



OUR STUDENTS, OUR TEAMS . . . OUR FUTURE.

# **2023 AIA Division and State Track & Field**

## **TOURNAMENT GUIDE**

**Schedule, Rules, Regulations, Instructions**

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## Hosting a State Qualifying Meet

HyTek must be used to export a backup of the meet to Sue Hysong within 72 hours after completion of the meet. Email: [chysong@cox.net](mailto:chysong@cox.net)

The packet and application for hosting a state qualifying meet is found at [aiaonline.org](http://aiaonline.org) Sports→Track 2023 State Qualifying Meet Packet.

All meet registration must be on MileSplit. See the [aiaonline.org](http://aiaonline.org) Sports→Track for instructions on how to set up a meet in [az.milesplit.com](http://az.milesplit.com).

It is the coaches' responsibility to confirm results for athletes are correct. A coach has **48 hours** after the meet to question results (**NFHS rule 3-1**). After this time there will be NO changes allowed. IF a coach has a question, an email needs to be sent to Mary Wimmer at [mwimmer@aiaonline.org](mailto:mwimmer@aiaonline.org).

It is also the coaches' responsibility to check state rankings on [az.milesplit.com](http://az.milesplit.com) or the weekly posting on the stat page on [azpreps365](http://azpreps365) for the sport of Track, throughout the season.

A listing of all qualifying meets will be found at [www.aiaonline.org](http://www.aiaonline.org) under Sports→Track.

## Calendar of the Track Season

Monday	February 6	First day of permissible practice
Wednesday	February 22	First day of permissible competition
Friday	February 24	Rosters and Schedule input/edit <b>in MileSplit</b> (update as needed with end of winter sports)
Wednesday	April 19	Entries for Division Track opens up on MileSplit
Friday	April 21	Coaches and Manager Roster for state passes due.
Friday	April 21	Copy of Pole Vault Certification course due for coach's box pass.
Friday	April 28	Last day for State Qualifying Meets
Monday	May 1	Top 30 performance lists published by Division and overall State marks.
<b>Monday</b>	<b>May 1</b>	<b>Division entry deadline 11:59 PM</b>
<b>Wednesday</b>	<b>May 3</b>	<b>9 am deadline for any relay member change. Email to <a href="mailto:chysong@cox.net">chysong@cox.net</a></b>
<b>Thursday</b>	<b>May 4</b>	<b>Division I Day One (Red Mountain)</b>
<b>Friday</b>	<b>May 5</b>	<b>Division II/III Day One (Deer Valley)</b>
<b>Friday</b>	<b>May 5</b>	<b>Division IV/V Day One (Red Mountain)</b>
<b>Saturday</b>	<b>May 6</b>	<b>Division II/III Day Two (Deer Valley)</b>
<b>Saturday</b>	<b>May 6</b>	<b>Division I/IV/V Day Two (Red Mountain)</b>
<b>Monday</b>	<b>May 8</b>	<b>State entry deadline 11:59 PM</b>
<b>Friday</b>	<b>May 12</b>	<b>State Championships Day One (MCC)</b>
<b>Saturday</b>	<b>May 13</b>	<b>State Championships Day Two (MCC)</b>

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### RULES

Rules shall be those of the 2023 National Federation Track and Field Rule Book with exceptions noted in the AIA Constitution and Bylaws and these tournament instructions.

### GENERAL INFORMATION

- Coaches will remain in the stands; under no circumstances should coaches come onto the field.
- Team camps will be determined based on location. Participants will not be allowed on the field unless participating. See appropriate maps for Division sites.
- Sportsmanship Rule will be in effect and is in continuation from regular season. (Refer to the AIA Constitution and Bylaws, Article 16, Section 3)
- Field Event Contestants shall report promptly to the event judge at the designated location when the event is called. A contestant shall be charged with an unsuccessful attempt if he/she does not complete the trial or indicate his/her passing it **within one minute** after he/she has been called for a trial, unless he/she has been excused by the event judge to participate in another event.
- Starting blocks will be provided at the division/state meet.
- All pole vaulters will use the declaration form posted at [aiaonline.org](http://aiaonline.org).
- Pole vault poles will not be allowed to be used unless an appropriate weight label is on that pole per National Federation rules.
- *34.92° sectors will be used in shot put and discus for all divisions.*
- The meet director will determine the procedure used in the long and triple jump.
- Spikes must be 1/8 to 1/4 inch in length; long spikes are unacceptable.
- **Throwing implements (shot/discus) will NOT be provided. Weigh in of the implements will be conducted at the coaches' corner.**
- Neither the AIA nor the host sites shall be responsible for lost or stolen articles.
- Any coach or competitor using tobacco, alcoholic beverages, or misusing drugs at the tournament site during athletic contests sponsored by AIA shall be disqualified from the contest. (Refer to the AIA Constitution and Bylaws, Article 14, Section 14.13) Locker room facilities will not be available.
- No field event warm up can commence until an official is at the event venue.
- Unfortunately, events will not be changed to accommodate outside events (i.e. testing, graduation, personal conflicts, etc.).
- For eligibility at the Division and State Championships in the long jump, triple jump, or any race that is not run around the complete oval of the track, a wind gauge recorded speed indicating any assisting wind did not exceed an average velocity of 3.0 meters per second is required.
- Any substitutions in a relay must come from the **eight** names listed in the az.milesplit declaration (or any corrections emailed by 5/3 to Sue Hysong).
- Any athlete that is substituted into the relay that is NOT on this list results in disqualification of the relay team from the event and team results.
- The 4x100 Relay will use the 30 meter exchange zone.

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### ELECTRONIC DEVICES

- Electronic devices shall not be used to transmit information to the competitor during the race or trial. Once a field event athlete's name has been called and their trial begins, that athlete may NOT view any video with or without a coach.
- Electronic devices/videos shall not be used for any review of an official's decision.
- Meet management will allow the viewing of video by a field event athlete after the beginning of a trial only if the competitor is taking consecutive trials. This does not change the amount of time the athlete has to initiate a trial.

NO PETS ARE ALLOWED—unless they are service animals. Comfort animals and other pets will not be allowed into the facility at Deer Valley High School, Red Mountain High School or Mesa Community College.

Spike Lengths: Spikes are to be ¼” or less.

### **Pole Vault Coaches' Box Certification Requirement.**

Anyone who is in the coaching box at the Division and State meet is required to complete one of the following two Pole Vault courses. A copy of the certificate will need to be emailed to [mwimmer@aiaonline.org](mailto:mwimmer@aiaonline.org) by Friday, April 22, 2022.

NFHS: Coaching Pole Vault: Successful Skill Development.  
<https://nfhslearn.com/courses/40000/coaching-pole-vault>

OR:

<https://www.everythingtrackandfield.com/npvca>

### DIVISION MEET ENTRY DEADLINE

- **The deadline for entering qualified athletes into the Division Track & Field meet is 11:59PM on Monday, May 1, 2023.** The entry process will be through the roster page of az.mileSplit. Instructions for the entry process will be located on the Track & Field page of [www.aiaonline.org](http://www.aiaonline.org) . **Athletes that are not entered by that date will not participate in the State Meet per NFHS rules. (Rule 4 Section 1 Art. 1)**
- An athlete may only be **entered** into **four (4) events** and must be entered by their **coach**.
- The last date for a State Qualifying Meet is **Friday April 28, 2022.**
- **Milesplit is the official entry portal and MUST be used.**

### 2023 NUMBER OF ENTRIES AT DIVISION

- A maximum of **24** will qualify for running events.
- A maximum of **16** relay teams will qualify for divisionals.
- A maximum of **24** will qualify for Long and Triple Jump
- A maximum of **24** will qualify for Discus and Shot Put
- A maximum of **20** will qualify for Javelin, High Jump and Pole Vault.
- If there is a tie for the last qualifying individual, then those tied will be admitted into the state meet.

### Advancement to finals from Running Preliminaries

#### Eight (8) to all finals

- Four heats: Heat winners and next **four** times.
- Three heats: Heat winners and next **five** times.
- Two heats: Heat winners and next **six** times.

### Advancement to State Championships May 12-13, 2023

- On Saturday, April 29, 2023, the rankings from all State Qualifying meets with all divisions will be merged. They will be posted Monday, May 1<sup>st</sup>.
- The top six (6) in each event automatically qualify for participation in the State Championship meet if entered by their respective coach by the deadline (May 8, 11:59 PM).
- Results from all Division Championships May 4-6, 2023 will be merged with the top six performances from State Qualifying Meets and posted May 8th.
- The top 30 will be eligible for entry into the State Meet.
- An athlete may only be **entered** into **four (4) events** and must be entered by their **coach**.
- The deadline for entries is 11:59pm, Monday May 8<sup>th</sup>.
- The State performance list will be published Wednesday May 10<sup>th</sup>.
- Top 18 entries will advance to State.
- Relay name changes are due to Sue Hysong by noon, Thursday May 10<sup>th</sup>. [chysong@cox.net](mailto:chysong@cox.net)