
- 8-lane track**
- e. 2 heats=top three places in each heat and next best 2 times
 - f. 3 heats= top two places in each heat and next best 2 times
 - g. 4 heats=first place in each heat and next best 4 times
 - h. 5 heats=first place and next best 3 times
26. Preliminaries will only be run for the 100-meter dash, 200-meter dash, 100-meter hurdles and 110-meter hurdles. The preliminary will only be run if the total number of qualifiers exceeds ten runners in an event for a ten-lane track or eight for an eight-lane track. Although unlikely, if there is no need for multiple preliminary races, the first scheduled preliminary race is the final.
27. ***The 800 and 1600 meter races will have a maximum of thirty (30) per section. If more than one section is needed, a maximum of fifteen (15) racers will run in the last section, and all other runners (up to 30) will run in the first section.*** The 3200-meter will have one race at divisionals and state.
28. ***All distance races will be run using a double waterfall start and will be seeded from the inside out. The fastest 1/3 of the athletes will be seeded in alley 2 (lanes 6-10) and the other 2/3 of the athletes will be seeded into alley 1 (lanes 1-10). Position assignments will be determined by the competitor's time in his/her division or by his/her qualifying time.***
29. Distances in field events from longest/highest to shortest/lowest will be seeded from an athlete's best marks. This is to include a divisional mark or qualifying mark.
30. At divisionals and state, field events finals will be reseeded for flights following preliminaries.
31. Preliminary flights in field events for the shot put, discus, long jump, triple jump, and javelin will range from 6-9 athletes per flight depending on the number of entries. The top 10 preliminary finishers will advance to finals and will participate in the reverse order of their finish. The 10th best preliminary competitor competes first in the finals.

SEEDING PROCEDURES

FOR

CLASS "A"

Boys and Girls

Class A QUALIFYING STANDARDS

Reviewed 2018

(Next review of standards after 2020 state meet)

Girls

Boys

EVENTS

13.20	100 METERS	11.40
26.90	200 METERS	23.30
1:01.50	400 METERS	51.70
2:26.00	800 METERS	2:02.00
5:28.00	1600 METERS	4:38.00
12:13.00	3200 METERS	10:12.00
16.40	100/110 M HURDLES	16.10
48.50	300 M HURDLES	41.80
35'2"	SHOT PUT	46'8"
110'	DISCUS	142'
115'	JAVELIN	167'
5'	HIGH JUMP	6'
16'	LONG JUMP	20'5"
33'7"	TRIPLE JUMP	41'8"
9'6"	POLE VAULT	13'
51.80	400 METER RELAY	44.80
4:14.00	1600 METER RELAY	3:34.00

CLASS A QUALIFYING STANDARDS

PROCEDURES as outlined by Class A. Class A activities directors implemented the seeding procedures at their June 2015 meeting.

Qualifying Standards / Qualifying Meets

1. The qualifying standards will be reviewed every two years via a panel of Class A coaches and activities directors from each division.
2. For running events, all varsity meets in which teams compete against another school will be used as a qualifying meet when FAT is used. These qualifying marks will be accepted for the state meet. This is to include divisional. For field events, all varsity meets will be used regardless of the use of FAT.
3. Wind gauges will not be required at qualifying meets.
4. All field events will be considered certifiable.
5. Implements that will be used for competition are required to be weighed and certified by both the coach and activities director at the beginning of the season. Implements will be marked with the two school colors.
6. A qualifying meet must have all seventeen events unless it is shortened because of weather.
7. If FAT fails in the middle of the meet all times that are certifiable with FAT can be used to determine if a qualifying standard is met. All field events will be considered certifiable at any varsity meet.
8. In order for a qualifying time/mark to be recognized, the data from the qualifying meet must be posted on Athletic.net. Results must be uploaded to Athletic.net within two (2) full business days of the meet. Late submissions are not allowed. Meet data will be sorted into a leader board on which the qualifying marks will be listed. If a school competes at a meet where the results are not required to be posted on athletic.net (eg, Class B or Class C), it is the school's responsibility to get any qualifying marks uploaded to athletic.net from that meet.
9. At the conclusion of each qualifying meet, the meet manager or his/her designee will post the event results from Hy-Tek to Athletic.net. In the event that Hy-Tek is not used for a particular meet, the meet manager or his/her designee will create a meet within Hy-Tek and enter only the qualifying marks, which will then be posted on Athletic.net. This will allow all qualifying times/marks to be added to the website without mandating the use of Hy-Tek for the entire meet.
10. Out-of-state meets that meet the criteria for a qualifying meet will be considered qualifying meets, provided the information is posted on Athletic.net. If there are fewer than seventeen events because the specific state does not sanction the same number and/or types of events, it will still be considered a qualifying meet if FAT is used.

Divisional Details

11. An athlete who meets or exceeds the qualifying standard in a particular individual event at a regular season qualifying meet or at a divisional meet may enter that event at state. An athlete using a qualifying standard to advance to state in a particular event must be entered in the divisional meet for that event, but is not required to participate. The entry counts toward the event limitation of five per athlete as well as toward the school's limitation of five contestants per event.
12. Relay teams must participate at divisionals. Schools that do not place in the top **Ten** may use a qualifying time to advance to state if they have met the standard. Relay teams will be allowed an entry if they have either placed in the top **Ten** at divisionals or have met a qualifying standard earlier in the year.
13. The top ten placers in field events and running events at divisionals advance to state. Top **Ten** relays at divisionals advance to state.

14. For divisional meets, coaches are responsible and will be required to enter athletes via an online service for all of their athletes' events by Tuesday of divisional week. Divisional meet managers will provide instructions for entering athletes online. Coaches are required to provide the athlete's best marks. It is imperative that coaches double-check their entries.
15. The divisional meet manager will provide results to the state meet manager immediately following the meet.

Seeding and Event Details for Divisionals and/or State Meets

16. At state, athletes are limited to five events plus two relays.
17. Divisional meet managers will provide a file containing the divisional advancers to the meet manager in charge of seeding the state meet immediately following the meet. Coaches will submit their athletes for state that have automatically qualified during the season but did not compete in that event at divisionals. Coaches will submit these athletes to the meet manager in charge of seeding the state meet via email by 3:00 pm on Sunday following the divisionals.
18. Coaches will enter athletes for the state meet via Athletic.net immediately following the divisional meet. Entries will close at 3:00pm on Sunday following divisionals. Coaches will review data on Monday morning and have until 3:00pm on Monday to correct any errors. **NOTE FOR ENTRIES: Entries for state must be either a time/mark from a divisional meet from which the athlete is advancing OR a time/mark set at a previous competition which meets or exceeds the qualifying standard. If an athlete's personal best from the regular season does not meet or exceed the qualifying standard, it cannot be used for the seeding at the state meet.**
19. If an athlete and/or relay team is disqualified for unsportsmanlike conduct at divisionals, the athlete and/or relay team cannot use a qualifying mark in the specific event to compete at state.
20. For preliminaries at divisional and state meets, if the number of participants is greater than the number of available lanes (eight or ten), the heats will be equally divided. If there is an odd number, the largest heat will be last.

For timed finals at state meets, the last section will contain the maximum number of competitors based on available lanes (eight or ten), provided that at least four competitors are seeded in the first section. In the event that three or more sections are needed, all available lanes will be used in the last section, at least four lanes will be used in the first section, and all other sections will vary accordingly.

21. Seeding of preliminary and final races will be as follows:

10 Lane Track

- 1st Best Time-Lane 5
- 2nd Best Time- Lane 6
- 3rd Best Time-Lane 4
- 4th Best Time-Lane 7
- 5th Best Time-Lane 3
- 6th Best Time-Lane 8
- 7th Best Time-Lane 2
- 8th Best Time-Lane 9
- 9th Best Time-Lane 1
- 10th Best Time-Lane 10

8 Lane Track

- 1st Best Time-Lane 4
- 2nd Best Time-Lane 5
- 3rd Best Time-Lane 3
- 4th Best Time-Lane 6
- 5th Best Time-Lane 2
- 6th Best Time Lane 7
- 7th Best Time-Lane 1
- 8th Best Time-Lane 8

22. At divisional and state, entries and seeding for running event finals will be determined by times from preliminary races.
23. For races with preliminaries, the heats will be seeded by time, will be divided evenly with competitors and will use the following advancement formula. The number taken with preliminary races to finals at divisional and state are as follows and **finals will be seeded by time**.

10-lane track

- a. 2 heats=top four places in each heat and next best 2 times
- b. 3 heats= top three places in each heat and next best 4th place time

8-lane track

- c. 3 heats= top two places in each heat and next best 2 times
- d. 4 heats= top two places in each heat
- e. 5 heats=first place and next best 3 times

Preliminaries will only be run for the 100-meter dash, 200-meter dash, 100-meter hurdles, 110-meter hurdles and the 400-meter relay.

24. ***The 800 and 1600 meter races will have a maximum of thirty (30) per section. If more than one section is needed, a maximum of fifteen (15) racers will run in the last section, and all other runners (up to 30) will run in the first section.*** The 3200-meter will have one race at divisionals and state.
25. ***All distance races will be run using a double waterfall start and will be seeded from the inside out. The fastest 1/3 of the athletes will be seeded in alley 2 (lanes 6-10) and the other 2/3 of the athletes will be seeded into alley 1 (lanes 1-10). Position assignments will be determined by the competitor's time in his/her division or by his/her qualifying time.***
26. Distances in field events from longest/highest to shortest/lowest will be seeded from an athlete's best mark or divisional place. This is to include a divisional mark or qualifying mark. The top ten places at divisional will advance to state.
27. At divisional and state, field events finals will be reseeded for flights following preliminaries.
28. Preliminary flights in field events for the shot put, discus, long jump, triple jump, and javelin will range from 7-11 athletes per flight depending on the number of entries. The top 10 preliminary finishers will advance to finals and will participate in the reverse order of their finish. The 10th best preliminary competitor competes first in the finals.

Size and number of flights will depend on the total number of qualifiers per event.

SEEDING PROCEDURES

FOR

CLASS "B"

Boys and Girls

Class B QUALIFYING STANDARDS

Established 2018

(Next review of standards after 2020 state meet)

Girls

Boys

EVENTS

13.20	100 METERS	11.50
27.10	200 METERS	23.20
1:01.90	400 METERS	51.80
2:26.00	800 METERS	2:02.80
5:34.00	1600 METERS	4:43.50
12:26.00	3200 METERS	10:32.00
16.50	100/110 M HURDLES	16.00
48.30	300 M HURDLES	41.70
34'11"	SHOT PUT	46'10"
109'	DISCUS	137'
117'6"	JAVELIN	163'
4'11"	HIGH JUMP	6'
15'9"	LONG JUMP	20'4"
33'10"	TRIPLE JUMP	41'3"
9'	POLE VAULT	12'3"
52.10	400 METER RELAY	44.65
4:20.00	1600 METER RELAY	3:34.00

CLASS B QUALIFYING STANDARDS

PROCEDURES as outlined by the Class B:

Qualifying Standards / Qualifying Meets

1. The qualifying standards will be reviewed every two years via a panel of Class B coaches and activities directors from each division.
2. For running events, all varsity meets in which teams compete against another school will be used as a qualifying meet when FAT is used. **Only** qualifying **FAT** marks will be accepted for the state meet. This is to include district and divisional if FAT is used. In field events, all varsity meets will be used regardless of the use of FAT.
3. Wind gauges will not be required at qualifying meets.
4. Only FAT race times will be used to meet qualifying standards. Class B qualifying marks will be reported in FAT time.
5. All races must be run with the infield to the left of the competitors.
6. All field events will be considered certifiable at varsity meets regardless if FAT is used.
7. Implements that will be used for competition are required to be weighed and certified by both the coach and activities director at the beginning of the season. Implements will be marked with the two school colors.
8. A qualifying meet must have all seventeen events unless it is shortened because of weather.
9. If FAT fails in the middle of the meet all times that are certifiable with FAT can be used to determine if a qualifying standard is met.
10. In order for a qualifying time/mark to be recognized, the data from the qualifying meet must be posted on Athletic.net. Results must be uploaded to Athletic.net within two (2) full business days of the meet of the meet. Late submissions are not allowed. Meet data will be sorted into a leaderboard on which the qualifying marks will be listed.
11. At the conclusion of each qualifying meet, the meet manager or his/her designee will post the event results from Hy-Tek to Athletic.net. In the event that Hy-Tek is not used for a particular meet, the meet manager or his/her designee will create a meet within Hy-Tek and enter only the qualifying marks, which will then be posted on Athletic.net. This will allow all qualifying times/marks to be added to the website without mandating the use of Hy-Tek for the entire meet. Please see attachment for Athletic.net accepted electronic results formats.
12. Out-of-state meets that meet the criteria for a qualifying meet will be considered qualifying meets, provided the information is posted on Athletic.net. If there are fewer than seventeen events because the specific state does not sanction the same number and/or types of events, it will still be considered a qualifying meet if FAT is used.

District Details

13. An athlete who meets or exceeds the qualifying standard in a particular individual event at a regular season qualifying meet or at a district or divisional meet may enter that event at state. An athlete using a qualifying standard to advance to state in a particular event must be entered in the district meet and the divisional meet for that event, but is not required to participate. The entry counts toward the event limitation of five per athlete as well as toward the school's limitation of five contestants per event. **If a coach substitutes another athlete for the state qualifying athlete, then the qualifier is no longer part of the five district individual entries for that school and no longer eligible for the state meet in that event.**

14. Relay teams must participate at districts. Schools that do not place in the top 6 (Northern, Western) or 8 (Southern) at divisional may use a qualifying FAT time to advance to state if they have met the standard. Relay teams will be allowed an entry if they have either advanced from the divisional or have met a qualifying FAT standard earlier in the year.
15. For district meets, coaches are responsible and will be required to enter athletes via an online service for all of their athletes' events by Monday of district week. District meet managers will provide instructions for entering athletes online. Coaches are required to provide the athletes' best marks. It is imperative that coaches double-check their entries.

Seeding and Event Details for Divisionals and/or State Meets

16. The top 6 places from the Northern and Western divisional and top 8 places from the Southern Divisional will advance to state. As noted in the district section above, an athlete who meets or exceeds the qualifying standard in a particular event at a regular season qualifying meet or at a district or divisional meet may enter that event at state. An athlete using a qualifying standard to advance to state in a particular event must be entered in the district meet and the divisional meet for that event, but is not required to participate.
17. At state, athletes are limited to five events plus two relays.
18. Coaches will enter athletes for state via Athletic.net immediately following divisionals. Entries will close at 3:00 pm on Sunday following divisionals. Coaches will review data on Monday morning and have until 3:00 pm on Monday to correct any errors. **NOTE FOR ENTRIES: Entries for state must be either a time/mark from a divisional meet from which the athlete is advancing OR a time/mark set at a previous competition which meets or exceeds the qualifying standard. If an athlete's personal best from the regular season does not meet or exceed the qualifying standard, it cannot be used for seeding at the state meet.**
19. Seeding for state will be determined by FAT time/distance/height from the divisional meets and other meets in which a qualifying standard is met. The coach must submit the best FAT time or distance/height that a competitor has met in a qualifying meet or divisionals via Athletic.net by 3:00 pm on the Sunday following the divisional meet.
20. If an athlete and/or relay team is disqualified for unsportsmanlike conduct at district or divisionals, the athlete and/or relay team cannot use a qualifying mark in the specific event to compete at state.
21. For preliminaries at the state meet, if the number of participants is greater than the number of available lanes (eight or ten), the heats will be equally divided. If there is an odd number, the largest heat will be last.

For timed finals at state meets, the last section will contain the maximum number of competitors based on available lanes (eight or ten), provided that at least four competitors are seeded in the first section. In the event that three or more sections are needed, all available lanes will be used in the last section, at least four lanes will be used in the first section, and all other sections will vary accordingly.

22. Seeding of preliminary and final races will be as follows:

10 Lane Track

1st Best Time-Lane 5
2nd Best Time-Lane 6
3rd Best Time-Lane 4
4th Best Time-Lane 7
5th Best Time-Lane 3
6th Best Time-Lane 8
7th Best Time-Lane 2
8th Best Time-Lane 9
9th Best Time-Lane 1
10th Best Time-Lane 10

8 Lane Track

1st Best Time-Lane 4
2nd Best Time-Lane 5
3rd Best Time-Lane 3
4th Best Time-Lane 6
5th Best Time-Lane 2
6th Best Time-Lane 7
7th Best Time-Lane 1
8th Best Time-Lane 8

23. At divisionals and state, entries and seeding for running event finals will be determined by times from preliminary races.
24. For races with preliminaries, the heats will be seeded by time, will be divided evenly with competitors and will use the following advancement formula.

10-lane track

- a. 2 heats=top four places in each heat and next best 2 times
- b. 3 heats= top two places in each heat and next best 4 times
- c. 4 heats=top two places in each heat and next best 2 times
- d. 5 heats=first place and next best 5 times

8-lane track

- e. 2 heats=top three places in each heat and next best 2 times
- f. 3 heats= top two places in each heat and next best 2 times
- g. 4 heats=first place in each heat and next best 4 times
- h. 5 heats=first place and next best 3 times

25. State preliminaries will only be run for the 100-meter dash, 200-meter dash, 100-meter hurdles, 110-meter hurdles and the 400-meter relay.
26. ***The 800 and 1600 meter races will have a maximum of thirty (30) per section. If more than one section is needed, a maximum of fifteen (15) racers will run in the last section, and all other runners (up to 30) will run in the first section.*** The 3200-meter will have one race at divisionals and state.
27. ***All distance races will be run using a double waterfall start and will be seeded from the inside out. The fastest 1/3 of the athletes will be seeded in alley 2 (lanes 6-10) and the other 2/3 of the athletes will be seeded into alley 1 (lanes 1-10). Position assignments will be determined by the competitor's time in his/her division or by his/her qualifying time.***
28. Distances in field events from longest/highest to shortest/lowest will be seeded from an athlete's best marks. This is to include a divisional mark or qualifying mark, whichever is better.
29. At divisionals and state, field events finals will be reseeded for flights following preliminaries.
30. State preliminary flights in field events for the shot put, discus, long jump, triple jump, and javelin will range from 6-10 athletes per flight depending on the number of entries. The top 10 preliminary finishers will advance to finals and will participate in the reverse order of their finish. The 10th best preliminary competitor competes first in the finals.

SEEDING PROCEDURES

FOR

CLASSES "C"

Boys and Girls

Class C QUALIFYING STANDARDS

Reviewed 2018

(Next review of standards after 2020 state meet)

Girls

Boys

EVENTS

13.16	100 METERS	11.68
26.85	200 METERS	23.53
1:00.12	400 METERS	51.87
2:25.32	800 METERS	2:02.50
5:38.58	1600 METERS	4:40.64
12:29.24	3200 METERS	10:20.80
16.43	100/110 M HURDLES	16.41
47.76	300 M HURDLES	42.01
35'5"	SHOT PUT	44'11½"
108'11 "	DISCUS	135'10"
122'	JAVELIN	168'2"
5'	HIGH JUMP	6'
16'5½ "	LONG JUMP	20'5"
33'7"	TRIPLE JUMP	42'1¼"
8'6"	POLE VAULT	12'
52.01	400 METER RELAY	45.45
4:18.93	1600 METER RELAY	3:37.22

CLASS C QUALIFYING STANDARDS

PROCEDURES as outlined by the Class C:

Qualifying Standards / Qualifying Meets

1. The qualifying standards will be reviewed every two years via a panel of Class C coaches and activities directors from each division.
2. For running events, all varsity meets in which teams compete against another school will be used as a qualifying meet when FAT is used. **Only** qualifying **FAT** marks will be accepted for the state meet. This is to include district and divisional if FAT is used. In field events, all varsity meets will be used regardless of the use of FAT.
3. Wind gauges will not be required at qualifying meets.
4. Only FAT race times will be used to meet qualifying standards. Class C qualifying marks will be reported in FAT time.
5. All races must be run with the infield to the left of the competitors.
6. All field events will be considered certifiable at varsity meets regardless if FAT is used.
7. Implements that will be used for competition are required to be weighed and certified by both the coach and activities director at the beginning of the season. Implements will be marked with the two school colors. (Recommend a midseason recertification and again for all post season meets.)
8. A qualifying meet must have all seventeen events unless it is shortened because of weather.
9. If FAT fails in the middle of the meet all times that are certifiable with FAT can be used to determine if a qualifying standard is met.
10. In order for a qualifying time/mark to be recognized, the data from the qualifying meet must be posted on Athletic.net. Results must be uploaded to Athletic.net within two (2) full business days of the meet of the meet. Late submissions are not allowed. Meet data will be sorted into a leaderboard on which the qualifying marks will be listed.
11. At the conclusion of each qualifying meet, the meet manager or his/her designee will post the event results from Hy-Tek to Athletic.net. In the event that Hy-Tek is not used for a particular meet, the meet manager or his/her designee will create a meet within Hy-Tek and enter only the qualifying marks, which will then be posted on Athletic.net. This will allow all qualifying times/marks to be added to the website without mandating the use of Hy-Tek for the entire meet. Please see attachment for Athletic.net accepted electronic results formats.
12. Out-of-state meets that meet the criteria for a qualifying meet will be considered qualifying meets, provided the information is posted on Athletic.net. If there are fewer than seventeen events because the specific state does not sanction the same number and/or types of events, it will still be considered a qualifying meet if FAT is used.

District Details

13. An athlete who meets or exceeds the qualifying standard in a particular individual event at a regular season qualifying meet or at a district or divisional meet may enter that event at state. An athlete using a qualifying standard to advance to state in a particular event must be entered in the district meet and the divisional meet for that event, but is not required to participate. The entry counts toward the event limitation of five per athlete as well as toward the school's limitation of five contestants per event. **If a coach substitutes another athlete for the state qualifying athlete, then the qualifier is no longer part of the five district individual entries for that school and no longer eligible for the state meet in that event.**

14. Relay teams must participate at districts. Schools that do not place in the top 5 at divisional may use a qualifying FAT time to advance to state if they have met the standard. Relay teams will be allowed an entry if they have either advanced from the divisional or have met a qualifying FAT standard earlier in the year.
15. For district meets, coaches are responsible and will be required to enter athletes via an online service for all of their athletes' events by Monday of district week. District meet managers will provide instructions for entering athletes online. Coaches are required to provide the athletes' best marks. It is imperative that coaches double-check their entries.

Seeding and Event Details for Divisionals and/or State Meets

16. **The top 5 places from the Eastern divisional, the top 6 places from the Northern and Southern divisionals and the top 7 places from the Western divisional will advance to state.** As noted in the district section above, an athlete who meets or exceeds the qualifying standard in a particular event at a regular season qualifying meet or at a district or divisional meet may enter that event at state. An athlete using a qualifying standard to advance to state in a particular event must be entered in the district meet and the divisional meet for that event, but is not required to participate. If an athlete false starts or scratches all three attempts in an event at the district or divisional meet, he/she is still entered in the divisional/state meet and may or may not participate. If an athlete is not going to participate in an event the coach must notify meet management.
17. At state, athletes are limited to five events plus two relays.
18. Coaches will enter athletes for state via Athletic.net immediately following divisionals. Entries will close at 3:00 pm on Sunday following divisionals. Coaches will review data on Monday morning and have until 3:00 pm on Monday to correct any errors. **NOTE FOR ENTRIES: Entries for state must be either a time/mark from a divisional meet from which the athlete is advancing OR a time/mark set at a previous competition which meets or exceeds the qualifying standard. If an athlete's personal best from the regular season does not meet or exceed the qualifying standard, it cannot be used for seeding at the state meet.**
19. Seeding for state will be determined by FAT time/distance/height from the divisional meets and other meets in which a qualifying standard is met. The coach must submit the best FAT time or distance/height that a competitor has met in a qualifying meet or divisionals via Athletic.net by 3:00 pm on the Sunday following the divisional meet.
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- 7th Best Time-Lane 2
- 8th Best Time-Lane 9
- 9th Best Time-Lane 1
- 10th Best Time-Lane 10

8 Lane Track

- 1st Best Time-Lane 4
- 2nd Best Time-Lane 5
- 3rd Best Time-Lane 3
- 4th Best Time-Lane 6
- 5th Best Time-Lane 2
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- c. 4 heats=top two places in each heat and next best 2 times
- d. 5 heats=first place and next best 5 times

8-lane track

- e. 2 heats=top three places in each heat and next best 2 times
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27. ***All distance races will be run using a double waterfall start and will be seeded from the inside out. The fastest 1/3 of the athletes will be seeded in alley 2 (lanes 6-10) and the other 2/3 of the athletes will be seeded into alley 1 (lanes 1-10). Position assignments will be determined by the competitor's time in his/her division or by his/her qualifying time.***
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