



## Important Reminders For Track Coaches

To: All Track Coaches

From: David Drake, Associate Director of Activities

Ref: Overall Track Meet Reminders

Please find the following reminders concerning the Overall Track and Field Meet:

- 1) The Overall Track Meet field events session for Classes 2A, 5A & 6A will be held at Raider Park on the campus of Jackson Academy on Friday, May 3rd. The Overall Track Meet field events session for Classes 3A & 4A will be held at Canton Academy on that same Friday. The Overall Track Meet running events session for all classes will be held on the campus of Jackson Preparatory School on Saturday, May 4th.
- 2) The weigh-in for the shot and discus will begin at 8:30 a.m. Friday morning at JA under the scorer's tent on the infield. At Canton, the weigh-in station will be set up at the event. The girls' shot should weigh 4Kg (8 lb. 13 oz.); the boys' shot should weigh 12 pounds; the girls' discus should weigh 2 lb.; the boys' discus should weigh 3 lb 9 oz.
- 3) Pole Vault Verification Form - Every school that participates in the pole vault shall be required to fill out, and keep on file in the school's office, a copy of the MAIS Pole Vault Verification Form for each of its vaulters. This form is to be signed by the school administrator and/or athletic director, the head track coach and/or pole vault coach, at least one parent or guardian, and the athlete. The form certifies that the vaulter is in compliance with the National Federation of High School rules concerning legal equipment. **A copy of the form must be presented to the field judge by either the headmaster, athletic director, head track coach or pole vault coach, at each meet before the competitor will be allowed to warm-up or compete (form attached).**
- 4) The scoring for the Overall Track Meet is 10-8-6-5-4-3-2-1.
- 5) All appeals must be made to the referee **no later than 30 minutes after the results of an event have been announced.** At JA & Prep the appeal should be made by the head coach to the referee, David Drake. At Canton, appeals should be reported to Ben Williams.

Exception to Above: It is noted that if a coach believes that a field judge is misapplying a rule when running off a field event, the head coach should appeal to the field judge and ask him/her to get clarification of any possible misapplication of a rule from the referee **before** the next trial.

- 6) False Starts - In each race, should there be a false start by any of the participants, the false start will be charged to the entire field and no runners will be disqualified. Should any further false starts occur, the offending party (or parties) shall be disqualified.
- 7) In the long jump, triple jump, shot put and discus throw, each contestant will be given six (6) attempts. Athletes will NOT be re-seeded at the Class Meet.
- 8) The starting heights for the jumping events are: 4'0" for girls' high jump; 5'4" for boys' high jump; 7'0" for girls' pole vault; 8'0" for boys' pole vault.
- 9) Admission is as follows: \$10 field event session; \$10 running event session
- 10) Pole vault standards will be set in accordance with NFHS rules. These rules specify that the standards must be set to position the crossbar to a point that is at least 18" beyond the vertical plane of the stop board (zero point), but no further than 31.5" from the aforementioned vertical plane.
- 11) Late Arrival Policy - The AAC has affirmed that Rule 4-1-3 shall be in place for the Overall Track Meet. This rule reads as follows: **"Contestants who fail to report after the judge starts competition in the field events shall not be able to participate in that event."** The only exception would be if the participant is involved in another event that prevents him/her from checking in at the designated time. In this circumstance, the competitor, or someone from the coaching staff, should alert the field judge that his/her athlete is participating in another event and will be coming as soon as possible. Preference should always be given to the pole vault and high jump, as NFHS rules do not allow for the bar to be lowered to allow a competitor to "catch up".
- 12) This year all of the 3200m runs for Classes 6A & 5A will be run at JA on the same day we are running off field events, Friday, May 3rd. The Class 3A & 4A 3200 runs will be run at Canton Academy on May 3rd. The Class 2A 3200m runs will be run the next day, May 4th, at Jackson Prep. See the Overall Track Meet Schedule for the times of these events.
- 13) All athletes should be at their respective track & field complexes at least an hour before their event begins. **As per NFHS Rule 4-1-4, each contestant is solely responsible for promptly reporting for each event entered and at the location designated.**
- 14) All relay teams should make sure that they report the starting line with legal batons. A legal baton must have a smooth surface. In addition, it cannot have any tape placed on it.
- 15) Please make sure that your hurdlers understand that it is a foul if they hit a hurdle and it goes into an adjacent lane impeding another hurdler. The penalty is disqualification.

We look forward to seeing each of you this weekend.

God Bless

# MAIS POLE VAULT VERIFICATION FORM

ALL MEMBER SCHOOLS are required to process the **MAIS Pole Vault Verification Form** for each competitor that participates in the pole vault. The main purpose of this form is to certify that the athlete listed below has been weighed, and properly matched to a legal vaulting pole in accordance with NFHS guidelines.

**This completed form must be kept on file in the school's office, with a copy to be presented to the field event judge responsible for running off the pole vault, prior to the start of warm-ups and/or competition. Athletes that do not have a fully completed copy of the MAIS Pole Vault Verification Form, will NOT be allowed to warm-up or participate in the competition.**

This form **must** be signed by four individuals: the headmaster or the athletic director, the head track coach or pole vault coach, at least one parent or legal guardian, and the athlete. It must be submitted to the field judge by the **Pole Vault Coach, Head Coach, Headmaster or Athletic Director**, on the day of each meet.

_____	Vaulter's Weight _____	Pole Rating _____
Name of School		
_____	_____	_____
Signature of Headmaster Or Athletic Director	(Date)	Signature of Athlete (Date)
_____	_____	_____
Signature of Head Track Coach Or Pole Vault Coach	(Date)	Signature of Parent Or Legal Guardian (Date)

## NFHS Rules Pertaining To The Safety Of Pole Vaulters

The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand- hold position with the position being determined by the manufacturer. Prior to the competition, the Coach must verify that all of the schools' pole vaulters and poles meet these requirements.

A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal.

Prior to warm-up, the field referee, head field judge, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of 3/4-inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness. The binding shall not be on or above the top hand-hold band.

A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight- appropriate.