

## **2022 DIAA TRACK AND FIELD STATE CHAMPIONSHIPS**

Please review the information contained in the DIAA Spring Sports Manual.

Team packets will be emailed. There will be no coaches' meeting - if you have any questions, please see Charlie Pollard at the finish line area. Relays cards will be available at the clerking table. List no more than two alternates, and all athletes must be included on the team roster on MileSplit.

**High heat advisory. Friday and Saturday are expected to be hot. We are monitoring the situation and using the DIAA high heat guidance located on the DIAA website. Please speak to your athletes about the importance of hydrating. We recommend staying out of the sun when possible.**

Busses should arrive approximately one hour before competition. The team drop off is on the road behind the stadium. Team camps will be in the grass field between that road and the turf field which has been used for team camps. Teams will enter the stadium from the gate in that area.

In the event of thunderstorms, please have a plan for your team. The auxiliary gym in the high school will open in the event of lightning. Your vehicles are also an option. The 30-minute delay requirement has been modified to allow competition to resume if it can be reliably determined that the storm is clearly exiting the region.

No team camps are permitted in the main bleachers. Warmups will take place on the turf field until 4:00. There will be hurdles available in that area. Restrooms are available in the stadium. No restrooms in the school are available. Concessions stands in the stadium will be open.

The Bullpen will be in the area near the finish line. Athletes will be led to the starting area. Athletes will be led down the infield to the start of their events and must exit the track area at the end of the straightaway at the finish of their races. Girls long jump, all pole vaulters, and all high jumpers as well as your jumps coach will enter the infield through the gate located near the start of the 200-meter part of the track. Athletes not competing on the track who are running next to teammates competing may be judged as pacing and will risk disqualification.

**No jumping fences ... please!**

We will make every attempt to adhere to the meet schedule.

There will be an awards ceremony for the Unified athletes towards the end of the 300 m hurdles.

A 15-minute break has been built into the schedule between the 200 m and the 1600 m relay.

Hip numbers will be worn on the right hip. Runners in the 800m and up will also wear numbers on the right chest. In the relays, only the anchor needs numbers - right hip and right chest. Please remain alert to announcements and consult the meet schedule.

NFHS rules for 2021/2022 are in effect. The 4 x 200 is a full four turn stagger. Both the 4 x 100 and 4 x 200 will use 30-meter exchange zones. The 4 x 400 is a three-turn stagger - first runner in lane for 400 meters, then the second runner runs the first curve, then cuts in at the break line at the top of the backstretch. The 4 x 800 is a one turn stagger, cutting in at the break line. The 4 x 400 and 4 x 800 will use 20-meter exchange zones. Chalk marks only at the zones.

Relay cards will be at the clerking table.

**Field events** - check in at the event site with the officials - announcements will be made. Chalk or tape marks are permitted - athletes must mark the outside of the approach lanes, not the center of the lane.

Run backs are not permitted in the long or triple jumps.

Run backs are permitted in the high jump.

The shot put and discus areas are outside of the stadium near the greenhouse. Entry is through the gate at the east end of the stadium near the visitor side concession stand. . Spectators will be charged admission.

Coaches' boxes will be made available. Coaches must leave those areas when their athletes have completed their competition. **Only one jump coach per team is permitted in the infield and only during their athlete's event.** No other coaches will be permitted in the infield.

Recording athletes is only permitted outside of the competition area. Athletes must leave the competition area to review the video.

Long Jump and Triple Jump - Three jumps, then top nine to finals for an additional three jumps. The first three jumps carry forward. All jumpers will access the track at the 200-meter gate, and their coaches will use the same entrance point.

Mask policy- there is no mask requirement at the time of the preparation of these instructions.

Scoring - through eight places - 10-8-6-5-4-3-2-1.

**Starting heights:**

Girls High Jump

D-1 4'4". increasing by 2" increments

D-2. 4'6". Increasing by 2" increments

Boys HJ

D-1. 5'8". increasing by 2" increments

D-2. 5'6". Increasing by 2" increments

Girls Pole Vault

D-1. 6'6". increasing by 6 "increments.

D-2. 6'0". Increasing by 6" increments

Boys PV

D-1. 9'0". increasing by 6" increments

D-2. 8'6". Increasing by 6" increments

Starting blocks will be provided, but you may use your own.

Volunteers - please direct your volunteers to their assigned event when it is announced.

Trainers are located adjacent to the bullpen.

Protests must be submitted in writing to the Referee after consultation, and must be accompanied by a \$50.00 fee, to then be referred to the Jury of Appeals. If the protest is upheld the money will be returned.

Coach of the Year voting will take place online. Coaches will receive an email after the championship.

Results will be announced by place and awards presented throughout the meet. Individual awards can be picked up near the main gate. Live Results on MileSplit - Link: [de.milesplit.com](http://de.milesplit.com). Click on results.

***Good sportsmanship is expected from all involved in our meet, as part of the DIAA Mission. Please remind your athletes to save any post event celebrations for outside of the competition area.***

The N5CTA awards banquet will be held on 6/20 at Padua.

The Meet of Champions will be held at Abessinio Stadium on 5/25.

Charlie Pollard- Meet Director.