



# Vermont Principals' Association

## Track and Field Committee Vermont High School Track and Field Rule Book

**Version 19.0 – October 29, 2018**

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All schools will follow the NFHS and VPA standard unless specified otherwise by this VPA Rule Book. Coaches may not enter into a mutual agreement to violate any rule. Any such mutual agreement will be illegal. This includes rules regarding uniform (NFHS), entry limits (VPA), etc.

## RECENT RULE CHANGES

### 2018/2019 Indoor Season Changes

**Other notes:** There will be one (1) Indoor State Championships for both Divisions: @ UVM - Div.1 and Div.2 combined - Saturday, Feb. 16, 2019, all events will be combined Divisions, scoring separately by Division. There will be no Pole Vault competition during the indoor season and indoor State Championship. Triple Jump will be limited to top 6 athletes per division only, **ranked and entered by a coach on Athletic.net**. Weight Throw competition during the season and State Championship will be conducted at St.Johnsbury Academy.

### 2018 Outdoor Season Changes

**Rule 4.2.7...** Qualifying Standards for Outdoor Division 2 VT State Championship Girls Discus 72-0

**Rule 4.2.8...** Qualifying Standards for Essex HS Invitational – NE Outdoor Qualifier Girls PV 7-6, Boys PV 10-0, Girls LJ 14-4 and Girls TJ 28-2, Boys LJ 18-5.

### 2017/2018 Indoor Season Changes

**Rule 3.1.4... Starting Heights for Indoor State Meets will be set by the meet games committee.**

**Rule 3.1.11...Indoor VT State Meet** there will be only 4 jumps/throws/puts in all horizontal events, no finals.

**Rule 3.4.8...If a competitor is to be withdrawn or abandon from an event after the check in with the meet clerk,** the competitor shall be scratched from any subsequent event(s) **including relays** in the meet. However, a subsequent examination and resulting recommendation by the appointed/approved medical doctor/athletic trainer of the competition shall be considered by the referee to determine if continued participation is allowable. This rule will apply to all indoor and outdoor meets.

**Rule 4.2.3...** For the **Indoor State Meet / and Indoor NE Qualifier participation in two (2) interscholastic meets is required.**

**Rule 4.2.9...Vermont Indoor State Meet Qualifying Standards**

**Top 12 athletes ranked and entered by a coach on Athletic.net in their respective division will qualify for the State Meet. School may enter one (1) relay team per relay event. There will be no late entries into individual events and scratches (unless medical reason).**

**Rule 4.2.10...Vermont Indoor NE Qualifier Meet Standards.**

**There will not be Vermont NE Indoor Qualifier Meet.** VT State Meets will be NE Indoor Qualifier. Top 6 individual athletes and relays from events finals qualify for New England T&F Championship regardless of Division.

**Rule 4.2.11...Meet results from all outdoor and indoor TF meets shell be posted on Athletic.net web by the host school no later than 48 hours after the meet.** Only posted results on the Athletic.net may be used for qualifying performances for outdoor NE Qualifier meet and all divisions State Championships.

**Other notes:** There will be 2 separate Indoor State Championships: Div. 2 – Friday, Feb. 9, 2018 @ UVM and Div.1 - Saturday, Feb. 10, 2018

### **2017 Outdoor Season Changes**

**Rule 1.1.1...Outdoor State meet events start time adjusted.**

**Rule 4.2.7...** Qualifying Standards for Outdoor Division 1 VT State Championship Girls LJ 14-6 and Girls TJ 30-6.

**Rule 4.2.11...Meet results from all outdoor TF meets shell be posted on Athletic.net web by the host school no later than 48 hours after the meet.** Only posted results on the Athletic.net may be used for qualifying performances for outdoor NE Qualifier meet and all divisions State Championships.

## **Rule 1**      **Order of Events**

### **Section 1**      **Vermont Outdoor New England Qualifier / State Meet**

**Art 1...**VT NE Qualifier / State Meet Order of Events / Time Schedule same for all Divisions

#### **VT OUTDOOR STATE MEET ORDER OF EVENTS / TIME SCHEDULE**

<b>Order #</b>	<b>RUNNING EVENTS</b>	<b>Round</b>
	Heats in order slow to fast	
10:30 AM	1. Girls 4x800 Meter Relay	Finals
Unless posted otherwise	2. Boys 4x800 Meter Relay	Finals
	3. Girls 100 Meter Hurdles	Prelims
	4. Boys 110 Meter Hurdles	Prelims
	5. Girls 100 Meter Dash	Prelims
	6. Boys 100 Meter Dash	Prelims
	7. Girls 1500 Meter Run	Finals
	8. Boys 1500 Meter Run	Finals
<b>Boys First!</b>	Boys 110 Meter Hurdles	Finals
	Girls 100 Meter Hurdles	Finals
	9. Girls 4x100 Meter Relay	Finals
	10. Boys 4x100 Meter Relay	Finals
	11. Girls 400 Meter Dash	Finals
	12. Boys 400 Meter Dash	Finals
	Girls 100 Meter Dash	Finals
	Boys 100 Meter Dash	Finals
	13. Girls 300 Meter Hurdles	Finals
	14. Boys 300 Meter Hurdles	Finals
	15. Girls 800 Meter Run	Finals
	16. Boys 800 Meter Run	Finals
	17. Girls 200 Meter Dash	Finals
	18. Boys 200 Meter Dash	Finals
	19. Girls 3000 Meter Run	Finals
	20. Boys 3000 Meter Run	Finals
	21. Girls 4x400 Meter Relay	Finals
	22. Boys 4x400 Meter Relay	Finals
	<b>Event</b>	<b>FIELD EVENTS</b>
9:30 AM	23. Girls High Jump	Finals
9:30 AM	24. Boys Discus Throw	Finals
9:30 AM	25. Boys Long Jump	Finals
9:30 AM	26. Boys Pole Vault	Finals
9:30 AM	27. Girls Shot Put	Finals
9:30 AM	28. Girls Long Jump	Finals
10:30 AM	29. Girls Javelin Throw	Finals
to follow	30. Girls Discus Throw	Finals
to follow	31. Boys High Jump	Finals
to follow	32. Girls Pole Vault	Finals
to follow	33. Boys Shot Put	Finals
to follow	34. Boys Triple Jump	Finals
to follow	35. Boys Javelin Throw	Finals
to follow	36. Girls Triple Jump	Finals

**Art. 2...**Running events will follow the flow of the NE Qualifier / State Meet. Girls will run first except 100/110 m Hurdles Final. **Meet Directors may alter field events schedule based on available facilities.** Host school will inform visiting teams if field events order is different before April 1st.  
**Art.3...**Water distribution will be at the direction of the meet director/games committee and will be discussed during the pre-meet coaches meeting.

## Section 2 Vermont Outdoor Regular Season Meet

**Art 1...**VT Outdoor Regular Meet Order of Events / Time Schedule same for all Divisions

### VT OUTDOOR REGULAR MEET ORDER OF EVENTS / TIME SCHEDULE

Order #	RUNNING EVENTS	Round
	Heats in order slow to fast	
3:30 PM	1. Girls 4x800 Meter Relay	Finals
	2. Boys 4x800 Meter Relay	Finals
	3. Girls 100 Meter Hurdles	Finals
	4. Boys 110 Meter Hurdles	Finals
	5. Girls 100 Meter Dash	Finals
	6. Boys 100 Meter Dash	Finals
	7. Girls 1500 Meter Run	Finals
	8. Boys 1500 Meter Run	Finals
	9. Girls 4x100 Meter Relay	Finals
	10. Boys 4x100 Meter Relay	Finals
	11. Girls 400 Meter Dash	Finals
	12. Boys 400 Meter Dash	Finals
	13. Girls 300 Meter Hurdles	Finals
	14. Boys 300 Meter Hurdles	Finals
	15. Girls 800 Meter Run	Finals
	16. Boys 800 Meter Run	Finals
	17. Girls 200 Meter Dash	Finals
	18. Boys 200 Meter Dash	Finals
	19. Girls 3000 Meter Run	Finals
	20. Boys 3000 Meter Run	Finals
	21. Girls 4x400 Meter Relay	Finals
	22. Boys 4x400 Meter Relay	Finals
	<b>FIELD EVENTS</b>	
	<b>Event</b>	<b>Round</b>
3:30 PM	23. Girls High Jump	Finals
3:30 PM	24. Boys Long Jump	Finals
3:30 PM	25. Girls Pole Vault	Finals
3:30 PM	26. Boys Shot Put	Finals
3:30 PM	27. Girls Javelin Throw	Finals
3:30 PM	28. Girls Discus Throw	Finals
4:30 PM	29. Boys Triple Jump	Finals

**Art. 2...**Meet Directors may alter regular meet field events schedule based on available facilities. There will be four (4) total trials in all field events except High Jump and Pole Vault. Host school may

decide to allow only three (3) attempts in field events due to concerns over time or number of competitors. Running events will follow the flow of a meet or time schedule may be listed. Girls will run first. Host school will inform visiting teams if any above listed changes apply no later than two (2) weeks before a meet.

### **Section 3 VT Indoor State Meet / Indoor NE Qualifier**

Art.1... VT Indoor State Meet / Indoor NE Qualifier Order of Events / Time Schedule

## **VT INDOOR TF STATE CHAMPIONSHIP / NE QUALIFIER ORDER OF EVENTS / TIME SCHEDULE**

State Meet - Division I will follow Division II. Heats in order slow to fast.

### **RUNNING EVENTS**

<b>Event</b>	<b>Round</b>
<b>11:00 AM</b>	
1. Girls 55 Meter Hurdles	Prelims
Unless posted otherwise	
2. Boys 55 Meter Hurdles	Prelims
3. Girls 55 Meter Dash	Prelims
4. Boys 55 Meter Dash	Prelims
5. Girls 4x800 Meter Relay	Finals
6. Boys 4x800 Meter Relay	Finals
<b>Boys first!</b>	
Boys 55 Meter Hurdles	Finals
Girls 55 Meter Hurdles	Finals
Girls 55 Meter Dash	Finals
Boys 55 Meter Dash	Finals
7. Girls 4x200 Meter Relay	Finals
8. Boys 4x200 Meter Relay	Finals
9. Girls 1600 Meter Run	Finals
10. Boys 1600 Meter Run	Finals
11. Girls 600 Meter Run	Finals
12. Boys 600 Meter Run	Finals
13. Girls 1000 Meter Run	Finals
14. Boys 1000 Meter Run	Finals
15. Girls 300 Meter Dash	Finals
16. Boys 300 Meter Dash	Finals
17. Girls 3200 Meter Run	Finals
18. Boys 3200 Meter Run	Finals
19. Girls 4x400 Meter Relay	Finals
20. Boys 4x400 Meter Relay	Finals

### **FIELD EVENTS**

<b>Event</b>	<b>Round</b>
<b>9:00 AM</b>	
21. Girls Pole Vault (combined Div.)	Finals
To follow	
22. Boys Pole Vault (combined Div.)	Finals
9:00 AM	
23. Boys Shot Put	Finals
To follow	
24. Girls Shot Put	Finals
9:00 AM	
25. Girls High Jump (combined Div.)	Finals
26. Boys High Jump (combined Div.)	Finals

9:00 AM	27. Boys Long Jump	Finals
To follow	28. Girls Long Jump	Finals
To follow	29. Boys Triple Jump	Finals
To follow	30. Girls Triple Jump	Finals

## Rule 2 Scoring

### Section 1 VT State Meet Scoring

**Art. 1...**VT State Meet all divisions will score top 6 places.

**Art. 2...**Team scores will not be kept during NE Qualifier meet.

## Rule 3 Meet Officials and Their Duties

### Section 1 NE Qualifier / State Meet Games Committee decisions

**Art. 1...**Unless listed otherwise, coaches' meeting will be held 8:45 AM in the infield. Every school must be represented.

**Art. 2...**Scratches should be e-mailed by Thursday to the meet director. Scratches made on race day must be done before 8:30 AM at the finish line table. Please submit your scratches ASAP for accurate meet programs and flights in field events. To ensure a high-quality meet, all running and field events will be re-seeded if any scratches are made before the meet. Running events will be re-seeded 10 min prior to the start of an event if scratches will result in an empty lane and/or athlete may be moved to a faster heat.

**Art. 3...**Competitor number (if issued) must be worn on the back except High Jump. Hip numbers must be worn on the left and/or right hip, centered; shirt must be tucked in. Second hip number (if issued for distance events) must be worn on the left side of the chest.

**Art. 4...**Starting Heights in HJ and PV are the qualifying standards. **Starting Heights for Indoor State Meets will be set by the meet games committee.**

**Art. 5...**Maximum spike length for running and jumping events is 3/16" exposed.

**Art. 6...Host School may not allow a tape on track and runways.** In Relays run in lanes safe marker may be used as the only mark to aide outgoing runner to time their start. The host school will provide markers.

**Art. 7...**Athletes check in for running events must report to the clerk of the meet at the time the first call is given (15 min. before event starts) at the check-in tent. Athletes must stay in the check-in tent until they are marched to the start.

**Clerk will scratch all absent athletes on the 2nd call (10 min. before event starts) and re-seed the event if necessary. Missing athletes will not be re-entered after re-seeding is done.**

**Art.8...**If a competitor is to be withdrawn or abandon from an event after the check in with the meet clerk, the competitor shall be scratched from any subsequent event(s) including relays in the meet. However, a subsequent examination and resulting recommendation by the appointed/approved medical doctor/athletic trainer of the competition shall be considered by the referee to determine if continued participation is allowable. This rule will apply to all indoor and outdoor meets.

**Art. 9...**Athletes checking in for field events must report to the field event official at the time the first call is given (15 min. before event start) at the field event sector.

Athlete leaving for a running event must sign out on the first call and he/she must sign back in no later than 10 min. after the conclusion of the heat he/she was competing in.

Athlete participating in two or more field events at the same time he/she must go back and forth between these events.

### **Art. 10...Advancement / Seedings**

**Running events:** Sprints and Hurdles advanced by 1st place from their heats and the rest on times. Fastest heats will run last. Runners from a same team will be auto split using Meet Manager software in preliminary heats of Sprints and Hurdles. Number of finalists in these events will be the same as number of lanes on the track of the hosting school.

**Field Events:** In all field events except HJ and PV, order of flights in preliminaries will be worst to best. In every flight athletes will take their trials in worst to best order. There will be 6 athletes in best flights if possible. **Top 7 will qualify to the final from scoring teams.**

In horizontal jumps and throws there will be 1 warm up throw / jump between flights. A best flight in all horizontal jumps and throws may have a 2<sup>nd</sup> warm up time 15 min long. In HJ, PV there may be a 2<sup>nd</sup> warm up during a competition at the height determined by the games committee before the meet.

**Art 11...Indoor VT State Meet** there will be only 4 jumps/throws/puts in all horizontal events, no finals.

**Art. 12...VT State Meet** number of finals in 55 m Dash, 55 m Hurdles, 100, 200 m Dash and 100 / 110 m Hurdles.

Due to increased number of non-scoring independents/club teams and assurance of 6 scoring places for regular teams in the State Meet there may be 2 Finals (A and B) in 55 m Dash, 55 m Hurdles, 100m Dash, 200m Dash and 100/110m Hurdles. Meet director and/or meet administrator will decide number of finals in the every event listed above in the every division of the State Meet (considering number of lanes on hosting school track). Independent athletes will be advanced to the final if they qualify.

Fastest runners (advanced by 1st place from their heats + the rest on times) will be seeded in the second faster final. Any runner from either final may place and score.

### **Section 2 Events / Meet Cancellation (weather or another reason).**

**Art. 1...**The Meet Director, Games Committee with VPA representative and/or VPA Track Committee members will determine postponement of event(s) or the State Meet or the New England Qualifier for following Tuesday and will determine rescheduled time and place (same host site if possible).

**Art. 2...**Final teams scores of the State Meet will include postponed events. (This means team awards will be delayed until Tuesday).

### **Section 3 FAT Timing and Athlete's Database software use during a NE Qualifier / State Meet**

**Art. 1...**It is required that FAT (Fully automatic timing) and Athletes Database Software be used in the running events for the NE Qualifier / State Meet as per National Federation regulations.

### **Section 4 VT NE Qualifier / State Meet Implements and Pole Vault Athlete's Weight-in**

**Art. 1...**Weigh-ins will be required for shot put, discus, javelin and athletes participating in pole vault before the meet. Only checked and marked equipment will be permitted in competition and in warm-up throws. Equipment not passing inspection will be stored by meet officials during the meet. Athletes may collect it after the meet is over.

**Art. 2...**There will be \$10 penalty for each implement or pole vaulter weigh-in done after the scheduled weigh-in time. Fee must be paid prior to the competition. Host school will provide inspected implements in all throwing events (SP, D, J).

### **Section 5 Marking in throwing events**

**Art. 1...** Marking in Shot Put, Discus and Javelin must be done by an adult official.



## **Section 6 Recommended USATF / VTFOA certified officials meet staffing**

**Art. 1...** *By 2010 (recommended) and by 2011 (required) every regular season TF meet – all divisions in VT will have a minimum of 2 USATF / VTFOA certified TF officials.*

**Art. 2...** USATF / VTFOA certified officials VT TF NE Qualifier, Div 1, 2, 3 and 4 State Meet, Indoor State Meet and Burlington Invitational. Following positions should be covered by certified TF officials:  
Track & Field: Meet Director, Head Running Official, Head Field Official, Head FAT Timer and Database Official, Head Starter, Clerks of Course, Head Pole Vault Official, Head High Jump Official, Head Long Jump Official, Head Triple Jump Official, Head Discus Official, Head Shot Put Official, Head Javelin Official, Members of Jury of Appeals.

Cross-Country Running: VT State Meet and meets with more than 8 teams attending: Meet Director, Head Finish Line Judge, Head Timer, Head Starter and Head Database Official.

2009 Burlington HS is planning to host NE Outdoor TF Championship. All Head officials must be certified.

**Art. 2...** Recommended certified TF officials pay for all div. Indoor/Outdoor State Meet, NE Qualifier and Burlington Invitational.

Meet Director	\$150
Starters, Clerks, Head Running & Field Referees, FAT Timers, Head Database Official, Announcer	\$100
Head Pole Vault Official	\$70
Head Field Events Officials (except PV)	\$60
Lap Count, Back up Timer, Data Entry,	\$60
Marshals, Hurdle Chief, Umpires	\$50
Weigh-ins	\$40

## **Section 7 Schools help running a NE Qualifier / State Meet**

**Art. 1...** The VPA TF Committee is concerned that many schools are not willing to assist in the running of the State Meet. If meet director requests assistance from your school, please remember that it is your obligation to provide the people and/or equipment that he requests, or the director may choose not to allow your team to participate.

**Art. 2...** Frisbees, balls and music boxes are not allowed at any track and field meets.

Point of Emphasis:

It is our privilege and not our "right" to be able to use Norwich University, UVM and other facilities for our indoor and outdoor meets. Therefore, it is imperative that each facility's rules & regulations be followed at all times. Coaches, competitors & spectators are asked to have food & drink only in approved areas within the venues. Furthermore, it is expected that all individuals "police" their own areas & clean up after themselves prior to leaving for the day.

## **Rule 4 Meet Entries, Competitors and Competition**

### **Section 1 Vermont NE Qualifier / Indoor and Outdoor State Meets Entries**

**Art. 1...** All entries (all divisions) for Indoor and Outdoor NE Qualifier / State Meets must be done by Athletic.net web site.

**Art. 2...** All VPA NE Qualifying Meets and State Championships entry deadline Tuesday 11:59 PM - 4

days before the meet (3 days before the Div.4 Outdoor State Meet and Div. 2 Indoor State Meet).

**Art. 3...**Athletes **school grade must be listed.**

**Art. 4...Performance must be listed.** *Hand held times must first be rounded up to the slower one tenth of a second (example 10.42 will be recorded as 10.5h). **Hand held times must be with h after the time** (example 23.4h or 4:45.0h).*

**Art. 5...**Only FAT (electronics) times must be recorded with one one-hundred of a second. See Rule 3-9-4 page 20–21 of the National Federation Rule Book.

**Art. 6...**Listed athletes performances must be **achieved this season.**

**Art. 7...**Coaches must check their school entries before they submitted.

**Art. 8...All entries are final.** Time/Distance/Height update after the deadline to better an athlete or relay performance is not permitted. Changing events an athlete is entered in, adding athletes to events or relay teams after the deadline when 4 or more are already entered is not permitted.

**Art. 9...**Entry list by school and performance list will be posted on web site by Wednesday before the NE Qualifier / State Meet if all schools entries were submitted.

**Art. 10...**Coach must check his/hers school entry list on the VT TF web site by Thursday before the NE Qualifier / State Meet.

**Art. 11...**Only typing and spelling errors will be corrected. (Example: 3000 m Run time recorded 9.47 will be corrected to 9:47.00).

**Art. 12...**There will be a late entry fee fine \$50.00 per athlete / error paid to the hosting school before the meet for every competitor who must be added to the NE Qualifier / State Meet database, event or relay after the posted deadline.

**Art. 13...**No athletes will be added after Thursday before the NE Qualifier / State Meet.

**Art. 14...**Meet director or meet database administrator is responsible for checking entry limits before the **Outdoor and Indoor State Meet - NO ATHLETES ENTRY LIMIT PER EVENT PER SCHOOL.**

Maximum 4 (four) athletes per team per event may score.

the NE Qualifier– maximum of six (6) athletes per event per school, maximum athlete entry in four (4) events excluding relays and 1 relay team per relay event per school.

**Art. 15...**Questions about an athlete's eligibility and/or entry performance must be brought to the meet director's/database administrator's attention no later than Thursday before the NE Qualifier / State Meet. Coach may be asked to provide meet results to document athlete's eligibility and/or entry performance.

**Art.16...**Relay splits may not be used for qualification times at any meet in Vermont, unless specifically allowed by the host school. Relay splits may not be used for qualifying standards for Indoor and Outdoor State Meet and Indoor and Outdoor NE Qualifier.

**Art.17...**It is recommended (2016) and required by the year 2017 for a host school or a school participating in out of state meet to post the track & field meet results on Athletic.net web site.

## **Section 2 Vermont NE Qualifier / Indoor and Outdoor State Meet Entry Limitations**

**Art. 1...Outdoor State Meet** **NO ATHLETES ENTRY LIMIT PER EVENT PER SCHOOL** providing they have met VT State Meet or NE Qualifier Meet qualifying standards (see bellow).

**Art. 2... Outdoor/Indoor NE Qualifier Meet** - school may enter **maximum of six (6) athletes per event** providing they have met NE Qualifier Meet qualifying standards (see bellow). An additional extra entries in one event per school will be scratched based on the lowest seed than lowest school grade if tie than if tie remains meet database administrator will decide.

**Art. 3...Participation in three (3) interscholastic meets is required** by an individual for entry in a Outdoor NE Qualifier / and Outdoor State Meet. For the **Indoor State Meet / and Indoor NE Qualifier participation in two (2) interscholastic meets is required.**

**Art. 4...***A competitor shall not be entered in more than four events, **excluding relays.** This Follows NFHS Rule 4, Section 2, Art. 2.*

**Art. 5...**During the indoor season an athlete may compete in no more than two (2) of the distance events offered (1,000 m Run, 1600 m Run and 3200 m Run). Penalty shall be the same as Rule 4.2.2 NFHS Rule book.

**Art. 6...**School may enter one (1) relay team per relay event. 4 - 8 names must be listed. When selecting athletes for your relay teams please list relay runners in the correct order and the position they will run (1<sup>st</sup> leg runner in the position 1, 2<sup>nd</sup> leg runner in the position 2, etc.). Your relay alternates must be listed in positions 5-8. Athletes listing in their correct positions will show 4 runners who ran during a race on results sheets. Team must declare 4 runners before a relay race.

**Art. 7...**Vermont Outdoor State Meet Qualifying Standards (This is not order of events)

### Division 1

Event	Girls	Boys	Event	Girls	Boys
100 m Dash	13.8h	11.9h	Long Jump	14-6	18-0
200 m Dash	28.9h	24.9h	High Jump	4-6	5-4
400 m Dash	67.0h	56.7h	Triple Jump	30-6	37-6
800 m Run	2:41.0h	2:14.3h	Pole Vault	7-0	9-6
1500 m Run	5:40.0h	4:40.0h	Shot Put	27-6	38-6
3000 m Run	12:40.0h	10:20.0h	Discus	72-0	105-0
100 / 110 m Hurdles	18.8h	19.0h	Javelin	80-0	120-0
300 m Hurdles	56.0h	48.5h	Relay splits not permitted.		
4 x 100 m Relay	Open	Open			
4 x 400 m Relay	Open	Open			
4 x 800 m Relay	Open	Open			

### Division 2

Event	Girls	Boys	Event	Girls	Boys
100 m Dash	14.3h	12.5h	Long Jump	13-0	17-0
200 m Dash	29.1h	25.1h	High Jump	4-4	5-4
400 m Dash	67.5h	57.0h	Triple Jump	27-6	35-0
800 m Run	2:45.0h	2:15.0h	Pole Vault	6-0	8-0
1500 m Run	5:45.0h	4:43.0h	Shot Put	27-0	36-6
3000 m Run	13:00.0h	10:50.0h	Discus	72-0	100-0
100 / 110 m Hurdles	21.5h	19.5h	Javelin	75-0	120-0
300 m Hurdles	57.0h	50.0h	Relay splits not permitted.		
4 x 100 m Relay	Open	Open			
4 x 400 m Relay	Open	Open			
4 x 800 m Relay	Open	Open			

Division 3		Division 4			
Event	STAT	Event	STAT		
Event 1	Girls 4x800 Meter Relay	Event 1	Girls 4x800 Meter Relay		
Event 2	Boys 4x800 Meter Relay	Event 2	Boys 4x800 Meter Relay		
Event 3	Girls 100 Meter Dash	15.54	Event 3	Girls 100 Meter Dash	16.24
Event 4	Boys 100 Meter Dash	13.74	Event 4	Boys 100 Meter Dash	14.24
Event 5	Girls 100 Meter Hurdles	22.24	Event 5	Girls 100 Meter Hurdles	23.24
Event 6	Boys 110 Meter Hurdles	25.24	Event 6	Boys 110 Meter Hurdles	26.24
Event 7	Girls 1500 Meter Run	6:15.24	Event 7	Girls 1500 Meter Run	7:00.24
Event 8	Boys 1500 Meter Run	5:15.24	Event 8	Boys 1500 Meter Run	5:45.24
Event 9	Girls 4x100 Meter Relay		Event 9	Girls 4x100 Meter Relay	
Event 10	Boys 4x100 Meter Relay		Event 10	Boys 4x100 Meter Relay	
Event 11	Girls 400 Meter Dash	75.24	Event 11	Girls 400 Meter Dash	1:20.24
Event 12	Boys 400 Meter Dash	70.24	Event 12	Boys 400 Meter Dash	72.24
Event 13	Girls 800 Meter Run	3:10.24	Event 13	Girls 800 Meter Run	3:20.24
Event 14	Boys 800 Meter Run	2:45.24	Event 14	Boys 800 Meter Run	2:50.24
Event 15	Girls 300 Meter Hurdles	60.24	Event 15	Girls 300 Meter Hurdles	64.24
Event 16	Boys 300 Meter Hurdles	52.24	Event 16	Boys 300 Meter Hurdles	57.24
Event 17	Girls 200 Meter Dash	32.24	Event 17	Girls 200 Meter Dash	34.24
Event 18	Boys 200 Meter Dash	27.74	Event 18	Boys 200 Meter Dash	30.24
Event 19	Girls 3000 Meter Run	13:30.24	Event 19	Girls 3000 Meter Run	16:45.24
Event 20	Boys 3000 Meter Run	11:30.24	Event 20	Boys 3000 Meter Run	13:15.24
Event 21	Girls 4x400 Meter Relay		Event 21	Girls 4x400 Meter Relay	
Event 22	Boys 4x400 Meter Relay		Event 22	Boys 4x400 Meter Relay	
Event 23	Boys Pole Vault	8-00.00	Event 23	Boys Pole Vault	7-06.00
Event 24	Girls High Jump	4-02.00	Event 24	Girls High Jump	3-10.00
Event 25	Boys Discus Throw	80-00	Event 25	Boys Discus Throw	65-00
Event 27	Girls Shot Put	22-00.00	Event 27	Girls Shot Put	18-00.00
Event 28	Boys Long Jump	16-06.00	Event 28	Boys Long Jump	13-06.00
Event 29	Girls Long Jump	11-00.00	Event 29	Girls Long Jump	11-00.00
Event 30	Girls Pole Vault	6-00.00	Event 30	Girls Pole Vault	6-00.00
Event 31	Boys High Jump	4-06.00	Event 31	Boys High Jump	4-06.00
Event 32	Girls Discus Throw	53-00	Event 32	Girls Discus Throw	45-00
Event 33	Boys Triple Jump	34-06.00	Event 33	Boys Triple Jump	32-06.00
Event 34	Boys Shot Put	30-00.00	Event 34	Boys Shot Put	23-00.00
Event 35	Girls Triple Jump	25-00.00	Event 35	Girls Triple Jump	24-00.00
Event 36	Girls Javelin Throw	60-00	Event 36	Girls Javelin Throw	45-00
Event 37	Boys Javelin Throw	105-00	Event 37	Boys Javelin Throw	75-00

### Art. 8...Vermont Outdoor NE Qualifier Meet Qualifying Standards

Event	Girls	Boys	Event	Girls	Boys
100 m Dash	14.1h	12.3h	Long Jump	14-4	18-5
200 m Dash	29.5h	25.1h	High Jump	4-5	5-6
400 m Dash	68.0h	57.5h	Triple Jump	28-2	36-4
800 m Run	2:41.2h	2:16.0h	Pole Vault	7-6	10-0
1500 m Run	5:50.0h	4:50.0h	Shot Put	26-0	36-4
3000 m Run	13:10.0h	11:00.0h	Discus	75-0	105-0
100 / 110 m Hurdles	18.7 h	20.0h	Javelin	78-11	125-0

300 m Hurdles	57.0h	52.0h	<b>Relay splits not permitted.</b>
4 x 100 m Relay	Open	Open	
4 x 400 m Relay	Open	Open	
4 x 800 m Relay	Open	Open	

#### **Art. 9...Vermont Indoor State Meet Qualifying Standards**

**Top 12 athletes ranked and entered by a coach on Athletic.net in their respective division will qualify for the State Meet with the exception of the Triple Jump – top 6 athletes only. School may enter one (1) relay team per relay event. There will be no late entries for the VT Indoor State Championship.**

#### **Art.10...Vermont Indoor NE Qualifier Meet Standards.**

**There will not be Vermont NE Indoor Qualifier Meet.** VT State Meets will be NE Indoor Qualifier. Top 6 individual athletes and relays from events finals qualify for New England T&F Championship regardless of Division.

**ART 11...Meet results from all outdoor and indoor TF meets shell be posted on Athletic.net web by the host school no later than 48 hours after the meet.** Only posted results on the Athletic.net may be used for qualifying performances for outdoor NE Qualifier meet and all divisions State Championships.

### **Section 3 Vermont State Meet Entries Fees**

**Art. 1...Outdoor** Division I, II, III , IV Boys and Girls entry fees (**not participation fees - a check must include fees for all athletes entered into the meet**) will be \$20.00 per individual up to a maximum of \$150.00 per team. Read team, not school. Therefore boys team is \$150.00 and girls team is \$150.00.

**Art.2...Indoor** State Meet participation fee is \$400.00 per school. Cost of meet participation (per athlete) will be \$15.00/meet. This amount must be paid in check form to the Vermont Indoor Track and Field Association.

**Art.3...**Entry and late fees must be paid prior to participation. Fines and entry fees **MUST** be PAID (check must be received by a host school) prior to issuance of competitor numbers/bibs and a team packet.

### **Section 4 Disqualification**

**Art. 1...** Officials, when possible, will be proactive. Warning of potential rule violation is strongly recommended.

**Art. 2...**Disqualification of an athlete is allowed only when directly observed by an event official. Officials are encouraged to consult their decisions with the head official or another official if possible.

**Art. 3...**Disqualification of an athlete cannot be as a result of a notification from another person including but not limited to a coach, parent, spectator and/or athlete. If a race begins and a coach notices uniform violation and says something to an official, who had not noticed it, the officials cannot DQ the athlete because they did not see it.

### **Section 5 Protests**



**Art. 1...**Coach first appeals to the referee.

**Art. 2...**Judgments decisions by an official(s) can not be protested. Only misinterpretation or misapplication of rules, scoring and clerical errors can be protested. (For more detail see NFHS case book rule 3.2.4).

**Art. 3...**Only team Head Coach (Case book 3.2.4 situation D) may appeal to the appeals committee in writing. All protests must be submitted on the correct form (see below Appendix A).

## **Section 6     New England Outdoor Championship Qualifying Meet**

**Art. 1...**There will be an open Invitational – Outdoor New England Championship Qualifier Meet Saturday Memorial Day weekend.

**Art. 2...**There will be Indoor NE Championship Qualifying Meet.

**Art. 3...**Team scores will not be kept during New England Championship Qualifier Meet.

**Art. 4...**VPA Championship admission fees will be charged \$8.00 adult, \$5 children.

**Art. 5...** NE Outdoor Qualifier Meet Boys and Girls entry fees (not participation fees - a check must include fees for all athletes **entered** into the meet) will be \$10.00 per individual up to a maximum of \$100.00 per team. Read team, not school. Therefore boys team is \$100.00 and girls team is \$100.00. Entry fees must be paid prior to participation. Fines and entry fees **MUST** be PAID (check must be received by a host school) prior to issuance of competitor numbers/bibs and a team packet.

## **Section 7     Athlete Selection for NE Championship Meet**

**Art. 1...**Top 6 places in every event will qualify for NE TF Championship Meet.

**Art. 2...**Top 6 finishers in every event are entered automatically in NE TF Championship.

**Art. 3...****There are no substitutions for qualified athletes or relays. Any athlete originally entered into a relay team (up to 8) may run.**

**Art. 4...**If NE Qualifier Meet or an event(s) is cancelled for weather or other reasons VT State Meets or event(s) during this meet will be NE Qualifier. Criteria for selection from State Meet:

Top 6 individual athletes and relays from events finals qualify for New England T&F Championship regardless of Division.

**Art. 5...**Regarding ties in weight events or LJ – TJ, the 2<sup>nd</sup> best jump, throw would be used (3<sup>rd</sup> if tie remains after 2<sup>nd</sup>) Regarding ties in PV – HJ, the number of misses would be used according the rule book, (if tie still remains the qualifying entry for a meet would be used). Regarding ties in 100 m Dash, 200 m Dash and 100/110 m Hurdles the time from preliminary heats will be used, than entry time for a meet. Regarding ties in 300 m Hurdles, 400 m Dash, middle distance and distance, the qualifying entry for a meet would be used. If a division does not use FAT at states or FAT is not working, those divisions and or runs without FAT will round up to the nearest highest tenth than add .24 sec. State Meet Entry Marks will be used if an event was postponed or cancelled during the State championship meet.

## **Rule 5             Jumping Events**

### **Section 1     Pole Vault**

**Art. 1...** The National Federation pole vault rules are for both **practice and meets**.

**Art. 2...****Pole vault** coach must be certified for practice and meets. Schools that do not have certified coaches may not participate and points will be forfeited. To be pole vault certified, you need a certified number. Coaches and officials may get certified by attending a PV certification clinic or complete a PV certification test on the following website: **HYPERLINK "http://www.pvscb.com/"**

<http://www.pvscb.com/> . PV certification does not expire.

**Art. 3...**All schools are reminded that in order to have pole vault at a meet you host, you must have a **certified pole vault official**.

**Art. 4...**During the regular season, the host school can honor the pole vault certifications form or weigh in the participants. Schools must use proper equipment and padding which meets National Federation rules. Standards should not be altered in order to create a lower setting.

**Art. 5...National Federation Track and Field Rule 7, Section 5, Art. 3. The vaulter's weight** shall be at or below the manufacturer's pole rating. The manufacturer pole rating shall be visible in a one inch contrasting color, as well as a one inch circular band indicating the maximum top hand hold. Pole rating markings are to be located above the hand-hold band.

**Note: Older vaulting poles should be marked with the manufacturer's pole rating by use of an indelible marking pen in a one inch contrasting color printed lengthwise above the hand hold band.**

**Art. 6...** Schools are required to process the **Pole Vaulter's Weight Certification Form** (see Appendix C) listing each student participating in the pole vault event. **Copies of this form should be available at the competition site for comparison with the manufacturer's pole rating of the pole(s) used by each vaulter during that competition.**

**Art. 7...**Pole Vault helmets are recommended during a practice and meet.

**Art. 8 ...NFHS Rule 7-5-29b** now states, "deletes that it is a foul if a competitor in the pole vault is to leave the ground without breaking the plane and touching the pit or ground beyond zero point."

## **Rule 6 Vermont State Records**

### **Section 1 VT Track and Field Records**

**Art. 1...**Separate records will be kept for every division in every outdoor state meet event. Over all records will be kept in every event of indoor state meet and decathlon / heptathlon.

**Art. 2...**An athlete may set a Track State Record in a State Meet, or New England Meet competition, or any sanctioned meet with fully automatic timing (FAT). Sanction Meets in VT: Burlington Invitational, Essex Invitational and all electronically timed meets.

**Art. 3...For recognizing records set in a running event** the Head Running Judge or the Meet Director, the Starter and Head Timer must sign the result card certifying the credibility of the record and the legality of the conditions under which the athlete set the record. (Making sure runners started from proper marks and FAT was working properly.)

**Art. 4...For recognizing records set in a field event** the Head Field Judge or the Meet Director must re-measure and verify the performance using steal tape immediately after the performance. In throwing events implements must be certified (weight and measured) according to rules. The head Field Judge, the Head Timer, and/or the Meet Director must sign the event card certifying the credibility of the record and the legality of the conditions under which the athlete set the record.

**Art. 5...**All officials verifying a Track and Field State Record must be designated and identified before a meet.

**Art. 6...Indoor Season Only** - For recognizing records set in a field event, 2 certified officials must be present to verify jumping pits and implements and may be set at a non-FAT meet. Vertical jumps must be measured before the jump occurs, and horizontal jumps must be measured directly after the jump occurs.

**Art. 7...It is the responsibility of the athlete's coach to ask meet officials for record verification.** The coach or athletic director must inform the Vermont Principals' Association Track Committee and Pavel Dvorak, Burlington High School for VT TF web update.



## Vermont Track and Field High School Protest Form

In order to file a protest of an official ruling the following guidelines must be followed:

A coach first appeals to the referee. If the coach is still dissatisfied with rules application, a written appeal should be made. Only the Head Coach (Case book 3.2.4 situation D) may appeal to the appeals committee in writing.

The protest must be filed to an announcer in the press box within 30 minutes following the event in question results posting. The official meet clock is maintained in the press box and will serve as the only time gauge acceptable for protests.

The information below must be fully completed on both sides of this form in order for the protest to be considered:

Disqualification of an athlete is allowed only when directly observed by an event official. Judgment decisions by an official(s) cannot be protested. Only misinterpretation or misapplication of rules, scoring and/or clerical errors can be protested. (For more detail see NFHS case book rule 3.2.4).

**Event:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Heat/Flight:** \_\_\_\_\_

### Athlete(s) Involved:

**Name:** \_\_\_\_\_ **School:** \_\_\_\_\_ **Comp.Number:** \_\_\_\_\_ **Hip Number:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **School:** \_\_\_\_\_ **Comp.Number:** \_\_\_\_\_ **Hip Number:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **School:** \_\_\_\_\_ **Comp.Number:** \_\_\_\_\_ **Hip Number:** \_\_\_\_\_

### Description of Infraction/Dispute:

**NFHS and/or VPA Rule Book Reference: Be exact in your rule reference number and page.** (Example: NFHS Rule 2 Scoring Art. 2...The number of the places...).

**Coach Filing Protest: Name** \_\_\_\_\_ **School**\_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_

**Administrative Only:**

**Official Time Protest was Filed:** \_\_\_\_\_

**Received by:** \_\_\_\_\_

**Appeals Committee Action:**

**Meet Director's Signature:** \_\_\_\_\_

**Appendix B: Pole Vault Weight Certification Form**

**THIS FORM MUST BE CARRIED TO ALL MEETS AND COPY SENT IN WITH YOUR STATE MEET ENTRY FORM.**

**V.P.A. POLE VAULTER'S WEIGHT CERTIFICATION FORM**

**TO ALL MEMBER SCHOOLS** - Member schools will be required to process the **Pole Vaulters' Weight Certification Form** listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's Office prior to a pole vaulter's first interscholastic competition.

It will be required to update this form when a weight change necessitates the use of a new pole rating.

**\*\*\*Copies of this form should be available at the competition site for comparison with the manufacturer's pole rating of the pole(s) used by each vaulter during that competition.**

**SCHOOL** \_\_\_\_\_

Name of Vaulter	Vaulter's Weight*	Pole Rating
1. _____	lbs. _____	lbs. _____
_____	lbs. _____	lbs. _____
_____	lbs. _____	lbs. _____
_____	lbs. _____	lbs. _____
_____	lbs. _____	lbs. _____
_____	lbs. _____	lbs. _____
_____	lbs. _____	lbs. _____
_____	lbs. _____	lbs. _____
_____	lbs. _____	lbs. _____

**\*Includes full competition uniform and footwear**

Date \_\_\_\_\_ Signature of Principal \_\_\_\_\_

Date \_\_\_\_\_ Signature of Athletic Director \_\_\_\_\_

Date \_\_\_\_\_ Signature of Coach \_\_\_\_\_

Clinic Attendance Certification No. \_\_\_\_\_

**NOTE TO SCHOOL OFFICIALS**

**National Federation High School Track and Field Rule 7, Section 5, ART. 3 & ART. 4:**

**ART. 3 . . . The competitor's weight** shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements.

**NOTES:**

1. Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4-inch marking in contrasting color on each pole. (7-5-3)
2. Each state association shall determine its own procedure regarding coaches' verification.

**ART. 4 . . .** A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition.

**NOTE:** Altering the pole in any fashion renders it illegal.

**PENALTY: Disqualification from the event.**

**Note:** Here are manufacturer contacts for poles requiring new weight labels:

**UCS Spirit** -> (800) 537-7117 (<http://www.ucsspirit.com>)

**Gill Athletics** (Carbon FX Weave, Carbon FX, Pacer FX, Skypole Carbon, Skypole, Skypole E-Z Plant, Carbon Mystic Weave, Carbon Mystic, Pacer Mystic, Big Stick, Rocket, Lady Rocket) -> (800) 637-3090 (<http://www.gillathletics.com>)

**Essx** (Essx, Maxima 4, Fibersport, Cata-Pole) -> (877) 367-3779 (<http://www.essxp.com>)

**Altius** -> (800) 374-7653 (<http://www.altiuspoles.com>)

**Nordic Sport** -> [info@nordicsport.se](mailto:info@nordicsport.se) (<http://www.nordicsport.com>)