

# SCVAL 2025

## MEET INFORMATION

Please forward to your assistant coaches and anyone that will be officiating a field event.

Here is information for the meet (items in red has been changed from previous years or are highlighted for emphasis):

1) The scratch meeting is at 9am. We will not reseed the heats. If the scratch is from the fast heat, the fastest qualifier from the slow heat will move to take that spot and the alternate will take the spot in the slow heat. If it is from the slow heat, the alternate will be placed in the empty lane.

### Field Events

2) There will be a Field Throws Officials meeting at 8:15am. The Head Field Judge for each throws should be at the meeting. The Field Jumps Officials will meet at 9:15am at the high jump area.

3) All throwers should arrive no later than 8:15m. Weigh-ins are from 8:15-8:30am. Warm ups should start no later than 8:45am with official competition at 9:00am. Anyone not checked in by then should be scratched. Alternates can only be added if there is a scratch and their name is on the alternate list. Upon check in, the official should determine if they have any conflict with another event and note it.

4) A time schedule for the meet will be included on all field events clipboard, along with rules, the alternate list and the field sheets. The schedule can be used to help determine when a field athlete can check out for another event.

**For running events, the athlete should be allowed to leave no earlier than 10 minutes** before their race and immediately return after the race. Note the time they leave for a race on the field sheet. When competing in 2 different field events, they should be allowed 10 minutes to go to the other event and make at least 1 or more attempts. Again note the leaving time on the field sheet. Field athletes can take multiple attempts or compete out of order. **The field official can move them to a different flight also.** See the NFHS Rule 3-10, articles 3 & 4. Attached file has the rules.

5) The LJ, TJ, SP and Discus will compete in 2 flights with the top 8 marks competing in the 2nd flight, the rest of the competitors in the first flight. Everyone will receive 3 attempts. **At the completion of the 2 flights, the top 8 will get 3 more attempts.** They will compete in reverse order of their place after the initial 3 attempts.

6) For HJ and PV, athletes will compete in 1 flight. The PV official will determine the starting height. **The starting height for high jump will be the mark of the 16<sup>th</sup> qualifier before scratches. The Girls HJ will start at 4'2" and the Boys HJ will start at 5'2".** For the HJ or PV athletes, allow the athletes that have other events to check out for only 10 minutes at a time. Warn them if they are not back in the allotted time, the bar could be moved up. Please note the time they checked out on the field sheet. Also, offer attempts out of order to keep the competition moving. I will attach a page with case studies on checking out from the NFHS T&F Rule Book.

7) If there is a tie for 5<sup>th</sup> place in the HJ, there will be a jump-off for the final qualifying spot to CCS. Follow the same rules if it were a tie for first place.

8) Field athletes, checking out for another field event, should be given a time limit for returning. **The high jump official cannot hold the jumpers** at that event and prevent them from going to other field events.

9) For the HJ and PV, athletes can state their starting height. **They don't need to be there to pass each height.** It is their responsibility to be back there when that height is reached.

## **Running Events**

10) There will be slow/fast heats for all track events, except the 1600m and 3200m, with the athletes/schools with the best 8 marks in the fast heats and the remaining in the slow heat.

11) The 1600m and 3200m will use an alley start with the top 5 or 6 in the outer alley and the rest in the inner alley. They will be placed with the fastest athlete by qualifying time on the outside and in order to the slowest in lane 1. The 800 will be a 1 turn stagger in lanes. **If the Finish Line judge and Starter does not think an alley start is necessary for the 1600 or 3200m, they will use a waterfall start.**

12) If we can run ahead of the schedule, **it will be no more than 10 minutes.**

13) Athletes and alternates should **check in at least 30 minutes ahead of their schedule event.** Alternates should show up at the starting line, in case a competitor does not show.

14) **There will be no warm ups in the infield. The baseball field is available for warm ups and will have some hurdles available. No athlete should be on the infield unless they are in the next event. Once the race is done, they should exit through the gate by the Clerk of the Course**

15) **Electronic devices are not allowed** on the infield, unless they are being used by officials to communicate with each other. Only coaches may record and show video to their athlete in the coaching box.

16) **Coaches will stay off the infield unless they are working as an official.** For the LJ and TJ, the coaches may stand in the area separated from the pits. There will be a coaching box near the HJ. For SP and Discus, coaches can stand outside the fence of the shot put area.

17) For those that have not been to LG our long and triple jump pits are on the visitor's side of the Track.

18) The rules and infractions for the 4x400 relay hand-offs from the NFHS Track are in the attachment. We have a history of issues with the 4x400 relays.