

Coaches,

This is a guide document for the upcoming RI State Meet, including all deadlines, timetables, procedures, and rule reminders. Attached you will also find the State Meet Time Schedule. Please email or call me if you have any questions. State Meet management questions should be submitted directly to Meet Director, Jake Keeling, Sport Director Jamey Vetelino, Officials Assigner Keith Lawton, and RIIL Assistant Executive Director Tom Marcello via email. Entry questions should be emailed to Jake Keeling, Todd Bayha and Greg Beaudette.

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**Entry Timeline: Please note carefully!**

**Most Importantly: Entries must be completed on MileSplit.com by the Deadline indicated below.**

- It is your responsibility to check the preliminary acceptance list and submit a written challenge when it is incorrect. Remember, the challenge period deadline is indicated below. This list is not final...these are just the entries....do not share with anyone.

Wed	May 4 -	Timeline distributed to coaches
Wed	May 25 -	Reminder to coaches regarding meet entry deadline
Sat	May 28 -	Final qualifying meets
Sun	May 29 -	Entries due by 3PM All entries must be completed on MileSplit.com
Sun	May 29 -	Preliminary acceptance list out to coaches by 10:00 PM (COACHES SHOULD NOT SHARE THIS LIST WITH THEIR TEAMS!)
Mon	May 30 -	Challenge / correction period ends at 3PM/alternates declared
Mon	May 30 -	Final acceptance list out by 6:00 PM
Thu	June 2 -	Scratches, adjustments to relays, <b>by 10 PM</b>
Thu	June 2 -	Declared alternate athletes inserted
Fri.	June 3 -	Heat / flight sheets sent out
Sat	June 4 -	State Meet at Brown University

**Procedures:**

- Practicing at Brown University in the week prior to the State Meet is strictly prohibited.
- Starting blocks will be provided.
  - o Only Meet Volunteers will be permitted to stand on blocks, no teammates.
- Ten (10) minutes before first running event the track will be closed for all warmups.

- **During the meet no check in calls will be made.** Review the meet time schedule carefully.
- Preferred Lanes
  - In the 200, 300IH, 400, 4x100 and 4x400, the preferred lanes are 4-5-3-6-2-1.
  - In the 100/100HH, 110HH the standard lanes are 4-5-3-6-2-7-1-8
- We take 24 athletes in the 100m, 100mHH, and 110mHH. We take 18 in the 200, 400, 800, 1500, 3000, 3000mIH, shot, discus, hammer, javelin, long jump, and triple jump. We take up to 20 in the high jump and pole vault for ties for last place. If there are more than 20 total for that last spot, then none of the tied jumpers are taken. We take 15 in each relay. This is found in the RILL tournament information.
- We are taking eight (8) to the finals in the field events, eight (8) in finals of 100 dash and 100/110mHH.
- Relays: 15 accepted teams. 4x100 & 4x400 will run in heats of 3-6-6 since we are running heats slow to fast. 4x800 will be 1 section.
- **Relay Teams that do not report for competition** – The 4 declared athletes will be considered to violate the honest effort rule and will be out of the remainder of the meet, just as athletes who do not report for individual events.
- Clarification regarding relay athletes and event eligibility:
  - An athlete cannot be entered in events for which that athlete would not be eligible, and an athlete is considered entered at the time the team entry is submitted.
  - **An athlete entered in 4 individual events has no relay eligibility at all.**
    - Athlete cannot be listed in any relays.
  - An athlete entered in 3 individual events can be listed in any number of relays (assuming alternates are listed!) That athlete would be eligible to compete in 1 relay. Remember that the entries into individual events are charged against the athlete at the time of submission of the entry file. Any scratch after that time does not change the entered number of events for the athlete. You cannot make an athlete eligible for relays by a scratch in individual event!
  - **An athlete entered in 4 individual events cannot be listed on any relay teams. If that athlete is accepted in fewer than 4 individual events, that athlete can then be added to a relay.**
  - Given that you will not know if your athlete will be accepted into all entered events, you will have an opportunity to adjust the 6 names on your relay teams. Relay adjustments can be made only after the final lists come out on Monday and before 10 PM Thursday with scratches.
- Uniform rule will be strictly enforced.
  - Uniforms must be school issued and relay teams must be identical.
- For the 800 and 1500, the seeded and unseeded sections will be split evenly. If there is an odd number of competitors, the seeded section will have the additional runner. Twelve (12) or fewer competitors will be run as one section.

- In accordance with RIIL Article 28 Section 5 B, & Article 29 Section 5 B:
  - Entries for the Class and State Meets must be submitted at a time and manner designated by the Director(s) of Track. Penalty for late entries: Schools who submit late (after the deadline) entries for the State Meet will be subject to the following:
    - 1st Offense - \$50.00 fine
    - 2nd Offense - \$100.00 fine

#### **Athlete Check-In Procedure:**

- **You are reminded that no check in calls will be made.**
- We will not run ahead of the posted time schedule.
- **Check in for all events will begin 20 minutes prior to the scheduled start time of the event.**
- **Check in will close 5 minutes prior to the scheduled start time of the event.**
  - **Athletes arriving late to a check in will be denied entry to that event and will be ineligible to compete in any further events.**
- All field event competitors must be checked in prior to the start of the event. If an athlete is not checked in, the athlete is out of that event and the rest of the meet.

#### **Scratch, Alternates, and Heat Procedures**

- Declarations for alternates must be made by 3:00pm, Monday before the Meet. If an alternate is not declared as he/she will compete if selected, they will be scratched and the next alternate on the list will be taken to fill an open slot if one arises. An Alternate is any entered athlete who is #19 or below or #25 and below in the 100 and HH. These athletes must be declared as available for the meet by sending Todd Bayha an email at [bayhatrackri@gmail.com](mailto:bayhatrackri@gmail.com) .
  - Example: Bill Johnson #19 will compete in the 3000 if a spot opens for him.
- Scratches for all events must be made by 10:00PM, Thursday before the Meet.
- All 6 relay members must be finalized also by 10:00pm, Thursday before the Meet.
- Heat and flight assignments will be sent to you on Friday morning. If, on Saturday, a number 1 seed in the HH, or 100 does not compete, heats in that event will be redrawn.
- Any athlete not scratched from an event by 10:00 PM Thursday and who fails to compete in an entered event will be disqualified from all later events.
  - Example: John Jones is entered in the Long Jump and the 110 Hurdles. By 10:00 PM Thursday John is not scratched from the Long Jump and fails to compete in the Long Jump. John is not eligible for the Hurdles or any relay he may be listed in.

- Field event athletes will be assigned to flights Thursday evening. Athletes will not be allowed to change flights.
- All alternates must be declared by 3:00pm the Monday before the Meet.
  - Any alternate not declared by Monday before the Meet will be considered scratched for the purpose of filling event fields.
  - Example: Jane Smith is an alternate in the 100. By 3:00PM Monday Jane has not been declared as available. There is an opening in the 100. Jane will not be considered to compete and the first declared alternate will be added to the 100.
- In case 2 athletes/relays have identical seed times, the computer will randomly select which athlete gets which position assignment, no other criteria will be used. Ex #1: Bill & John have identical 300-meter hurdle times of 37.61 and they are tied for the 6<sup>th</sup> position. The computer will select randomly which athlete gets which lane/heat assignment.

**Coaches are reminded that you must do the following before 10:00pm on the Wednesday before the Meet**

- Scratch individual athletes from events to meet maximum of 4 events including relays. Any scratches from individual events now cannot be used to free up an athlete to run in a relay. Remember that all individual events are already locked in.
- Any changes to your relay team names and alternates must be done by Thursday before the Meet at 10:00pm. After this time, you may not change or add names to your relays.
- Any alternate should have been declared already.
  - Example #1: Jane is entered in the 800, 1500, 3000, 4x400, and 4x800. She can only compete in 4 events, and she is locked into 3 by the 800, 1500, and 3000. You need to tell me which relay she will be in. You cannot scratch her from the 800, 1500, or 3000 to put her in another relay (RILL rules). Therefore, in this example, even if you scratch one of the individual events before Wednesday at 10:00pm, Jane can NOT run in both relays.
  - Example #2: Bill is #20 on the triple jump list making him an alternate (top 18 compete). You have already declared that he will compete if a space opens up for him to move into the top 18 due to scratches. If he was not declared available, he will be skipped over if an opening does occur.
  - Example #3: Tony, Mike, Ethan, Jake, Dave, and Bob are entered in the 4x400. Dave pulled a muscle and cannot run. Now is the last time you may “add” Bill to take Dave’s place as a possible relay team member. If you do not do this now, Bill is not eligible to run the relay in the meet.