

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
500 Charleston, Lincoln, Nebraska 68501-5448
PHONE: (402)-489-0386
FAX: (402)-489-0934
On the WEB at: www.nsaahome.org

2011 NSAA State Track and Field Championships

INFORMATION FOR COACHES

From: Larry Mollring, NSAA Assistant Director
Dates: May 20-21, 2011
Location: Omaha Burke Stadium in Omaha, Nebraska
Schedule: See attached 2011 NSAA State Track and Field Championships Schedule

2011 NSAA Track and Field Manual

More detailed information on the 2011 NSAA State Track and Field Championships can be found on pages 16-25 of the 2011 NSAA Track and Field Manual.

Qualifying for the 2011 NSAA State Track and Field Meet

Please refer to pages 12-13 of the 2011 NSAA Track and Field Manual for the standards for qualifying for the NSAA State Track and Field Meet. Also, the additional qualifier standards are listed too. Qualifiers for the State Track and Field Meet are based on the results from the District Track and Field Meets in each class who have met qualifying standards as stated in the 2011 NSAA Track and Field Manual.

2011 District Track and Field Meet Results

The NSAA will not mail out results from the District Track and Field Meets. All of the results from the District Track and Field Meets will be available on the NSAA Homepage (www.nsaahome.org) in the Track section under Districts on the Internet. If all goes as planned and there are no weather, computer, etc. problems, all of the results for Classes A and D District Track and Field Meets should be posted on the NSAA web site late on Wednesday night – May 12th. All of the results for Classes B and C District Track and Field Meets should be posted on the NSAA web site late on Thursday night – May 13th. The NSAA staff will process all of the District Track and Field Meet results as they are sent into the NSAA and as soon as they are checked and approved, they will be posted. **We do ask that all coaches please check the District Track and Field Meet results from your assigned District, and let the NSAA know as soon as possible if you see an error that needs to be corrected or checked on.**

NSAA Web Site – 2011 NSAA State Track and Field Meet Information

The NSAA staff will process the District results by Class and then will set up the State Meet based on those results. When the NSAA staff has the State Meet set up for a particular Class, it will then be posted. **Please be patient as this does take the NSAA staff some time to make sure everything is correct.** NSAA State Track and Field Meet information (entries, heat and lane assignments, and additional qualifiers) for Classes A and D should be posted late Thursday afternoon – May 13th and Classes B and C on Friday late afternoon – May 14th if all goes as planned. **Please notify the NSAA as soon as possible if you see an error; name of an athlete spelled incorrectly, wrong grade listed, etc.**

The State Meet starting heights for the High Jump and the Pole Vault will be posted on Monday – May 17th.

The following information is located under Track and then State Meet on the NSAA web site (www.nsaaohome.org). Please go to this section of the NSAA web site to find all of the information that you need on all of your qualifiers for the State Meet and also for more State Meet information.

State Meet

- State Track and Field Pre-Meet Information
- State Track and Field Coaches Information
- Free Shuttle Service at the State Track and Field Meet
- State Meet Spectator Information
- Burke Stadium Map
- State Championship Photos by Callam Sports Photography
- State Meet Schedule
- 2011 State Meet Starting Heights
- Map Location to Site of the State Track and Field Meet: Burke Stadium
- **Additional Qualifiers**
 - A Boys||||| A Girls
 - B Boys||||| B Girls
 - C Boys||||| C Girls
 - D Boys||||| D Girls
- **State Meet Entries, Heat and Lane Assignments**
 - A Boys ||||| B Boys ||||| C Boys ||||| D Boys
 - A Girls ||||| B Girls ||||| C Girls ||||| D Girls
- **State Meet Entries by School, Showing Numbers**
 - A Boys ||||| B Boys ||||| C Boys ||||| D Boys
 - A Girls ||||| B Girls ||||| C Girls ||||| D Girls
- **State Meet Results**
 - A Boys ||||| B Boys ||||| C Boys ||||| D Boys
 - A Girls ||||| B Girls ||||| C Girls ||||| D Girls
- **Gold Medal Comparisons**
 - Boys ||||| Girls

Heat and Lane and Flight Assignments

Please refer to pages 21-23 of the 2011 NSAA Track and Field Manual for information on how the Heat and Lane and Flight Assignments are set up by the NSAA for the State Track and Field Meet.

Team Packets

The Team Packet Booth is located on the east side of Omaha Burke Stadium by the east stadium entrance. **(See the attached map).

1. Head Track Coaches may pick up their team packets on the east side of Burke Stadium after 7:30 A.M. on Friday, May 20.
2. Head Track Coaches of teams arriving in Omaha Thursday night and those living within and near Omaha may pick up their team packets at Burke High School from 4:00 P.M. to 7:00 P.M. May 19.
3. Each contestant in the state meet will be **required** to wear a number on the back of his/her track jersey. A number will be assigned in advance to those who qualify; a program, the numbers, and pins will be included in each school team packet along with other NSAA State Meet information.
4. If you are missing something out of your team packet, please stop by the NSAA Information Building at the south end of the track during the State Meet and we will try to take care of you.

Coaches' Passes

1. Coaches' passes will be distributed according to the number of contestants (boys and girls) a school qualifies. Schools qualifying 1-5 individuals will be given 3 coaches' passes. An additional pass will be granted for each additional five qualifiers or fraction thereof, with a maximum of 5 passes.
2. Example: **Class A** for each boys' and girls' team: 1-5 qualifiers = 3 passes. **Classes B, C, D** if only boys' or girls' team qualifies: 6-10 qualifiers = 4 passes; 11+ qualifiers = 5 passes. Classes B, C, D if both boys and girls qualify (combined total): 1-5 qualifiers = 3 passes; 6-10 qualifiers = 4 passes; 11+ qualifiers = 5 passes.

Contestants' Passes

1. The Friday pass will admit contestants to the grandstand and those in uniform to the infield.
2. The Saturday pass will admit contestants to the grandstand.
3. In order to gain admittance to the infield on Saturday, a contestant must have a Saturday pass and his/her name and number in the program as a Saturday competitor in the jumping, vaulting, 1600 meter, 800 meter, or on the sheet, which gives the Saturday qualifiers. Managers' passes are good only for the grandstands.

Team Parking

The number of team parking permits that each school receives is based off of the number of qualifiers they have for the State Meet. 1-5 qualifiers = 1 permit; 6-10 qualifiers = 2 permits; 11+ qualifiers = 3 permits. The team parking lot is located east of Burke stadium. A team parking permit(s) does not guarantee a team a parking spot in the team parking lot. Handicap parking spaces are available on both the west and east sides of the stadium at Omaha Burke. A Handicap Parking Permit is required to utilize these spaces. Team vehicles and vehicles without a Handicap Parking Permit, parked in these spaces, will be towed at the owner's expense.

FREE Shuttle Bus Service

A **Free Shuttle Bus Service** will be offered again this year on both Friday and Saturday of the State Track and Field Meet from Westroads Shopping Mall. We encourage all schools, spectators and meet officials to utilize this service. The FREE Shuttle Bus Service will start at 7:00 A.M. each day at Westroads. The Shuttle Bus Service will be used at Boys and Girls Town if the weather causes some field events to be moved indoors. Again this year, spectators may purchase their tickets at the Westroads Ticket Booth by Shuttle bus stop.

Practice Facilities

No teams are permitted to workout at Omaha Burke Stadium on May 19. The field house at Boys Town is available this year for teams arriving on Thursday, May 19.

NSAA Information Building

The NSAA-staffed information building is located at the south end of the track. Questions concerning district results, number assignments, lost numbers, relay cards, or written appeals should be brought to this building. Any questions or problems you might have in regard to the NSAA State Track and Field Meet should be brought to the NSAA staff person on duty.

Tickets

Admission Prices

Friday (per session):	\$7.00 Adults	
	\$5.00 Students	(5 years of age – 12 th Grade)
Saturday:	\$7.00 Adults	
	\$5.00 Students	(5 years of age – 12 th Grade)

****Tickets will be sold on Friday for the Saturday session.****

Enforcement of Rules

Each year certain rules pertaining to unsportsmanlike conduct and/or equipment are ignored or haphazardly enforced by coaches and meet officials during the regular track and field season. This type of neglect places a competitor at a disadvantage and in some cases has resulted in disqualification in the district and state meets when the NSAA and NFHS rules are strictly enforced.

NFHS and NSAA. 2011 National Federation of State High School Associations (NFHS) and the Nebraska School Activities Association (NSAA) rules and regulations will be used to conduct the 2011 State Track and Field Meet.

Games Committee

The Games Committee for the State Track and Field Meet shall include the Meet Director(s), the Assistant Meet Director, the Referee, the Head Field Event Judge/Referee, the head coaches of the previous year's Class C girls' and Class D boys' team champions, and the NSAA Executive Director. This committee will be responsible for the overall administration of the 2011 NSAA State Track and Field Meet.

Games Committee Rules

1. **Headwear.** The wearing of decorative headwear while competing is prohibited. Adornments on helmets used for pole vaulting is also prohibited.
2. **Headbands and Pre-Wrap:** The wearing of decorative headwear while competing is prohibited. Adornments on helmets used for pole vaulting are also prohibited. Headbands may be worn by track & field competitors, but must be unadorned (except for the permissible logo and/or school name) and be the following colors; beige, white, black or a single solid school color. All team members must wear the same color. Pre-wrap may be used to control hair under the following conditions:
 - a) If the same size as a headband (2" wide), the color shall conform to the headband guidelines.
 - b) If wider than 2 inches, the pre-wrap shall be considered a decoration and is not permitted.
 - c) If rolled and less than 2 inches wide, it is considered a hair control device similar to a rubber band and may be of any color.
3. **Infield Entrance.** Contestants must enter the track infield through the south or north gates. **Pole vaulters are encouraged to use the northeast gate to bring in their poles.** Only those contestants in uniform with an official number will be allowed onto the infield. Managers' passes are good only for the grandstands. Coaches presenting a Gold Medal to their athlete at the gold medal platform will be permitted inside the competition area on Saturday.
4. **Direction of Competition.** The direction events will be conducted is determined by the Games Committee.
5. **Long/Triple Jump and Pole Vault.** Only tape may be used for marks on the long, triple jump and pole vault runways. The distances in the triple jump from the takeoff boards to the landing pit are 26', 31' and 36'.
6. **Uniform Top.** The top portion of the uniform must cover the waistband and/or be tucked into the bottom portion of the uniform. (See page 8 for more information on uniforms.)
7. A raised curb will be in place around the inside edge of the track.
8. Competitors will not be allowed to bring their own shot or discus inside the stadium or into the practice areas.
9. **Timing.** The State Meet the games committee has approved Finish Lynx fully automatic timing system as the official timing device. The timing device operator shall be responsible for the operation of the finish timing device. The chief finish evaluator shall be responsible for evaluation and interpretation of the official pictures/video and determine the finish places and times.
10. **NFHS No Jewelry Rule** will be enforced for all events. (See Page 7.)
11. **NFHS Rule 3-2-4k; 3-2-8.** The use of electronic devices and/or wireless communication devices, other than the official communication equipment, shall be prohibited unless approved by the Games Committee. More detailed information will be included in your team packet.

Jury of Appeals

1. The Jury of Appeals shall be made up of three individuals as selected by the NSAA.
2. A referee's decision may be appealed to the Jury, which will either confirm the referee's ruling or render the final decision.
3. All appeals to the Jury must be presented in writing on an NSAA Appeals form that will be available in the NSAA Information Tent.
4. Appeals must be based on a misapplied or misinterpreted rule.
5. Judgment decisions may not be appealed.

NSAA Approved Rulings

1. **Scratches:** Any contestant who qualifies for the State Track and Field Meet in an individual event may not be scratched from that event to participate on a relay team. Any contestant who does scratch from an individual event will be disqualified from further competition. (An exception is listed under Inclement Weather Procedures - #4).
2. If, because of injury or illness, which is certified by a doctor, a competitor is forced to scratch from an event in which he/she has qualified, the competitor must have permission from the doctor before taking part in any further competition. Under no circumstances will a competitor be allowed to scratch from an event and compete later in the same session.
3. **Relay Teams:** Personnel of relay teams may be changed from those who ran at the District Meet.
4. Any other exceptions to the NSAA Track Approved Rulings must be approved by the NSAA in advance.

Track Facility

1. All races around one or more curves will be run counter-clockwise.
2. Races run on the straightaway will be run from the north to the south, unless reversed by the Games Committee.
3. **Team tents** are not allowed inside Omaha Burke Stadium. Team tents may be set up on Thursday night and can be left up during the duration of the State Track and Field Meet. The NSAA and Omaha Public Schools (OPS) are not responsible for the security of these tents.

Shoes

Concrete footing will be used for the shot and discus in the state meet. The regular track surface will be used for the runways in the high jump, long jump, and pole vault. Short, indoor spikes which will not penetrate the track surface more than one-quarter inch or rubber-soled shoes must be used in all events.

Field Event Locations

The Discus will be held on the Burke soccer field northwest of the stadium. The Shot Put will be held northeast of the stadium by the Burke tennis courts. The Triple Jump will be held on the infield on the west side. The Long Jump will be held on the infield on the east side. The High Jump will be held on the infield on the south end. Boys Pole Vault will be held on the infield on the east side. Girls Pole Vault will be held on the infield on the north end. Map of Burke Stadium is available on the NSAA website; <http://www.nsaahome.org>.

Inclement Weather Procedures

1. The State Track Meet Games Committee will make all decisions on how to best conduct the State Track and Field Meet in case of inclement weather.
2. Coaches, athletes, spectators and meet workers will all be notified by the public address announcers as to what the plans are for the State Track and Field Meet events during inclement weather.

Awards

1. The NSAA will provide a team trophy to the winner and runner-up of each Class. Medals will be provided for the top eight place winners in each event in each Class.
2. **Gold Medal.** After comparing the first place performances in each class (A, B, C, and D), the individuals and relay teams with the best winning performances in each event will receive gold medals. If the event winners in two or more classes have identical performances, each will receive a gold medal.
3. All State Champions in an event shall be presented their medals at the same time in front of the viewing public. After these presentations, the overall gold medal shall be awarded.
4. Individuals and relay teams placing 2nd –8th in each event can pick up their awards at the Awards Tent on the south end of the track after the event results are posted.
5. An awards stand for pictures will be located outside of the contestants entrance on the south end of track.

REMINDERS FOR 2011

1. **Admission will be charged for the shot put and for the discus venues at the State Meet.**
2. **There will no longer be a parade of athletes with the Opening Ceremonies. Since the track and field meet has already begun at that time, the decision to discontinue the parade was made to avoid the conflict with the competing athletes.**
3. **Warm-ups with a baton on the running track for relay teams have been banned. The congestion from field events and running events makes the area on the back stretch too dangerous for the competing athletes for this practice to continue.**
4. **The discus will be measured by laser, which is a certified scientific measurement device.**
5. **The NSAA will supply ALL of the batons for each of the relay races at the State Track and Field Meet. Schools will not be allowed to use their own relay baton for any relay race at the State Meet this year. Do not bring your school relay baton to the check-in area.**
6. **The Nebraska School Activities Association has contracted with Callum Photography who will be photographing participating students throughout the State Meet. These action shots will be posted on their website, <http://callamsportsphoto.com>, the week following the state meet. Champ Shots cannot guarantee that they will be able to photograph all participants in action during the NSAA State Track and Field Meet. During the awards ceremony, will be Callum Photography taking photos of the medalists on the awards stand as well as champion and runner-up team photos.**
7. **The 2011 NSAA State Track and Field Games Committee will meet on Saturday – May 14, 2011 to set the opening heights for pole vault and high jump and to finalize all of the Games Committee rules for the administration 2011 NSAA State Track and Field Meet. The official rules from the Games Committee will be in your team packet that you pick up when you check-in. Please make sure you look at all of the information in your team packet and share that information with your other coaches and members of your team as there will be some new rules in place for competition and warm-up at the State Meet.**



Jewelry Rules (1/11)

All Nebraska Schools Shall Follow NFHS Rules 3-4-8 & 4-3-3

NFHS Rule 3-4-8:

Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- a. All team members are expected to exhibit good sportsmanship.
- b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment and no jewelry) in compliance with these rules.
- c. Any special circumstances, procedures and information pertaining to the meet.

NFHS Rule 4-3-3:

Jewelry shall not be worn by contestants.

- a. Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
 1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
 2. to a bracelet made of a pliable material, it is not required to be taped to the body.
 3. to a necklace, it shall be taped to the body.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.
- d. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

Penalty: For the first violation, the competitor shall be required to remove the jewelry before any further competition, the team shall receive a team warning and a subsequent violation by any team member shall result in disqualification from the event. The referee shall be notified of the violation by the observing meet officials and he/she shall then notify the head coach of the offending school of the violation and the team warning.

Note: The ultimate responsibility to have each competitor compliant with uniform and jewelry rules is with the coach.

ART. 4...Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

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- This bans all forms of jewelry including plastic, rope and leather bracelets. As an example, the Lance Armstrong "LiveSTRONG" Yellow wristband is considered an adornment and shall be treated like jewelry and must be removed during participation in any track or field event. The penalty for competing while wearing jewelry is event disqualification.
 - A competitor who competes with jewelry hidden by tape will be disqualified from the meet. (Rule 4-5-1), i.e., unsportsmanlike conduct...unethical.
 - Coaches aware of navel rings and/or other pierced body parts should not permit athletes to practice/compete without removing.
 - **Headwear:** The wearing of decorative headwear while competing is prohibited. Adornments on helmets used for pole vaulting are also prohibited. Headbands may be worn by track & field competitors, but must be unadorned (except for the permissible logo and/or school name) and be the following colors; beige, white, black or a single solid school color. All team members must wear the same color. Pre-wrap may be used to control hair under the following conditions:
 1. If the same size as a headband (2" wide), the color shall conform to the headband guidelines.
 2. If wider than 2 inches, the pre-wrap shall be considered a decoration and is not permitted.
 3. If rolled and less than 2 inches wide, it is considered a hair control device similar to a rubber band and may be of any color.

COMPETITOR'S UNIFORM (NFHS Rule 4-3)

ART. 1...The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a track top or one-piece uniform issued by the school.
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
 3. The top shall not be knotted or have a knot-like protrusion.
 4. A single manufacturer's logo/trademark/ reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top or one-piece uniform.
 5. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.
 4. Bar midriff tops are not allowed.
 5. The top must hang below or be tucked into the waistband of the of the bottom when the competitor is standing erect. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
 1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of uniform bottoms.
 4. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, no more then 2 ¼ square inches with no dimensions more than 2 ¼ inches, is permitted on the bottom or one-piece uniform.
 6. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.
- c. Visible Undergarments
 1. Any visible garment(s) worn under the uniform top or bottom must be unadorned (except for single, visible manufacturer's logo) and of a single color
 2. Visible garments worn under the top and bottom do not have to be the same color.

ART. 2...Additional restrictions for relay races:

- a. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay team. Visible garments under the uniform top or bottom may vary in length.

Note: Visible items worn under both the top and the bottom do not have to be the same color.

PENALTY: (Arts. 1, 2, 3) For an illegal uniform or wearing jewelry, the competitor is disqualified.