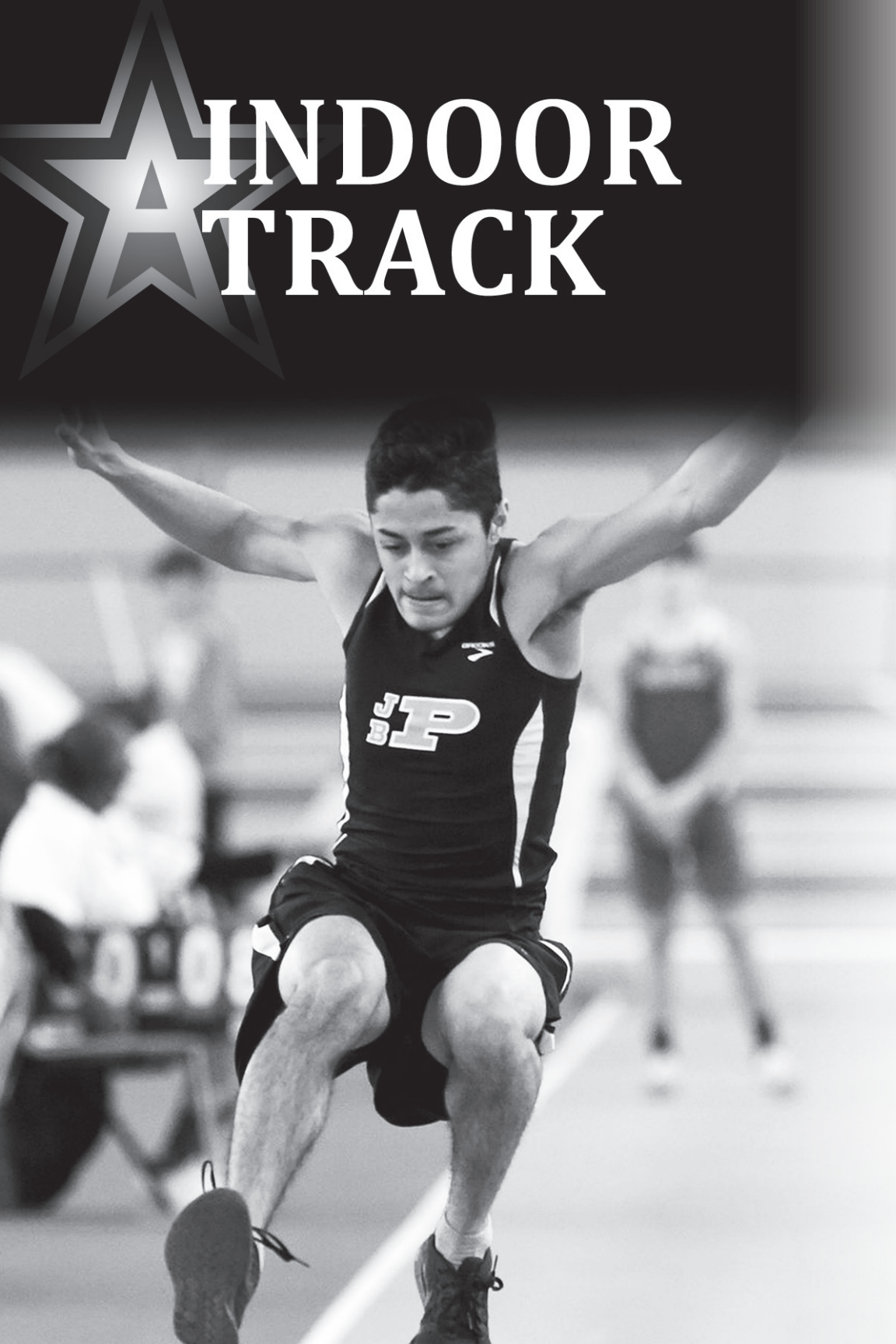
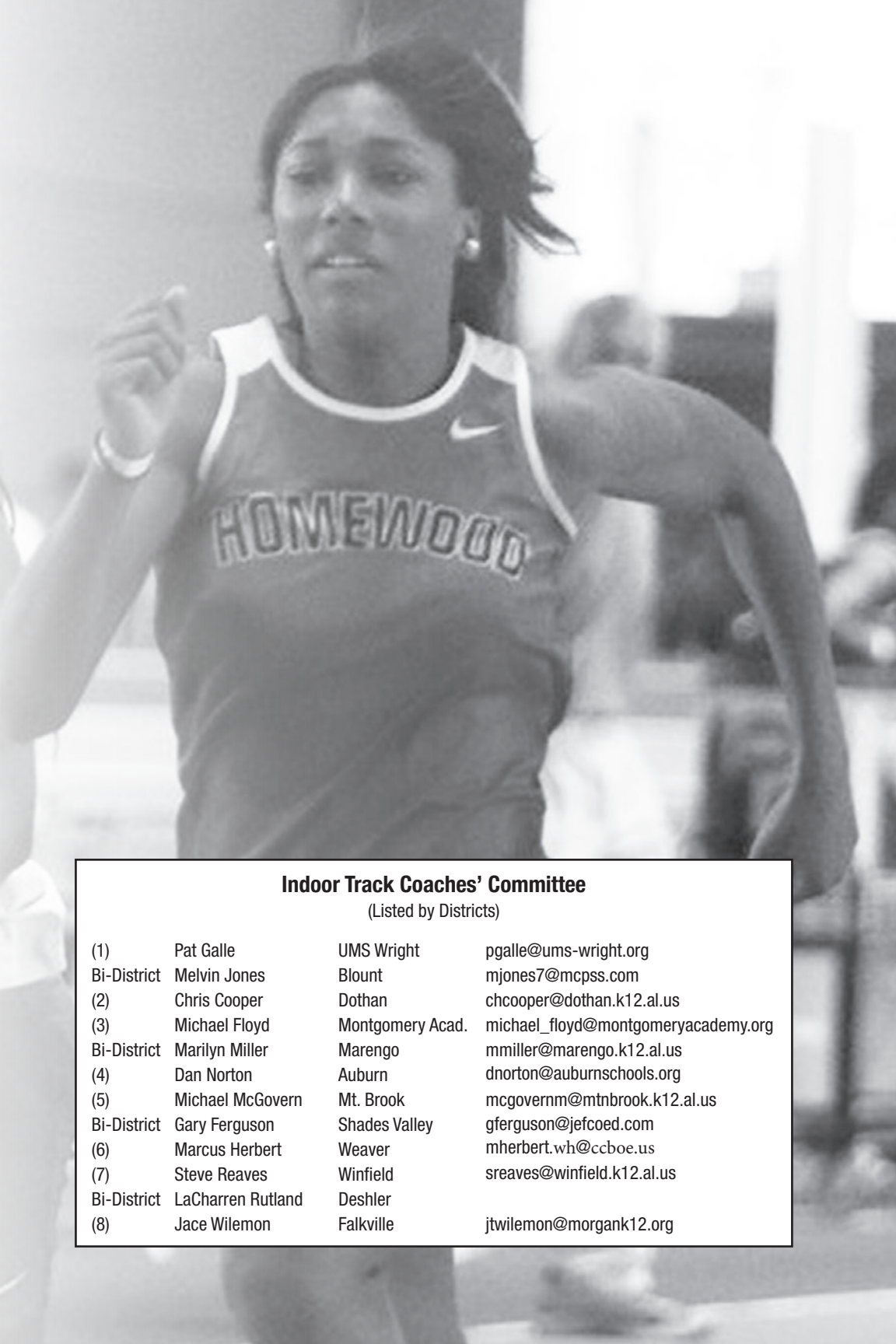


INDOOR TRACK





Indoor Track Coaches' Committee

(Listed by Districts)

| | | | |
|-------------|-------------------|------------------|-------------------------------------|
| (1) | Pat Galle | UMS Wright | pgalle@ums-wright.org |
| Bi-District | Melvin Jones | Blount | mjones7@mcpss.com |
| (2) | Chris Cooper | Dothan | chcooper@dothan.k12.al.us |
| (3) | Michael Floyd | Montgomery Acad. | michael_floyd@montgomeryacademy.org |
| Bi-District | Marilyn Miller | Marengo | mmiller@marengo.k12.al.us |
| (4) | Dan Norton | Auburn | dnorton@auburnschools.org |
| (5) | Michael McGovern | Mt. Brook | mcgovern@mtnbrook.k12.al.us |
| Bi-District | Gary Ferguson | Shades Valley | gferguson@jefcoed.com |
| (6) | Marcus Herbert | Weaver | mherbert.wh@ccb.oe.us |
| (7) | Steve Reaves | Winfield | sreaves@winfield.k12.al.us |
| Bi-District | LaCharren Rutland | Deshler | |
| (8) | Jace Wilemon | Falkville | jtWilemon@morgank12.org |

The Championship Program

First Practice—Nov. 9 First Contest—Nov. 30

Online Requirements For All Sports

POSTING SCHEDULES

Schools must post season schedules on the AHSAA website in the Members' Area by the deadline dates listed below. Failure to do so could result in a fine assessed to the school. Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

May 1— fall sports (football only)

June 1 — fall sports (volleyball, cross country, swimming & diving)

Sept. 15 — winter sports (wrestling, basketball, indoor track, bowling)

Jan. 15 — spring sports (baseball, softball, outdoor track, soccer, golf, tennis)

POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

POSTING SCORES

Schools are also required to post scores of contests online immediately following all contests in the regular season (and within 24 hours after regular season tournaments) and in the playoffs or be subject to a fine.

In the post-season playoffs, failure to report scores immediately after a contest will subject the school to a fine.

1. The indoor track program consists of four divisions for boys and four divisions for girls with competition in a state meet. Divisions are: 1A-3A, 4A-5A, 6A and 7A. A student may compete in only one division during the same regular season or championship meet.
2. Each high school is limited to five meets, one of which must be during the holidays with no loss of school time prior to the state meet. Two high school meets may be held on non-weekend dates and all other meets must be held on weekends with no loss of school time.

Each junior high/middle school is limited to three meets; two of three meets may be held on non-weekend dates with no loss of school time prior to a season-ending invitational.

3. All participants must be eligible under AHSAA rules.
4. All meets will be conducted under National Federation rules.
5. Headwear-Jewelry-Electronics: The games committee may not restrict the wearing of items that are worn in excess of the school-issued uniform allowed by NFHS rules. Hats or sunglasses (except prescription sunglasses) are not permitted. A pole vault helmet is the only headwear permitted.

Medical alert medals should be visible.

Soft head band(s), ribbon(s) or soft pony tail holder(s) made of cloth, rubber or elastic materials may be worn. Unadorned devices such as bobby pins, barrettes and hair clips no longer than 2 inches may be worn. Scarves with knotted or tied headwear are not allowed.

Athletes are not allowed to have any electronic devices including cell phones, cameras, pods and two-way radios in the competition area.

6. If coaches boxes are used, then only one coach per team may be in the box at the same time.

7. All AHSAA track and field rules will apply except where modified under Special Rules.
8. Competition is held in the following events:

1A-3A, 4A-5A, 6A, 7A

Boys

Long Jump
 Shot Put
 High Jump
 Triple Jump
 Pole Vault
 60 m Dash
 60 m HH
 400 m Dash
 800 m Run
 1600 m Run
 3200 m Run
 4x200 m Relay
 4x400 m Relay
 4x800 m Relay

Girls

Long Jump
 Shot Put
 High Jump
 Triple Jump
 Pole Vault
 60 m Dash
 60 m LH
 400 m Dash
 800 m Run
 1600 m Run
 3200 m Run
 4x200 m Relay
 4x400 m Relay
 4x800 m Relay

Officials

At least one registered official shall be assigned to each of the following positions:

Field Events:

Pole Vault = 1
 Shot Put = 1
 Discus = 1
 High Jump = 1
 Long Jump = 1
 Triple Jump = 1
 Javelin = 1

Running Events:

Starter = 1

Administrative Areas:

Meet Referee = 1

We recommend that every school fielding a Track program register at least one school staff member as an AHSAA Track official. Each registered official may work multiple positions during a meet if necessary to help reduce the total number of registered officials needed to fulfill the above requirement.

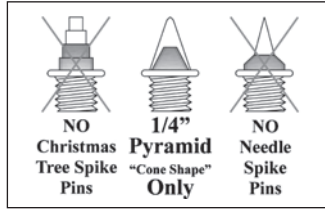
Regular Season fee per official will remain at a maximum of \$50 per day and Championship fee will be \$75 per day. The stipulated mileage allowance may apply.

Special Rules

1. Coaches should not enter any student who has not practiced or trained in his/her event.
2. All competition will be conducted under National Federation Rules. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.
 In junior high and middle school competition, a participant may not compete in more than three events.
3. Athletes not participating must remain in the stands. The arena floor must remain clear of non-participants at all times.
4. Coaches shall inform their participants where and at what time each event is to be run. All divisions include separate competition for boys and girls.
5. Participants, including relay teams, shall report to the Clerk of Course 15 minutes before the

race. The starter will not wait for late competitors in an event. Numbers must be worn by all running event participants. Relay teams must receive instructions before each race and the fourth runner will be given a number.

6. A 1 minute time limit will be enforced in all field events. At the beginning of competition, all vaulters will weigh-in and poles will be verified.
7. All events shall be run in the order scheduled.
8. The length of spikes is restricted to a maximum of 1/4 inch (pyramid only). Participants wearing longer spikes will be disqualified (by inspection). Needle spikes will not be allowed.



9. Starting blocks will be furnished. No other equipment may be used.
10. Only rubber shots may be used. Boys will throw the 12 lbs (5.443 kg) shot; girls the 8 lbs. 13 oz. (4.0 kg) shot.
11. Hurdles
 - (a) The boys (39") hurdles will be over 5 hurdles spaced as follows: 45' to the first hurdle, 30' between hurdles, and 15' from the last hurdle to the finish line.
 - (b) The girls (33") hurdles will be over 5 hurdles spaced as follows: 42'8" to first hurdle, 27'10" between hurdles, and 26' from the last hurdle to the finish line.
12. A pole vaulter's weight shall be at or below the manufacturer's pole rating, which shall be located above the hand-hold band. (See Rule 7-4-3). Coaches must submit forms at the state meet that their athletes are on the correct poles for competition. Pole vault verification forms are available online. Coaches must print forms and bring to the meet(s) completed and signed.
13. Scoring is 10-8-6-5-4-3-2-1 for all individual events and relays.
14. No artificial noisemakers (radios, etc.) are allowed at section or state meets or in AHSAA-sanctioned meets. No radios will be permitted inside the arena during the State Meet.
15. Uniforms: The Uniform Rule will be enforced in accordance with NFHS rules.

Minimum Qualifying Standards

| | 1A/2A/3A | | 4A/5A | | 6A/7A | |
|-----------------|----------|-------|-------|-------|-------|-------|
| | Girls | Boys | Girls | Boys | Girls | Boys |
| Long Jump | 12' | 16' | 13'0" | 17'0" | 14'6" | 18'6" |
| High Jump | 4'2" | 5'2" | 4'2" | 5'2" | 4'8" | 5'8" |
| Shot Put | 23'0" | 30'0" | 25'0" | 35'0" | 27'0" | 37'0" |
| Pole Vault | 7'0" | 9'0" | 7'0" | 9'0" | 8'6" | 11'0" |
| Triple Jump | 28'0" | 35'0" | 28'0" | 37'0" | 28'0" | 38'0" |
| 4 x 200 Relay | 2:20 | 1:50 | 2:10 | 1:45 | 2:00 | 1:40 |
| 4 x 400 Relay | 4:50 | 4:00 | 4:50 | 3:55 | 4:45 | 3:55 |
| 4 x 800 Relay | 12:30 | 10:45 | 12:15 | 10:30 | 11:45 | 9:45 |
| 400 Meters | 1:15 | 1:00 | 1:15 | 1:00 | 1:10 | :55 |
| 800 Meters | 2:55 | 2:25 | 2:50 | 2:25 | 2:45 | 2:20 |
| 1600 Meters | 6:40 | 5:30 | 6:30 | 5:15 | 6:15 | 5:00 |
| 3200 Meters | 14:00 | 12:00 | 14:00 | 11:45 | 13:00 | 11:00 |
| 60 Meters | 9.0 | 8.0 | 8.8 | 8.0 | 8.6 | 7.8 |
| 60 Low Hurdles | 12.00 | | 11.75 | | 11.50 | |
| 60 High Hurdles | | 11.50 | | 10.50 | | 10.00 |

Disability Standards:

Athletes will compete against standards as set by the Wheelchair Track and Field USA (WTFUSA) as recognized by Wheelchair Ambulatory Sports USA (WASUSA). Standards to be met by each disability classification may be found at: http://www.wasusa.org/WTFUSA/TRACK_Standards_6_16_14_V4.pdf
http://www.wasusa.org/WTFUSA/FIELD_Standards_Juniors_4_24_14_V4.pdf

Information and regulations for throwing frames for wheelchair athletes may be found at the link listed below: http://www.wasusa.org/WTFUSA/Seated%20Throws_Q&A_FOR%20WEB_4_11_14_V4.pdf

Athletes who do not have a current disability classification, and proof of, must obtain a disability classification by contacting Lisa Hilborn, Director of Athletics at Lakeshore Foundation, by phone at (205) 313-7433 or email Lisah@lakeshore.org

State Meet

DATE: Feb. 1-2

SITE: Birmingham CrossPlex

MEET DIRECTOR: Houston Young, Gulf Shores
Phone: 334-413-4309 (cell)

MEET REFEREE: Robin Gaines

ENTRIES: Athletes must compete in at least one regular season indoor meet in order to qualify for the state meet. A school may enter two participants in each individual event but only one relay team. A participant may not be entered in more than four events, excluding relays. A participant may not compete in more than four events, including relays.

ENTRY DEADLINE: Submit entries online at alabamarunners.com by midnight on Monday, Jan. 28, after which no entries will be accepted.

All substitutions, changes and scratches must be made by noon on Wednesday, Jan. 30, via email to Xpress Timing at xpress28@aol.com. No additions may be made.

The only changes and substitutions permitted at the meet will be those necessitated by verified sickness or injury and approved by the Jury of Appeals.

SEEDING: Based on times at regular season indoor performances at indoor meets, Athletes must compete in at least one Indoor Meet and meet the minimum standards in their event(s) in order to be entered in the State Meet. Outdoor times will not be accepted. Athletes competing in relays must have competed in an indoor meet to be eligible to compete in the State Meet. Times must meet the Minimum Qualifying Standards on page 133.

DIVISIONS: 1A-3A, 4A-5A, 6A and 7A for boys and girls

PROTEST FEE: \$25

ADMISSION: \$10 per day

(Note: Non-participating coaches must have a valid 2017-18 coaches' card for admission. Only athletes listed as competitors will be allowed to enter the facility with their team as meet athletes. All coaches are subject to having their coaching credentials checked at championship events.)

OFFICIALS: An AHSAA-registered official is assigned to each event.

SHOT PUT GUIDELINE: Heavier warm-up shot puts may not be brought into the arena.

POLE VAULT & HIGH JUMP: Starting heights will be the minimum standard in each event in each classification.

AWARDS: (a) Trophies to the team winner and runner-up in each division
(b) Medals to the first three places in each event

It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in monetary fine and possible probation and/or suspension.

MEET SCHEDULE

Officials Meeting

Friday (Feb. 1)
7:00 a.m. @ CrossPlex

Friday (Feb. 1)

8:00 a.m. Coaches' Meeting

Field Events:

| | High Jump | Pole Vault | Shot Put | Long Jump | Triple Jump |
|------------|-----------|--------------------------|----------------------------|-------------|-------------|
| 9:00 a.m. | 7A Boys | 7A Girls 4A-5A Boys | Para-Ambul. 4A-5A Girls | 6A Boys | 1A-3A Boys |
| 10:30 a.m. | | | 7A Girls | | 4A-5A Girls |
| 11:30 a.m. | | 1A-3A Girls 6A Girls | | 7A Boys | |
| 1:00 p.m. | 6A Boys | | 6A Boys | | 4A-5A Boys |
| 1:30 p.m. | | | | 1A-3A Girls | |
| 3:00 p.m. | | 1A-3A Boys 4A-5A Boys | 1A-3A Girls | 7A Girls | 6A Girls |

Track Events:

All running events will begin at 9:00 a.m. and follow a rolling schedule daily. (Girls will run before boys in each event class except the hurdles)

| | | |
|-----------|--------------------------------------|----------------------|
| 9:00 a.m. | 3200 m Run Finals* | 1A-3A, 4A-5A, 6A, 7A |
| | 60 m Low Hurdles Semi-Finals (girls) | 1A-3A, 4A-5A, 6A, 7A |
| | 60 m High Hurdles Semi-Finals (boys) | 1A-3A, 4A-5A, 6A, 7A |
| | 60 m Dash Semi-Finals* | 1A-3A, 4A-5A, 6A, 7A |
| | 800 m Run Finals | 1A-3A, 4A-5A, 6A, 7A |
| | 4x200 m Relay Finals | 1A-3A, 4A-5A, 6A, 7A |

* After this event, track will go up or down before the next races.

Saturday (Feb. 2)

Field Events:

| | High Jump | Pole Vault | Shot Put | Long Jump | Triple Jump |
|------------|--|------------|------------|-------------|-------------|
| 8:00 a.m. | 7A Girls 6A Girls | 6A Boys | 4A-5A Boys | 4A-5A Girls | 7A Boys |
| 10:30 a.m. | | 7A Boys | 7A Boys | 1A-3A Boys | 6A Boys |
| 11:00 a.m. | 4A-5A Boys 1A-3A Boys | | | | |
| 12:30 p.m. | | | 6A Girls | 4A-5A Boys | 1A-3A Girls |
| | Immediately after 60 dash finals 1A-3A Girls 4A-5A Girls | | | | |
| 3:00 p.m.* | | | 1A-3A Boys | 6A Girls | 7A Girls |

Track Events:

Note: Girls run before boys, 1A-3A, 4A/5A, 6A, 7A

All running events will start at 9:00 a.m. and we will follow a ROLLING SCHEDULE daily.

Friday

9:00 a.m. 3200 Meter Run Finals*
60 Low Hurdles Semi-finals
60 High Hurdles Semi-finals
60 Dash Semi-finals*
800 Meter Run Finals
4 x 200 Meter Relay Finals

Saturday

9:00 a.m. 400 Meter Dash Finals
1600 Meter Run Finals*
60 Meter Low Hurdles Finals
60 Meter High Hurdles Finals
60 Meter Dash Finals*
4 x 800 Meter Relay Finals
4 x 400 Meter Relay Finals

* After this event, track will go up or down before the next races.

Note: The schedule above is tentative and subject to adjustment depending on the number of entries.

Awards presented immediately following final event.

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