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OUR STUDENTS, OUR TEAMS . . . OUR FUTURE.

# **2026 Track and Field Division and State Championship Tournament Guide**

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## 2026 Track and Field Divisional and State Championship Guide

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**Information for spectators** including admission pricing, the digital ticketing process, programs, souvenirs, venue information & schedules can be found here: <https://aiaonline.org/sports/trackfield>

**Media** information, including policies, credential requests, broadcasting & media rights agreements can be found here: <https://aiaonline.org/host-media-info>

**ADA Compliance** information can be found here: <https://aiaonline.org/files/14160/committees-ada-compliance.pdf>

**Emergency personnel** protocols & information related to AIA postseason competitions can be found here: <https://aiaonline.org/files/17188/qmp.pdf>

**School Division alignment** can be found here: <https://aiaonline.org/alignments>

**All rules as stated in the National Federation Rules Book for this sport, along with the AIA Constitution & Bylaws as well as these tournament instructions apply.**



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# Hosting a State Qualifying Meet

HyTek must be used to export a **backup** of the entire meet to Sue Hysong within **72 hours** after completion of the meet in addition to the **post meet report**. 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 > 2025 State Qualifying Meet Packet. One person will be required to attend the in person or zoom meeting 2/8

All meet registration may be on the entry platform of choice. 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) and [www.athletic.net](http://www.athletic.net).

**It is the coaches' responsibility to enter athletes who are competing. Unless substitutions are allowed per meet director, no changes will be made if a different athlete competes. The results will be removed.** Clerical errors may be corrected up to **48 hours** after the meet to question results (**NFHS rule 2-3-1**). After this time there will be NO changes allowed. IF a coach has a question, send an email to Mary Wimmer: [mwimmer@aiaonline.org](mailto:mwimmer@aiaonline.org)  
It is also the coaches' responsibility to check state rankings on MaxPreps or the weekly posting on the stat page on AZPreps365 for the sport of Track, throughout the season and notify Mary Wimmer of errors.  
A listing of all qualifying meets will be found here: <https://aiaonline.org/sports/trackfield>

## Calendar of the Track and Field Season

Saturday	February 4	Mandatory meeting for Hosting a State Qualifying Track and Field Meet 5pm
Monday	February 9	First day of permissible practice
Friday	February 13	<b>Rosters and Schedule input/edit in MaxPreps (update as needed with end of winter sports and prior to each state qualifying meet)</b> <b>***hyphenate last names, remove spaces to prevent incorrect results from being uploaded***</b>
Wednesday	February 25	First day of permissible competition
Friday	April 17	Qualifying Meet Application due date – no exceptions <b>Field Pass Coaches List due by ADs – no exceptions</b> <a href="https://forms.gle/i3cw4MNSkp8ByCYi6">https://forms.gle/i3cw4MNSkp8ByCYi6</a>
Wednesday	April 22	Entries/Declarations for Division Track opens up on MaxPreps
Friday	April 24	Coaches and Manager Roster for state passes due email <a href="mailto:mwimmer@aiaonline.org">mwimmer@aiaonline.org</a>
Friday	April 24	Copy of Pole Vault Certification course due for coach's box pass due to <a href="mailto:mwimmer@aiaonline.org">mwimmer@aiaonline.org</a> .
Wednesday	April 29	Last day for State Qualifying Meets Top 30 performance lists published by Division and overall State marks. Posted on AZPreps365 Rankings throughout season of competition. Rankings are final once the last results are uploaded and posted on MaxPreps/AZPreps365
<b>Monday</b>	<b>May 4</b>	<b>Division entry deadline 11:59 AM</b>
<b>Wednesday</b>	<b>May 6</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 7</b>	<b>Division I and II – Red Mountain HS</b>
<b>Friday</b>	<b>May 8</b>	<b>Division III and IV – Shadow Mountain HS</b>
<b>Friday</b>	<b>May 8</b>	<b>Division V – Red Mountain HS</b>
<b>Saturday</b>	<b>May 9</b>	<b>Division III and IV – Shadow Mountain HS</b>
<b>Saturday</b>	<b>May 9</b>	<b>Division I, II, and V – Red Mountain HS</b>
<b>Sunday</b>	<b>May 10</b>	<b>State entry deadline 6:00 PM on MaxPreps</b>
<b>Friday</b>	<b>May 15</b>	<b>State Championships Day One (MCC)</b>
<b>Saturday</b>	<b>May 16</b>	<b>State Championships Day Two (MCC)</b>

## Rules

Rules shall be those of the 2026 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 unless they pole vault coaches, have checked in, and have appropriate credentials. There will be no coaches boxes for other events at both Division and State Championships.
- Team camps will be determined based on location. Participants will not be allowed on the field unless actively competing (i.e. relay exchange warm-ups are not allowed). 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)



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- Field Event Contestants shall report promptly to the event judge at the designated location when the event is called. **If an athlete fails to check in at the appropriate time and location he/she will not be allowed to compete (Rule 4-3-1).** 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.
- **Athletes competing in events held concurrently can complete attempts in field events out of order and/or in succession (Rule 6-2-3 thru 5).**
- Starting blocks will be provided at all division/state meets.
- **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.
- Standardized marks will be available on Pole Vault runways at Division/State meets. A personal marker no larger than 3" is acceptable (no water bottles allowed).
- *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; longer spikes are unacceptable. Athletes will be required to change spikes. Shoes will be inspected and zip tied depending upon the site.
- **Throwing implements (shot/discus) will NOT be provided. Weigh in of the implements will be conducted at the designated area based on site.**
- 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. Coaches will not be allowed to assist with athletes marks, it is the athletes responsibility.
- Unfortunately, events and/order of events will not be changed (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 MaxPreps declaration (or any corrections emailed by 5/1, 9 am 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.
- An Alternate list will be published.
- Neither the AIA nor the host sites shall be responsible for lost or stolen articles.



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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. When an athlete checks in using their watch to communicate or as a phone they will be asked to remove it.
- 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.
- Do not use a "SMART" watch for anything other than a stopwatch. In the past, athletes have answered phone calls, played music, etc. on their watches and then were asked to remove them in the bullpen. Best practices would have an athlete use a simple watch rather than a smart watch and not risk disqualification. Coaches should also use a traditional stopwatch rather than their phone when timing athletes.

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. Note: spikes purchased on Amazon stating they were ¼" were actually longer in 2023. Spikes will be checked. Spikes that are too long will not be allowed in competition.

### **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 25, 2025.

NFHS Learns: 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 11:59 AM on Monday, May 4, 2026.** The entry process (declaration) will be through the roster page of MaxPreps. 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**. This **DOES NOT** include relay alternates.
- The last date for a State Qualifying Meet is **Wednesday, April 29, 2026.**
- **MaxPreps is the official entry portal and MUST be used.**

## 2026 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, Shot Put and Javelin
- A maximum of **20** will qualify for 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 15-16, 2026

- On Thursday, April 30, 2026, the rankings from all State Qualifying meets with all divisions will be merged and uploaded to MaxPreps/AZPreps365. Rankings are final once the last results are uploaded and published on MaxPreps.
- 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 10, 6:00 PM).**
- Results from all Division Championships May 7-9, 2026 will be merged with the top six performances from State Qualifying Meets and posted May 11th.
- 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 6:00pm, Sunday May 10<sup>th</sup>.**
- The State performance list will be published **Wednesday May 13<sup>th</sup>**. A performance list is a list of the top athletes entered into the meet.
- Top 18 entries will advance to State.
- Relay name changes are due to Sue Hysong by 9 am, Thursday May 14<sup>th</sup> [chysong@cox.net](mailto:chysong@cox.net)