



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

The 2024 Nevada Interscholastic Activities Association Class 5A, 3A, 2A and 1A Northern Region boys and girls track and field meet is scheduled for Saturday, May 4 at Reed High School in Sparks (preliminaries) and Friday, May 10 and Saturday, May 11 at Carson High School in Carson City.

Entries for all classes are due by 8 p.m. on Sunday, April 28 and must be completed through MileSplit.

Reed High School is located at 1350 Baring Boulevard in Sparks.

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.

ENTRIES

Entries for all classes are due by 8 p.m. on Sunday, April 28 through www.milesplit.com.

All questions or concerns relating to entries should be addressed to Lynn Mentzer, Meet Director, at lynnmentzer@sbcglobal.net.

Teams MUST register through MileSplit. There are no exceptions.

Each school/team is permitted only one (1) relay team per event, be sure to enter a seed time for your relay based on the best time run for your school this season.

A team may have a maximum of four (4) individual (boys and girls separate) entries in an event.

In all classes, the 3,200-meter run is limited to only the 24 fastest entrants. Marks used for seeding must be from the 2024 Nevada season. Each student-athlete may compete in no more than four total events, including relays.

The NIAA staff, the host school, the meet director and the competition coordinator are NOT responsible for errors made in the entry process. Coaches should be absolutely sure the entry form is accurate and correct before submitting it to the meet director. All entries are final once the deadline has passed.

REPLACEMENT of a REGION MEET ENTRY

The head coach may replace an entered athlete with another qualified athlete, in the case of injury, illness or ineligibility, but only with notice to the Meet Director by Friday, May 3 at 1 p.m. **Athletes will NOT be permitted to change or add events.**

STATE QUALIFYING

In Class 5A and 3A for both track and field events, the top four (4) placers in each event from the Northern League and the top four (4) placers in each event from the Southern Region meet automatically advance to the state meet.

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.

The meet (and event) staff will attempt to break ties, even in the case of state qualifying positions, according to the procedures outlined in Rule 6, Section 3, Article 2.

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

In the case of a tie for a state qualifying position, the following guidelines will 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.
2. Running events of 400 meters or shorter: A run-off will take place 30 minutes after the conclusion of the last running event in the meet.
3. Running events of 800 meters or longer: Each tied athlete will advance to the state meet.

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 boys and girls team in each class region/league meet will receive a trophy.

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.

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 is found to have competed 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.

LANE ASSIGNMENTS

Lane assignments will follow National Federation rules, weighing place first and time second.

BLOCKS

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

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)

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.

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

High jump: The meet director will determine the starting height. The bar will progress up 2 inches until there are four or fewer competitors remaining, at which point the bar will progress up 1 inch.

Pole vault: The meet director will determine the starting height. The bar will progress up 6 inches until there are four or fewer competitors remaining, at which point the bar will progress up 3 inches.

It is recommended that starting heights be two increments below the mark of the eighth qualifier or one increment below the mark of the 16th qualifier. It is the meet director's option to start another increment lower, depending on weather conditions and entry marks.

ADVANCING FROM TRIALS to FINALS (all classes)

Finalists will be determined as follows:

- a. For sprint and hurdle events, the heat winner and next fastest times to fill out an eight-lane final advance to the final;
- b. For distance events, the top two finishers in each heat and the next fastest times to fill out a 12-person final advance to the final;
- c. For field events, the top nine marks plus ties advance to the finals. Trials marks will not carry over to the finals. Vertical jumps end in the trials when nine competitors have qualified.

Sprint relays that exceed nine lanes will be run with seven (7) in the faster section unless fewer than nine (9) teams compete. If more than 10 teams compete, nine (9) will compete in the faster section.

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.

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. Valid identification is required.

**2024 Class 5A, 3A, 2A, 1A Northern Region Championships
at Reed High School
TRIALS ONLY (all events contingent on number of athletes advancing to finals)
Saturday, May 4 (start time is 8 a.m.)**

9 a.m. — Girls 100 Meter Hurdles Trials (1A followed by 2A, 3A, 5A) (if 9 or fewer advance to finals)

9:25 a.m. — Boys 110 Meter Hurdles Trials (1A followed by 2A, 3A, 5A) (if 9 or fewer advance)

9:45 a.m. — Girls 100 Meter Dash Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

10:10 a.m. — Boys 100 Meter Dash Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

10:35 a.m. — Girls 1600 Meter Run Trials (1A, 2A, 3A, 5A) (if 15 or fewer advance)

11:10 a.m. — Boys 1600 Meter Run Trials (1A, 2A, 3A, 5A) (if 15 or fewer advance)

11:45 a.m. — Girls 400 Meter Dash Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

12:20 p.m. — Boys 400 Meter Dash Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

12:50 p.m. — Girls 300 Meter Hurdles Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

1:20 p.m. — Boys 300 Meter Hurdles Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

1:55 p.m. — Girls 800 Meter Run Trials (1A, 2A, 3A, 5A) (if 15 or fewer advance)

2:20 p.m. — Boys 800 Meter Run Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

2:55 p.m. — Girls 200 Meter Dash Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

3:35 p.m. — Boys 200 Meter Dash Trials (1A, 2A, 3A, 5A) (if 9 or fewer advance)

8 a.m. — Girls Long Jump Trials (5A, 3A, 2A, 1A) (if 15 or fewer advance to finals)

8 a.m. — Boys Long Jump Trials (2A, 1A, 5A, 3A) (if 15 or fewer advance)

11:30 a.m. — Girls Triple Jump Trials (5A, 3A, 2A, 1A) (if 15 or fewer advance)

11:30 a.m. — Boys Triple Jump Trials (2A, 1A, 5A, 3A) (if 15 or fewer advance)

8 a.m. — Girls High Jump Trials (1A, 5A, 3A, 2A) (if 15 or fewer advance)

11:30 a.m. — Boys High Jump Trials (1A, 5A, 3A, 2A) (if 15 or fewer advance)

8 a.m. — Boys Pole Vault Trials (1A, 2A, 3A, 5A) (if 10 or fewer advance)

11:30 a.m. — Girls 3A Pole Vault Trials (2A, 1A, 5A, 3A) (if 10 or fewer advance)

8 a.m. — Boys Shot Put Trials (3A, 2A, 1A, 5A) (if 15 or fewer advance)

11:30 a.m. — Girls Shot Put Trials (3A, 2A, 1A, 5A) (if 15 or fewer advance)

8:30 a.m. — Girls 5A Discus Trials (1A, 5A, 3A, 2A) (if 15 or fewer advance)

11:30 a.m. — Boys 5A Discus Trials (1A, 5A, 3A, 2A) (if 15 or fewer advance)

Note: Finalized field event schedule will be sent out to schools once entries are determined.

**2024 Class 5A, 3A, 2A, 1A Northern Region Championships
at Carson High School
Friday, May 10 (start time is 2 p.m.)**

Note: Event may not start before the listed time.

2 p.m. — Girls 4x800 Meter Relay Finals (1A, 2A, 3A, then 5A)

3 p.m. — Boys 4x800 Meter Relay Finals (1A, 2A, 3A, then 5A)

4 p.m. — Girls 110 Meter Hurdles Finals (1A, 2A, 3A, then 5A)

4:20 p.m. — Boys 100 Meter Hurdles Finals (1A, 2A, 3A, then 5A)

4:45 p.m. — Girls 100 Meter Dash Finals (1A, 2A, 3A, then 5A)

5:05 p.m. — Boys 100 Meter Dash Finals (1A, 2A, 3A, then 5A)

5:30 p.m. — Girls 4x200 Meter Relay Finals (1A, 2A, 3A, then 5A)

5:55 p.m. — Boys 4x200 Meter Relay Finals (1A, 2A, 3A, then 5A)

6:20 p.m. — Girls 1600 Meter Run Finals (1A, 2A, 3A, then 5A)

7 p.m. — Boys 1600 Meter Run Finals (1A, 2A, 3A, then 5A)

7:45 p.m. — Girls 4x100 Meter Relay Finals (1A, 2A, 3A, then 5A)

8:05 p.m. — Boys 4x100 Meter Relay Finals (1A, 2A, 3A, then 5A)

2 p.m. — Girls Pole vault Finals (1A, 2A, 3A then 5A)

3 p.m. — Boys High jump Finals (1A, 5A, 3A, then 2A)

3 p.m. — Girls Triple jump Finals (5A, 3A, 2A, then 1A)

3 p.m. — Boys Long jump Finals (2A, 1A, 5A, then 3A)

3 p.m. — Boys Shot put Finals (3A, 2A, 1A, then 5A)

3 p.m. — Girls Discus Finals (1A, 5A, 3A, then 2A)

**2024 Class 5A, 3A, 2A, 1A Northern Region Championships
at Carson High School
Saturday, May 11 (start time is at 9 a.m.)**

Note: Event may not start before the listed time.

9 a.m. — Girls 3200 Meter Run (1A, 2A, 3A, then 5A)

10 a.m. — Boys 3200 Meter Run (1A, 2A, 3A, then 5A)

11 a.m. — Girls 400 Meter Dash Finals (1A, 2A, 3A, then 5A)

11:20 a.m. — Boys 400 Meter Dash Finals (1A, 2A, 3A, then 5A)

11:45 a.m. — Girls 300 Meter Hurdles Finals (1A, 2A, 3A, then 5A)

12:05 p.m. — Boys 300 Meter Hurdles Finals (1A, 2A, 3A, then 5A)

12:30 p.m. — Girls 800 Meter Run Finals (1A, 2A, 3A, then 5A)

12:50 p.m. — Boys 800 Meter Run Finals (1A, 2A, 3A, then 5A)

1:15 p.m. — Girls 200 Meter Dash Finals (1A, 2A, 3A, then 5A)

1:35 p.m. — Boys 200 Meter Dash Finals (1A, 2A, 3A, then 5A)

2 p.m. — Girls 4x400 Meter Relay Finals (1A, 2A, 3A, then 5A)

2:20 p.m. — Boys 4x400 Meter Relay Finals (1A, 2A, 3A, then 5A)

9 a.m. — Girls High jump Finals (1A, 5A, 3A, then 2A)

9 a.m. — Girls Long jump Finals (3A, 2A, 1A, then 5A)

9 a.m. — Boys Triple jump Finals (5A, 3A, 2A, then 1A)

9 a.m. — Boys Pole vault Finals (2A, 1A, 3A, then 5A)

9 a.m. — Girls Shot put Finals (3A, 2A, 1A, then 5A)

9 a.m. — Boys Discus Finals (1A, 5A, 3A, then 2A)