



2024 NIAA 5A, 3A, 2A and 1A State Boys and Girls Track and Field Championships

The 2024 Nevada Interscholastic Activities Association Class 5A, 3A, 2A and 1A State boys and girls track and field championships are scheduled for Friday, May 17 and Saturday, May 18 at Carson High School in Carson City.

Carson High School is located at 1111 North Saliman Road in Carson City.

RULES

National Federation rules will govern the meet unless otherwise stated in this meet information packet. This packet is a binding document for the meet it serves. A three- or five-member Jury of Appeals will rule on any protest.

The decision of the Jury of Appeals is final. No recourse (to the NIAA office, its staff or the Board of Control) of action will be permitted after a ruling by the Jury of Appeals.

The Jury of Appeals does not have the authority to advance an extra individual (after specific event tie-breaking procedures have been administered) beyond the number of qualifiers specified for that classification's region/league.

MEET ORGANIZATION, MANAGEMENT and OPERATIONS

The Games Committee is responsible for the entire meet's management and all information above and beyond what is printed in this meet information packet.

The Games Committee is also responsible for determining, finalizing and submitting the exact number of qualifiers (advancing student-athletes to the state championship), per event, to the state meet director(s) as prescribed herein.

The Jury of Appeals is responsible for the interpretation of all rules, regulations and policies set forth in this meet information packet and the National Federation rule book.

The NIAA staff and Board of Control will communicate only with the meet director in regard to meet operations.

STATE QUALIFYING

In Classes 5A and 3A for both track and field events, the top four (4) placers in each event from the Northern Region meet and the top four (4) placers in each event from the Southern Region meet qualify for the state meet. Qualifiers always are based on place first, then time.

In Classes 2A and 1A for both track and field events, the top three (3) placers in each event from the Northern Region and the top three (3) placers in each event from the Southern Region meet automatically advance to the state meet. The remaining two state qualifiers will be determined by comparing the region meet final results and advancing the next best two (2) marks per event, regardless of region affiliation and/or wind-aided marks.

Meet (and event) staff will break ties, according to the procedures outlined in Rule 6, Section 3, Article 2 for throwing events and in Rule 7, Section 3, Article 2 for jumping events.

In the case of a tie for a state qualifying position, the following guidelines apply:

1. Field events — If a tie exists after rule book tie-breaking (placing and scoring) procedures have been applied, each tied athlete will advance to the state meet. If the tie can be broken in terms of a field event qualifying position, it will.
2. Running events of 400 or fewer meters — A runoff will take place prior to the start of the state meet. The date, site and time will be announced by the NIAA office.
3. Running events of 800 or more meters — Each tied athlete will advance to the state meet.

COACHES MEETING

A coaches meeting for coaches of all schools participating in the meet will be held at a time and place to be determined.

REPLACEMENT of a STATE QUALIFIER

The next placer from the same affected region may be advanced in the event of injury, illness or eligibility, but only with notice to meet director Lynn Mentzer (lynnmentzer@sbcglobal.net) **by Wednesday, May 15 at 9 a.m.** If there is not a next placer available from the same region, the next placer from the other region will be advanced but also only with notice to the meet director **by Wednesday, May 15 at 9 a.m.**

RELAYS

A school qualifies for a relay event. It is possible for a coach to enter different individuals on the state relay team than those used in the region meet. However, once the (up to) eight names have been declared for a relay team in the state meet, the coach must use only the names on that list to form the state team. Teams must submit their relay cards to the clerk upon check-in.

PROBLEM PROTOCOL

The head coach should proceed to the clerk/staging area to get in immediate contact with the meet referee when a protest situation occurs. Judgment decisions cannot be protested. A three- or five-member Jury of Appeals will rule on any protest. The decision of the Jury of Appeals is final.

No recourse (to the NIAA, its staff or its Board of Control) of action will be permitted after a ruling by the Jury of Appeals.

LANE ASSIGNMENTS (for track events)

Lane assignments will be created based on the results of the region meets, weighing place first, then time as outlined below. Lane four (4) is the preferred lane.

Class 5A, 3A Finals

Lane 1 — Fourth place, No. 1 time
Lane 2 — Third place, No. 1 time
Lane 3 — Second place, No. 1 time
Lane 4 — First place, No. 1 time
Lane 5 — First place, No. 2 time
Lane 6 — Second place, No. 2 time
Lane 7 — Third place, No. 2 time
Lane 8 — Fourth place, No. 2 time

Class 2A, 1A Finals

Lane 1 — Fourth place, No. 1 time
Lane 2 — Third place, No. 1 time
Lane 3 — Second place, No. 1 time
Lane 4 — First place, No. 1 time
Lane 5 — First place, No. 2 time
Lane 6 — Second place, No. 2 time
Lane 7 — Third place, No. 2 time
Lane 8 — Fourth/fifth place, No. 2 time

STAGGERS

400 relay: 2-turn stagger (by lane)
800 relay: 4-turn stagger (by lane)
1,600 relay: 3-turn stagger (by lane)
3,200 relay: 1-turn stagger (by lane or alley)
Open 800: 1-turn stagger (by lane or alley)
Open 1,600: 1-turn stagger (by lane or alley)
Open 3,200: 1-turn stagger (by lane or alley)

CHECK-IN REQUIREMENTS/CLERK and STAGING AREA

Athletes must report and check in 30 minutes prior to the beginning of all events. Athletes may leave the staging area after check-in, but they will be responsible for arriving on time at the event site.

SEEDING for FIELD EVENTS

The field will open based on qualifying marks from the region meets. All finals (LJ, TJ, SP, DIS) will consist of three attempts and a re-ranking for the remaining three attempts with no elimination. **No warm-ups will be permitted after the initial set of three attempts.** Seeding for field events will follow the National Federation rule book for reverse order.

RUNWAYS

Note: Official distances still to be determined

Boys Runway

LJ board: 8 feet and 12 feet from the pit, max run-up is 128 feet.

TJ board: 24 feet, 32 feet and 40 feet, max run-ups of 103 feet to the 32' board and 95 feet to the 40' board.

Girls Runway

LJ board: 8 feet and 12 feet from the pit, max run-up is 128 feet.

TJ board: 24 feet and 32 feet, max run-ups of 111 feet and 103 feet.

Pole Vault

5A max run: 140 feet.

Note: Long jump and triple jump athletes are permitted, with games committee approval, to select which board he/she wishes to utilize.

STARTING HEIGHTS/PROGRESSIONS

The Games Committee will determine starting heights for the high jump and pole vault.

It is recommended for the high jump:

Starting height two (2) inches lower than the eighth competitor's qualifying mark.

Incremental increases of two (2) inches in the competition until four or fewer competitors remain.

Incremental increases of one (1) inch when four or fewer competitors remain.

It is recommended for the pole vault:

Starting height six (6) inches lower than the eighth competitor's qualifying mark.

Incremental increases of six (6) inches in the competition until four or fewer competitors remain.

Incremental increases of three (3) inches when four or fewer competitors remain.

WEIGH-INS

All competition implements will be weighed and measured for size prior to the start of the meet by an official. These implements will be impounded until the competition begins. Contestants may use any implement that has been certified for competition. Please refer to the schedule for check-in times. No rubber discs will be allowed in competition.

Pole vaulters will be weighed in competition attire, and poles will be inspected for proper ratings at the time of check-in. Weigh-ins will take place in the weigh-in room.

UNIFORMS

Please refer to the 2024 NFHS Track and Field rules book for all uniform requirements.

SPIKES

The NIAA Track and Field Advisory Committee and the NIAA office staff officially adopted a 3/16-inch pyramid or needle spike rule. Spikes may not protrude more than 3/16-inch into the track/runway surface. All removable protrusions must be removed from the spike plate/shoe base. If an athlete competes with improper equipment, the athlete (and relay team) will be disqualified.

EVENT AREA

Coaches and non-participating athletes must stay outside of all fenced, roped and flagged areas. Athletes must vacate the infield/event area immediately after the event's conclusion and any awards ceremony for the event.

SCORING

Scoring will be to eight places (10, 8, 6, 5, 4, 3, 2, 1).

AWARDS

The top four (4) placers in each event will receive medals. The top two boys and girls teams in each class state meet will receive a trophy.

BLOCKS

The Games Committee will provide starting blocks. Athletes also may use their own starting blocks.

TICKETS/ADMISSION

All postseason tickets will be sold through HomeTown Ticketing, the NIAA's official partner for postseason ticket sales. Tickets are available both through the ticket page on the NIAA website (niaa.com/tickets/index) and the HomeTown Ticketing app.

Admission prices for NIAA postseason region and state events (per event per day) are:

Adults: \$12

Students with a valid high school or younger ID: \$5

Children age 8 and younger are admitted free.

NIAA Courtesy Cards and Lifetime Passes will be honored for the legitimate pass holder and one guest.

Athletes will be allowed admission if in uniform and competing. Coaches will be permitted based on a school district-issued ID badge or form submitted by their school's administration. The athlete and coaches' pass gate will be at a different location than the public ticket gate. All coaches must be cleared through Final Forms or admission will be denied.

2024 Class 5A, 3A, 2A, 1A State Championships
at Carson High School
Friday, May 17 (start time is 2 p.m.)

2 p.m. Class 1A Girls 4x800 Meter Relay
to follow Class 2A Girls 4x800 Meter Relay
to follow Class 3A Girls 4x800 Meter Relay
to follow Class 5A Girls 4x800 Meter Relay

3 p.m. Class 1A Boys 4x800 Meter Relay
to follow Class 2A Boys 4x800 Meter Relay
to follow Class 3A Boys 4x800 Meter Relay
to follow Class 5A Boys 4x800 Meter Relay

4:05 p.m. Class 1A Girls 100 Meter Hurdles
to follow Class 2A Girls 100 Meter Hurdles
to follow Class 3A Girls 100 Meter Hurdles
to follow Class 5A Girls 100 Meter Hurdles

4:25 p.m. Class 1A Boys 110 Meter Hurdles
to follow Class 2A Boys 110 Meter Hurdles
to follow Class 3A Boys 110 Meter Hurdles
to follow Class 5A Boys 110 Meter Hurdles

4:50 p.m. Class 1A Girls 100 Meter Dash
to follow Class 2A Girls 100 Meter Dash
to follow Class 3A Girls 100 Meter Dash
to follow Class 5A Girls 100 Meter Dash

5:10 p.m. Class 1A Boys 100 Meter Dash
to follow Class 2A Boys 100 Meter Dash
to follow Class 3A Boys 100 Meter Dash
to follow Class 5A Boys 100 Meter Dash

5:35 p.m. Class 1A Girls 4x200 Meter Relay
to follow Class 2A Girls 4x200 Meter Relay
to follow Class 3A Girls 4x200 Meter Relay
to follow Class 5A Girls 4x200 Meter Relay

5:55 p.m. Class 1A Boys 4x200 Meter Relay
to follow Class 2A Boys 4x200 Meter Relay
to follow Class 3A Boys 4x200 Meter Relay
to follow Class 5A Boys 4x200 Meter Relay

2024 Class 5A, 3A, 2A, 1A State Championships
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Friday, May 17 (start time is 2 p.m.)

6:20 p.m. Class 1A Girls 1600 Meter Run
to follow Class 2A Girls 1600 Meter Run
to follow Class 3A Girls 1600 Meter Run
to follow Class 5A Girls 1600 Meter Run

7 p.m. Class 1A Boys 1600 Meter Run
to follow Class 2A Boys 1600 Meter Run
to follow Class 3A Boys 1600 Meter Run
to follow Class 5A Boys 1600 Meter Run

7:45 p.m. Class 1A Girls 4x100 Meter Relay
to follow Class 2A Girls 4x100 Meter Relay
to follow Class 3A Girls 4x100 Meter Relay
to follow Class 5A Girls 4x100 Meter Relay

8:05 p.m. Class 1A Boys 4x100 Meter Relay
to follow Class 2A Boys 4x100 Meter Relay
to follow Class 3A Boys 4x100 Meter Relay
to follow Class 5A Boys 4x100 Meter Relay

3 p.m. Class 1A Boys Pole Vault (followed in order by 2A, 3A and 5A)

3 p.m. Class 1A Girls High jump (followed in order by 5A, 3A and 2A)

3 p.m. Class 5A Boys Triple jump (followed in order by 3A, 2A and 1A)

3 p.m. Class 2A Girls Long jump (followed in order by 1A, 5A and 3A)

3 p.m. Class 3A Girls Shot put (followed in order by 2A, 1A and 5A)

3 p.m. Class 1A Boys Discus (followed in order by 5A, 3A and 2A)

2024 Class 5A, 3A, 2A, 1A State Championships
at Carson High School
Saturday, May 18 (start time is 9 a.m.)

9 a.m. Class 1A Girls 3200 Meter Run
to follow Class 2A Girls 3200 Meter Run
to follow Class 3A Girls 3200 Meter Run
to follow Class 5A Girls 3200 Meter Run

10 a.m. Class 1A Boys 3200 Meter Run
to follow Class 2A Boys 3200 Meter Run
to follow Class 3A Boys 3200 Meter Run
to follow Class 5A Boys 3200 Meter Run

11:05 a.m. Class 1A Girls 400 Meter Dash
to follow Class 2A Girls 400 Meter Dash
to follow Class 3A Girls 400 Meter Dash
to follow Class 5A Girls 400 Meter Dash

11:25 a.m. Class 1A Boys 400 Meter Dash
to follow Class 2A Boys 400 Meter Dash
to follow Class 3A Boys 400 Meter Dash
to follow Class 5A Boys 400 Meter Dash

11:50 a.m. Class 1A Girls 300 Meter Hurdles
to follow Class 2A Girls 300 Meter Hurdles
to follow Class 4A Girls 300 Meter Hurdles
to follow Class 5A Girls 300 Meter Hurdles

12:10 p.m. Class 1A Boys 300 Meter Hurdles
to follow Class 2A Boys 300 Meter Hurdles
to follow Class 3A Boys 300 Meter Hurdles
to follow Class 5A Boys 300 Meter Hurdles

12:35 p.m. Class 1A Girls 800 Meter Run
to follow Class 2A Girls 800 Meter Run
to follow Class 3A Girls 800 Meter Run
to follow Class 5A Girls 800 Meter Run

12:55 p.m. Class 1A Boys 800 Meter Run
to follow Class 2A Boys 800 Meter Run
to follow Class 3A Boys 800 Meter Run
to follow Class 5A Boys 800 Meter Run

**2024 Class 5A, 3A, 2A, 1A State Championships
at Carson High School
Saturday, May 18 (start time is 9 a.m.)**

1:20 p.m. Class 1A Girls 200 Meter Dash
to follow Class 2A Girls 200 Meter Dash
to follow Class 3A Girls 200 Meter Dash
to follow Class 5A Girls 200 Meter Dash

1:40 p.m. Class 1A Boys 200 Meter Dash
to follow Class 2A Boys 200 Meter Dash
to follow Class 3A Boys 200 Meter Dash
to follow Class 5A Boys 200 Meter Dash

2:05 p.m. Class 1A Girls 4x400 Meter Relay
to follow Class 2A Girls 4x400 Meter Relay
to follow Class 3A Girls 4x400 Meter Relay
to follow Class 5A Girls 4x400 Meter Relay

2:30 p.m. Class 1A Boys 4x400 Meter Relay
to follow Class 2A Boys 4x400 Meter Relay
to follow Class 3A Boys 4x400 Meter Relay
to follow Class 5A Boys 4x400 Meter Relay

9 a.m. Class 1A Boys High jump (followed in order by 5A, 3A and 2A)

9 a.m. Class 3A Boys Long jump (followed in order by 2A, 1A and 5A)

9 a.m. Class 3A Boys Shot put (followed in order by 2A, 1A and 5A)

9 a.m. Class 5A Girls Triple jump (followed in order by 3A, 2A and 1A)

9 a.m. Class 2A Girls Pole vault (followed in order by 1A, 3A and 5A)

9 a.m. Class 1A Girls Discus (followed in order by 5A, 3A and 2A)