

Schedule for Wednesday May 14th, 2022**(Running Schedules)**

10:00 AM	Packet Pickup at Scoring Tower
10:15 AM	Implement Certification
10:30 AM	Officials Meeting and Check in for <u>ALL</u> Field Events starting at 11:00
11:15 AM	Check in for <u>ALL</u> Track Events starting at 11:45

Field Events

11:00 AM	High School Girls Pole Vault High School Girls Long Jump High School Girls Javelin High School Boys High Jump High School Boys Long Jump High School Boys Discus
12:15 PM	High School Boys Pole Vault High School Boys Triple Jump High School Boys Javelin High School Girls High Jump High School Girls Triple Jump High School Girls Discus
1:30 PM	High School Boys Shot Put High School Girls Shot Put

Running Events – Events will be on a running schedule after the start

12:00 PM	High School Girls 4x100 Meter Relay High School Boys 4x100 Meter Relay High School Girls 4x800 Meter Relay High School Boys 4x800 Meter Relay High School Girls 100 Meter Hurdles High School Boys 110 Meter Hurdles High School Girls 100 Meter Dash High School Boys 100 Meter Dash High School Girls 1600 Meter Run High School Boys 1600 Meter Run High School Girls 400 Meter Dash High School Boys 400 Meter Dash High School Girls 400 Meter Hurdles High School Boys 400 Meter Hurdles High School Girls 800 Meter Run High School Boys 800 Meter Run High School Girls 200 Meter Dash High School Boys 200 Meter Dash High School Girls 3200 Meter Run High School Boys 3200 Meter Run High School Girls 4 x 400 Meter Relay High School Boys 4 x 400 Meter Relay Awards
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NOTE: THE ORDER OF RUNNING EVENTS WILL FOLLOW AS EACH EVENT IS COMPLETED.

The javelin and discus areas are located outside the football stadium on the practice football field. Athletes participating in these events must be in uniform to reenter the gate at the stadium. Please make sure all your athletes know that they need to be in uniform at all times to enter the gate at the stadium.

Track and Field and Cross Country Rules - 2022

4-3-1b5: Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.

Rationale: The change would minimize issues related to logo/trademark reference on uniform bottoms. In the sport of track and field uniform bottoms are increasingly being purchased by the athlete and not school issued. It is becoming more difficult to purchase some garments without the logo completely around the waistband. Allowing larger logos around the waistband has no bearing or impact on the race or event.

4-3-1b 8 (NEW): Clarifies that religious headwear is not considered a hair device.

Rationale: The NFHS Track & Field Rules Committee added this rule to clarify there is no need for prior authorization from the state association for religious headwear.

5-3-3: Clarifies when each exchange zone is to be used.

Rationale: Clarifies when each exchange zone is to be used based on the incoming runner.

6-2-7 (NEW): Clarifies that running in a direction other than how the event is conducted if prohibited in warm-ups with the exception of the high jump.

Rationale: Clarifies that running in the direction other than how the event is conducted is prohibited during warm-ups in horizontal jumps, pole vault and javelin and more clearly organizes warm-ups, competition, and conclusion of all field events.

6-9-9: Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.

Rationale: The change no longer penalizes the athlete for a hat or sunglasses falling in the pit after they have made their mark.

8-1-1a (NEW NOTE): Clarifies cross country course markings.

Rationale: The change states that other methods of marking a course should be used with a single wide line to help identify the turns and route of the course as a single wide line may not be the shortest route.

9-3-2 b, c (NEW): Clarifies when measurements for record attempts for vertical jumps needs to be taken.

Rationale: Putting all record information in one location and clarifying when measurements for record attempts at vertical jumps need to be taken.

2022 Editorial Changes

2-2-4, 3-2-3h, Rule 6, 6-5-1 Note, 6-9-1 Note (NEW) 2022

Points of Emphasis

1. Exchange Zones
2. Use of Electronic Devices
3. Adapted Athletes

UPPER / LOWER MEET REGULATIONS

1. Each region track director will report all Results to the Upper/Lower meet directors within 24 hours of the region meet. Upper/Lower state meets will come from milesplit. No changes will be allowed by any school after the list has been received. (Any changes will go through region directors and/or SCHSL) dbrooks@schsl.org, cwhite@sdoc.org
2. The Qualifying Meet Directors will secure competent officials. Meets must have a referee, field event judge, exchange zone judges, and turn judges. The decision of the judges will be final. No protest will be allowed unless violation of track rules or eligibility rules occurs. (Some Regions use appeal committees)
3. An admission of **\$5.00** will be charged for Qualifying State Meets. The meet director must submit a financial statement to the League Office.
4. In all horizontal jumps and throws. There will be 2 flights of 12 athletes or less, seeded worst to best based on region performance. Athlete will get 3 attempts and the top 9 will get three more attempts
5. In all laned races there will be 3 heats of 8, seeded by performances from region meets, running from slow to fast.
6. In all non-laned running events will be 2 heats of 12 seeded by performance from region meets, running slow to fast. **Note:** 3200 will be 1 heat using a double alley start.
7. The Upper, and Lower State Qualifying Meet Directors will upload their results directly to the Milesplit (SC Runners) and email dbrooks@schsl.org and cwhite@sdoc.org Please email and call if you are having any problems and cannot report on time (803) 609-7219.

NOTE:

- The minimum qualifying height in the pole vault event for girls is 7' 0" and for boys 9' 0". The minimum qualifying height in the high jump event for girls is 4'0" and for boys is 5'6".
- The maximum starting height in the pole vault event for girls is 9' 6" and for boys 12' 6".
- All non-lane running events will be started with a 1-turn stagger. Note: 3200 will be double alley and the minimum qualifying times are girls 16:00 and Boys 14:30.
- In the shot put, discus, triple jump and long jump, each competitor will be allowed three trials, the top nine (9) will get three additional trials.

Meet Directors Bring Complete packages to state Meet including information from the region meets.

Participation and Entry Limitations

Article 2: A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

Contestant may officially enter:	
Four individual events	No relays allowed.
Three individual events	May be listed on any number of relays but compete in only one relay.
Two individual events	May be listed on any number of relays but compete in only two relays.
One individual event	May be listed on any number of relays but participate in only three relays.

PENALTY: A competitor who participates in more events than allowed by rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points, and place(s) shall also be forfeited.

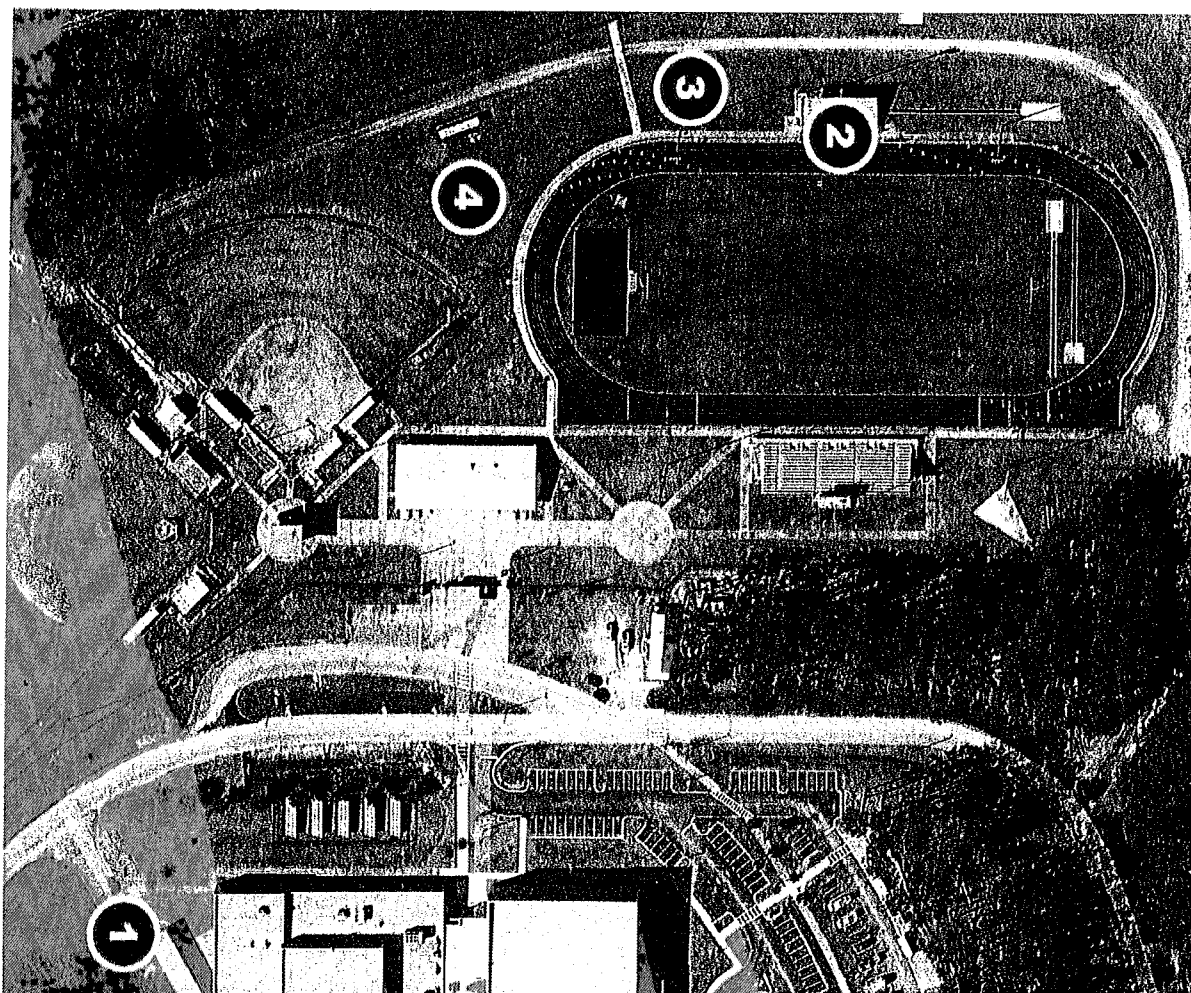
Class A State Meet – Whale Branch Early College High School
169 Detour Road
Seabrook, SC 29940

- Admission: \$5.00 (Online payment or Credit Card at the ticket booth)
- Concessions will be available.
- T-SHIRTS will be sold at this event
- All athletes/teams will be on the far side of the stadium or in the tent city areas located on your map. The seating on the finish line side will be for spectators.
- Warm-ups will take place on the softball outfield near the stadium.
Infield warm-up will be limited to the present and next heat on the track.
Check-in/Clerk will be next to the athletic fieldhouse.
- The javelin and discus areas are located outside the football stadium on the practice football field. Athletes participating in these events must be in uniform to re-enter the gate at the stadium. Please make sure all your athletes know that they always need to be in uniform to enter the gate at the stadium.
- Seeding: Events will be seeded based on Times/Marks from the Region Meets Only.
- Parking: All Spectators will park in the student parking lot. Buses will enter through the student parking lot and be directed to the bus parking area.

WHALE BRANCH FACILITIES MAP FOR TEAMS & PARKING

Legend:

- 1 Bus Parking
- 2 Away Bleacher Team Tent Area
- 3 Grass Team Tent Area
- 4 End zone Team Tent Area



CONCESSION MENU

DRINK

Can Drinks \$1.00

Bottle Water \$1.00

Bottle Drinks \$2.00

FOOD

¼ LB. beef Hot Dog \$3.00

Hamburgers \$4.00

(Cheese available upon request for \$1.00 extra)

Pulled Pork Sandwich \$5.00

Pulled Pork Nachos \$5.00/ fully loaded \$6.00

Nachos cheese \$4.00 /with chili \$5.00

Fully loaded nachos \$6.00

(cheese, chili, & jalapeños)

French Fries \$3.00

Loaded Fries \$5.00

(cheese, chili, & jalapeños)

SNACKS

Chips \$1.00

Candy \$1.00

Pickles \$1.00

SNOW CONES

Snow Cone - \$3.00 – Regular

Snow Cone - \$5.00 – Large

Mixed Flavor Add - \$1.00



South Carolina High School League

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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.