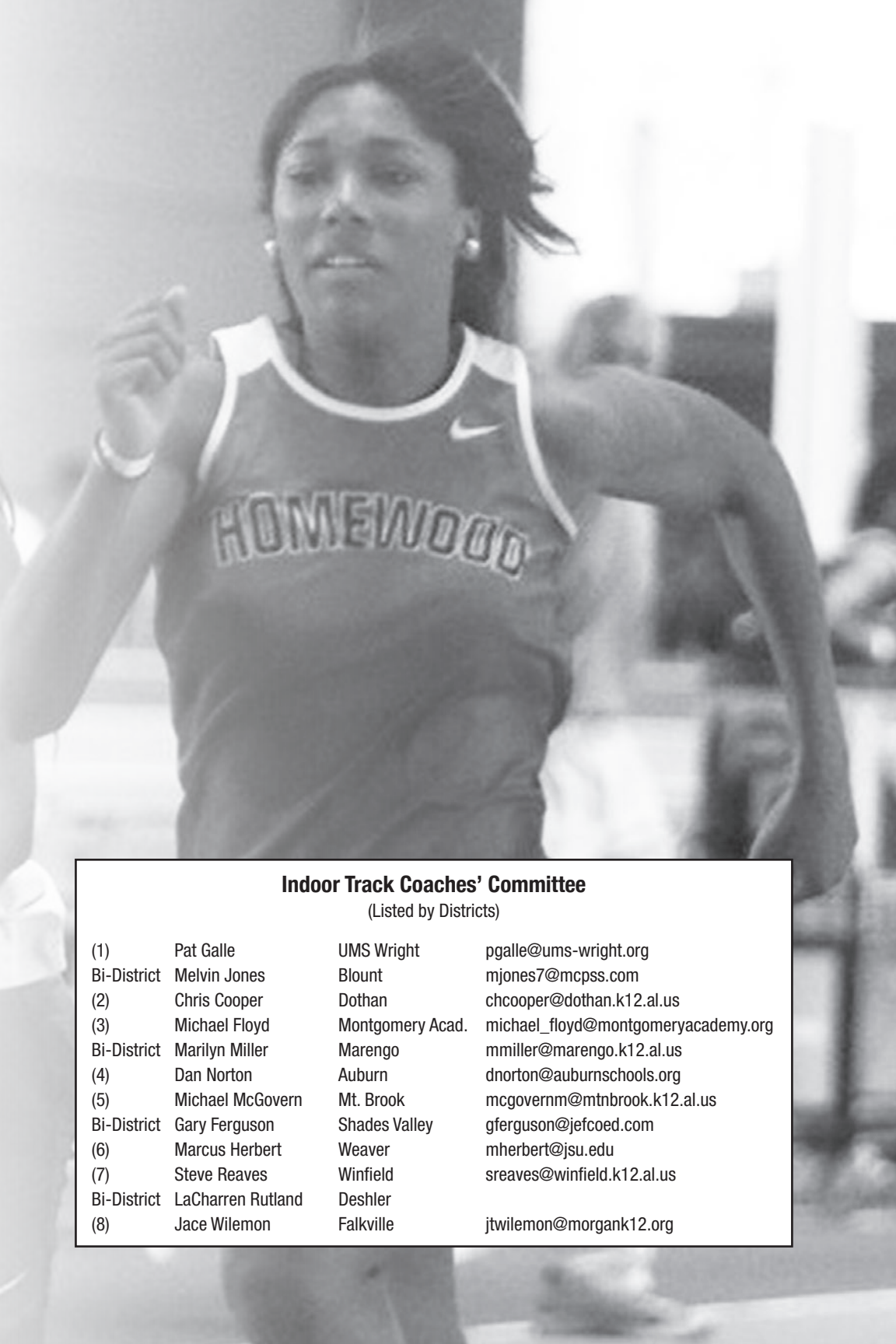




# INDOOR TRACK





### **Indoor Track Coaches' Committee**

(Listed by Districts)

(1)	Pat Galle	UMS Wright	pgalle@ums-wright.org
Bi-District	Melvin Jones	Blount	mjones7@mcpss.com
(2)	Chris Cooper	Dothan	chcooper@dothan.k12.al.us
(3)	Michael Floyd	Montgomery Acad.	michael_floyd@montgomeryacademy.org
Bi-District	Marilyn Miller	Marengo	mmiller@marengo.k12.al.us
(4)	Dan Norton	Auburn	dnorton@auburnschools.org
(5)	Michael McGovern	Mt. Brook	mcgovern@mtbrook.k12.al.us
Bi-District	Gary Ferguson	Shades Valley	gferguson@jefcoed.com
(6)	Marcus Herbert	Weaver	mherbert@jsu.edu
(7)	Steve Reaves	Winfield	sreaves@winfield.k12.al.us
Bi-District	LaCharren Rutland	Deshler	
(8)	Jace Wilemon	Falkville	jtylemon@morgank12.org

# The Championship Program

**First Practice—Nov. 9    First Contest—Nov. 30**

## Online Requirements For All Sports

### POSTING SCHEDULES

Schools must post season schedules on the AHSAA website in the Members' Area by the deadline dates listed below. Failure to do so could result in a fine assessed to the school. Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

May 1— fall sports (football only)

June 1 — fall sports (volleyball, cross country, swimming & diving)

Sept. 15 — winter sports (wrestling, basketball, indoor track, bowling)

Jan. 15 — spring sports (baseball, softball, outdoor track, soccer, golf, tennis)

### POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

### POSTING SCORES

Schools are also required to post scores of contests online immediately following all contests in the regular season (and within 24 hours after regular season tournaments) and in the playoffs or be subject to a fine.

In the post-season playoffs, failure to report scores immediately after a contest will subject the school to a fine.

1. The indoor track program consists of four divisions for boys and four divisions for girls with competition in a state meet. Divisions are: 1A-3A, 4A-5A, 6A and 7A. A student may compete in only one division during the same regular season or championship meet.
2. Each high school is limited to five meets, one of which must be during the holidays with no loss of school time prior to the state meet. Two high school meets may be held on non-weekend dates and all other meets must be held on weekends with no loss of school time.

Each junior high/middle school is limited to three meets; two of three meets may be held on non-weekend dates with no loss of school time prior to a season-ending invitational.

3. All participants must be eligible under AHSAA rules.
4. All meets will be conducted under National Federation rules.
5. Headwear-Jewelry-Electronics: The games committee may not restrict the wearing of items that are worn in excess of the school-issued uniform allowed by NFHS rules. Hats or sunglasses (except prescription sunglasses) are not permitted. A pole vault helmet is the only headwear permitted.

Medical alert medals should be visible.

Soft head band(s), ribbon(s) or soft pony tail holder(s) made of cloth, rubber or elastic materials may be worn. Unadorned devices such as bobby pins, barrettes and hair clips no longer than 2 inches may be worn. Scarves with knotted or tied headwear are not allowed.

Athletes are not allowed to have any electronic devices including cell phones, cameras, pods and two-way radios in the competition area.

6. If coaches boxes are used, then only one coach per team may be in the box at the same time.

7. All AHSAA track and field rules will apply except where modified under Special Rules.
8. Competition is held in the following events:

### 1A-3A, 4A-5A, 6A, 7A

#### Boys

Long Jump  
 Shot Put  
 High Jump  
 Triple Jump  
 Pole Vault  
 60 m Dash  
 60 m HH  
 400 m Dash  
 800 m Run  
 1600 m Run  
 3200 m Run  
 4x200 m Relay  
 4x400 m Relay  
 4x800 m Relay

#### Girls

Long Jump  
 Shot Put  
 High Jump  
 Triple Jump  
 Pole Vault  
 60 m Dash  
 60 m LH  
 400 m Dash  
 800 m Run  
 1600 m Run  
 3200 m Run  
 4x200 m Relay  
 4x400 m Relay  
 4x800 m Relay

## Officials

At least one registered official shall be assigned to each of the following positions:

#### Field Events:

Pole Vault = 1  
 Shot Put = 1  
 Discus = 1  
 High Jump = 1  
 Long Jump = 1  
 Triple Jump = 1  
 Javelin = 1

#### Running Events:

Starter = 1

#### Administrative Areas:

Meet Referee = 1

We recommend that every school fielding a Track program register at least one school staff member as an AHSAA Track official. Each registered official may work multiple positions during a meet if necessary to help reduce the total number of registered officials needed to fulfill the above requirement.

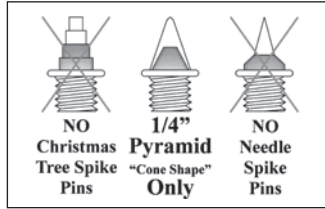
Regular Season fee per official will remain at a maximum of \$50 per day and Championship fee will be \$75 per day. The stipulated mileage allowance may apply.

## Special Rules

1. Coaches should not enter any student who has not practiced or trained in his/her event.
2. All competition will be conducted under National Federation Rules. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.  
 In junior high and middle school competition, a participant may not compete in more than three events.
3. Athletes not participating must remain in the stands. The arena floor must remain clear of non-participants at all times.
4. Coaches shall inform their participants where and at what time each event is to be run. All divisions include separate competition for boys and girls.
5. Participants, including relay teams, shall report to the Clerk of Course 15 minutes before the

race. The starter will not wait for late competitors in an event. Numbers must be worn by all running event participants. Relay teams must receive instructions before each race and the fourth runner will be given a number.

6. A 1 minute time limit will be enforced in all field events. At the beginning of competition, all vaulters will weigh-in and poles will be verified.
7. All events shall be run in the order scheduled.
8. The length of spikes is restricted to a maximum of 1/4 inch (pyramid only). Participants wearing longer spikes will be disqualified (by inspection). Needle spikes will not be allowed.



9. Starting blocks will be furnished. No other equipment may be used.
10. Only rubber shots may be used. Boys will throw the 12 lbs (5.443 kg) shot; girls the 8 lbs. 13 oz. (4.0 kg) shot.
11. Hurdles
  - (a) The boys (39") hurdles will be over 5 hurdles spaced as follows: 45' to the first hurdle, 30' between hurdles, and 15' from the last hurdle to the finish line.
  - (b) The girls (33") hurdles will be over 5 hurdles spaced as follows: 42'8" to first hurdle, 27'10" between hurdles, and 26' from the last hurdle to the finish line.
12. A pole vaulter's weight shall be at or below the manufacturer's pole rating, which shall be located above the hand-hold band. (See Rule 7-4-3). Coaches must submit forms at the state meet that their athletes are on the correct poles for competition. Pole vault verification forms are available online. Coaches must print forms and bring to the meet(s) completed and signed.
13. Scoring is 10-8-6-5-4-3-2-1 for all individual events and relays.
14. No artificial noisemakers (radios, etc.) are allowed at section or state meets or in AHSAA-sanctioned meets. No radios will be permitted inside the arena during the State Meet.
15. Uniforms: The Uniform Rule will be enforced in accordance with NFHS rules.

## Minimum Qualifying Standards

	1A/2A/3A		4A/5A		6A/7A	
	Girls	Boys	Girls	Boys	Girls	Boys
Long Jump	12'	16'	13'0"	17'0"	14'6"	18'6"
High Jump	4'2"	5'2"	4'2"	5'2"	4'8"	5'8"
Shot Put	23'0"	30'0"	25'0"	35'0"	27'0"	37'0"
Pole Vault	7'0"	9'0"	7'0"	9'0"	8'6"	11'0"
Triple Jump	28'0"	35'0"	28'0"	37'0"	28'0"	38'0"
4 x 200 Relay	2:20	1:50	2:10	1:45	2:00	1:40
4 x 400 Relay	4:50	4:00	4:50	3:55	4:45	3:55
4 x 800 Relay	12:30	10:45	12:15	10:30	11:45	9:45
400 Meters	1:15	1:00	1:15	1:00	1:10	:55
800 Meters	2:55	2:25	2:50	2:25	2:45	2:20
1600 Meters	6:40	5:30	6:30	5:15	6:15	5:00
3200 Meters	14:00	12:00	14:00	11:45	13:00	11:00
60 Meters	9.0	8.0	8.8	8.0	8.6	7.8
60 Low Hurdles	12.00		11.75		11.50	
60 High Hurdles		11.50		10.50		10.00

**Disability Standards:**

Athletes will compete against standards as set by the Wheelchair Track and Field USA (WTFUSA) as recognized by Wheelchair Ambulatory Sports USA (WASUSA). Standards to be met by each disability classification may be found at: [http://www.wasusa.org/WTFUSA/TRACK\\_Standards\\_6\\_16\\_14\\_V4.pdf](http://www.wasusa.org/WTFUSA/TRACK_Standards_6_16_14_V4.pdf)  
[http://www.wasusa.org/WTFUSA/FIELD\\_Standards\\_Juniors\\_4\\_24\\_14\\_V4.pdf](http://www.wasusa.org/WTFUSA/FIELD_Standards_Juniors_4_24_14_V4.pdf)

Information and regulations for throwing frames for wheelchair athletes may be found at the link listed below: [http://www.wasusa.org/WTFUSA/Seated%20Throws\\_Q&A\\_FOR%20WEB\\_4\\_11\\_14\\_V4.pdf](http://www.wasusa.org/WTFUSA/Seated%20Throws_Q&A_FOR%20WEB_4_11_14_V4.pdf)

**Athletes who do not have a current disability classification, and proof of, must obtain a disability classification by contacting Lisa Hilborn, Director of Athletics at Lakeshore Foundation, by phone at (205) 313-7433 or email [Lisah@lakeshore.org](mailto:Lisah@lakeshore.org)**

# State Meet

**DATE:** Feb. 1-2

**SITE:** Birmingham CrossPlex

**MEET DIRECTOR:** Houston Young, Gulf Shores  
**Phone:** 334-413-4309 (cell)

**MEET REFEREE:** Robin Gaines

**ENTRIES:** Athletes must compete in at least one regular season indoor meet in order to qualify for the state meet. A school may enter two participants in each individual event but only one relay team. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.

**ENTRY DEADLINE:** Submit entries online at [alabamarunners.com](http://alabamarunners.com) by midnight on Monday, Jan. 28, after which no entries will be accepted.

All substitutions, changes and scratches must be made by noon on Wednesday, Jan. 30, via email to Xpress Timing at [xpress28@aol.com](mailto:xpress28@aol.com). No additions may be made.

The only changes and substitutions permitted at the meet will be those necessitated by verified sickness or injury and approved by the Jury of Appeals.

**SEEDING:** Based on times at regular season indoor performances at indoor meets, Athletes must compete in at least one Indoor Meet and meet the minimum standards in their event(s) in order to be entered in the State Meet. Outdoor times will not be accepted. Athletes competing in relays must have competed in an indoor meet to be eligible to compete in the State Meet. Times must meet the Minimum Qualifying Standards on page 133.

**DIVISIONS:** 1A-3A, 4A-5A, 6A and 7A for boys and girls

**PROTEST FEE:** \$25

**ADMISSION:** \$10 per day

(Note: Non-participating coaches must have a valid 2017-18 coaches' card for admission. Only athletes listed as competitors will be allowed to enter the facility with their team as meet athletes. All coaches are subject to having their coaching credentials checked at championship events.)

**OFFICIALS:** An AHSAA-registered official is assigned to each event.

**SHOT PUT GUIDELINE:** Heavier warm-up shot puts may not be brought into the arena.

**POLE VAULT & HIGH JUMP:** Starting heights will be the minimum standard in each event in each classification.

**AWARDS:** (a) Trophies to the team winner and runner-up in each division  
(b) Medals to the first three places in each event

It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in monetary fine and possible probation and/or suspension.

# MEET SCHEDULE

## Officials Meeting

Friday (Feb. 1)  
7:00 a.m. @ CrossPlex

## Friday (Feb. 1)

8:00 a.m. Coaches' Meeting

### Field Events:

	High Jump	Pole Vault	Shot Put	Long Jump	Triple Jump
9:00 a.m.	7A Boys	7A Girls 4A-5A Boys	Para-Ambul. 4A-5A Girls	6A Boys	1A-3A Boys
10:30 a.m.			7A Girls		4A-5A Girls
11:30 a.m.		1A-3A Girls 6A Girls		7A Boys	
1:00 p.m.	6A Boys		6A Boys		4A-5A Boys
1:30 p.m.				1A-3A Girls	
3:00 p.m.		1A-3A Boys 4A-5A Boys	1A-3A Girls	7A Girls	6A Girls

### Track Events:

All running events will begin at 9:00 a.m. and follow a rolling schedule daily.  
(Girls will run before boys in each event class except the hurdles)

9:00 a.m.	3200 m Run Finals*	1A-3A, 4A-5A, 6A, 7A
	60 m Low Hurdles Semi-Finals (girls)	1A-3A, 4A-5A, 6A, 7A
	60 m High Hurdles Semi-Finals (boys)	1A-3A, 4A-5A, 6A, 7A
	60 m Dash Semi-Finals*	1A-3A, 4A-5A, 6A, 7A
	800 m Run Finals	1A-3A, 4A-5A, 6A, 7A
	4x200 m Relay Finals	1A-3A, 4A-5A, 6A, 7A

\* After this event, track will go up or down before the next races.

## Saturday (Feb. 2)

### Field Events:

	High Jump	Pole Vault	Shot Put	Long Jump	Triple Jump
8:00 a.m.	7A Girls 6A Girls	6A Boys	4A-5A Boys	4A-5A Girls	7A Boys
10:30 a.m.		7A Boys	7A Boys	1A-3A Boys	6A Boys
11:00 a.m.	4A-5A Boys 1A-3A Boys				
12:30 p.m.			6A Girls	4A-5A Boys	1A-3A Girls
	Immediately after 60 dash finals 1A-3A Girls 4A-5A Girls				
3:00 p.m.*			1A-3A Boys	6A Girls	7A Girls



**Track Events:**

**Note: Girls run before boys, 1A-3A, 4A/5A, 6A, 7A**

**All running events will start at 9:00 a.m. and we will follow a ROLLING SCHEDULE daily.**

**Friday**

9:00 a.m. 3200 Meter Run Finals\*  
60 Low Hurdles Semi-finals  
60 High Hurdles Semi-finals  
60 Dash Semi-finals\*  
800 Meter Run Finals  
4 x 200 Meter Relay Finals

**Saturday**

9:00 a.m. 400 Meter Dash Finals  
1600 Meter Run Finals\*  
60 Meter Low Hurdles Finals  
60 Meter High Hurdles Finals  
60 Meter Dash Finals\*  
4 x 800 Meter Relay Finals  
4 x 400 Meter Relay Finals

\* After this event, track will go up or down before the next races.

Note: The schedule above is tentative and subject to adjustment depending on the number of entries.

**Awards presented immediately following final event.**

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