



South Carolina High School League

PO Box 211575
Columbia, SC 29221-6575
803-798-0120
www.schsl.org

Coach,

This form applies to the Track & Field State Series. (Region, Upper/Lower, Qualifiers & Finals)

Please read the following carefully, sign in the space provided and return to the referee immediately.

As the head Coach for _____ High School Boys/Girls Track team (circle one), I have discussed the following or will discuss the following with all members of my team.

- 1) Soft single color **elastic** hair controlling items, excluding hats, may be worn. Must be non-abrasive. This includes headbands with one single manufacturer's logo. Allows bobby pins, barrettes and hair clips no longer than 2 inches to be worn to control a competitor's hair.
- 2) Only prescription eyewear will be allowed by contestants during the competition.
- 3) No electronic devices (i.e. cell phones, iPods, MP3 players, GPS watches etc) will be allowed by contestants in the competition area.
- 4) My team is in a school issued same color uniform. My relay teams will report with matching uniforms of the same predominant color.
- 5) My athletes have or will be informed of the off-limit areas.
- 6) My athletes have been instructed about the rules and penalties for unsportsmanlike conduct. They will also be respectful to all officials and competitors.
- 7) My athletes understand, they must check out to compete in a running event while participating in a field event. They will have 10 minutes after the conclusion of the running event to check back into the field event. If the event is a vertical jump, the event will continue as if the athlete passed each attempt. The bar will continue to move up and will not be allowed to move back down upon their return.
- 8) My athletes understand that he/she must have competed in at least two regular season track meets prior to entering region qualifying leading to the state meet.
- 9) If I have a vaulter, I certify that his/her weight is at or below the weight specifications of the pole.
- 10) I will inform the meet director (prior to participation) of all athletes with special considerations, i.e., prescription sunglasses, medical bracelets, etc.

Signed _____ Date. _____

This must be returned to the referee before your athletes will be allowed to compete.



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