

4.14 Track & Field

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4.14.1 Regular Season Procedures

4.14.1.1 Rules of Competition

4.14.1.1.1 Competition Rules. NFHS Track & Field Rules, as modified by the FHSAA, are the official rules for all track and field meets. The following modifications to those rules have been adopted by the Board of Directors.

- STANDARD OF MEASUREMENT IN THE FIELD EVENTS:

(a) The Metric System is the standard of measurement in all FHSAA Track & Field meets.

(b) All measurements of height or distance may be made with a steel tape, fiberglass tape, bar or electronic measuring device.

(c) When measuring the throwing events or horizontal jumps, that part of the tape that records distance shall be read and announced by the official at the circle, foul line or takeoff board. The tape should be pulled through the center of the throwing circle, the radius of the throwing arc, or from a position one meter behind the takeoff board. It is mandatory to measure every non-foul trial.

(d) In the Pole Vault and High Jump, measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar. Efforts judged to be foul shall not be measured.

i. High Jump – FHSAA recommends that the crossbar be initially raised in increments of 5 centimeters (~2 inches). The increment shall never be increased. The crossbar shall not be lowered and the increment shall never be less than 3 centimeters.

ii. Pole Vault – FHSAA recommends that the crossbar be initially raised in increments of 15 centimeters (~6 inches). The increment shall never be increased and shall never be less than 5 centimeters (~2 inches).

(e) Recording Performances

i. Performances on a scorecard shall be a distance or an ‘O’ for a successful trial, an ‘X’ for any type of foul/failure or a dash (-) to indicate a pass.

ii. Metrics is the system of measurement. Distances measured shall be recorded to the nearest lesser centimeter (that is, fractions less than one centimeter must be ignored). For Discus, the distances shall be measured to the lesser even numbered centimeter.

iii. Performances shall be announced in metric measure. The display shall be metric.

iv. For state championships records, marks must be measured and recorded metrically.

(f) Measuring Height of Bar

i. An accurate measurement of the height of the high jump or pole vault crossbar shall be taken each time it is placed at a new height; each time a new crossbar replaces a broken one; and each time a standard(s) has been displaced.

- 4-2-1, 2 PARTICIPATION AND ENTRY LIMITATIONS: No student may enter or participate in more than four (4) events in any one meet. A relay event is a running event. Participation in the preliminaries of any event will count as an entry regardless of whether the student qualified for the finals in that event. If a student exceeds this limitation, the school which he/she represents must forfeit all points and places earned by the student in the meet, both individual points and places as well as those earned by any relay team on which the student was a member. No student may engage in exhibition or practice performances during a track and field meet. Only those students who are properly entered and eligible may participate in a track and field meet.

- 4-3-1 UNIFORMS: Competitors may wear a one-piece (singlet) or two-piece track & field uniform issued by the school.

A male competitor must wear his jersey inside his shorts at all times. A female competitor must wear her jersey inside her shorts at all times, unless her jersey is designed to be worn outside the shorts. Jerseys designed to be worn outside the shorts must hang below the waistband of the shorts when standing erect.

Competitors in violation of this rule will not be permitted to compete.

The enforcement of this rule is the responsibility of the starter or event judge, but the ultimate responsibility for wearing the proper uniform rests with the team coach.

Commercial advertising, with the exception of the manufacturer's logo, is prohibited on all athletic uniforms.

- 3-2-4(a) SHOES: The Games Committee has the authority to determine the length of spikes used on all-weather surfaces. Track spikes may not exceed one-half (1/2) inch in length when measured from the sole to the tip of the spike.

4.14.1.1.2 Event Regulations. Events in all track meets will be run as follows.

- (a) Lane assignments in all races will be made according to the spearhead method.

On a nine-lane track, the lane assignments will be 5-6, 4-7, 3-8, 2-9, and 1.

On an eight-lane track, the lane assignments will be 4-5, 3-6, 2-7, and 1-8.

On a six-lane track, the lane assignments will be 3-4, 2-5 and 1-6.

When assigning lanes to qualifiers from preliminary heats to finals; the heat winners will be assigned to lanes 5 and 6 on a nine-lane track, lanes 4 and 5 on an eight-lane track, and lanes 3 and 4 on a six-lane track. The remaining contestants will be seeded and assigned lanes by time.

- (b) The 4x400m Relay will be run from a staggered start. The first runner must stay in his/her lane the entire distance with the first exchange being made in the assigned lane. The second runner must remain in the assigned lane through the first curve, after which he/she may break for the pole on the back straight-away.
- (c) For running events consisting of preliminaries and finals, the final must be run in one race.
- (d) Protests are prohibited. In the organization and administration of meets, the decisions of the judges or the Jury of Appeals will be final. The referee must not be included as a member of the Jury of Appeals.
- (e) An athlete who is disqualified from an event due to unsporting conduct shall be disqualified from further competition in the meet as well as a minimum of the next seven days and two meets.
- (f) National Federation Rule 2 shall be followed in scoring all meets.

4.14.1.2 FHSAA Adapted Track & Field Division

4.14.1.2.1 Overview

- (a) Each of the current four classes (4A, 3A, 2A, and 1A) will be divided into the following classifications; Boys Division, Boys Adapted Division, Girls Division, and Girls Adapted Division.
- (b) Each division will score points for its class, gender and division only.
- (c) No scores from separate divisions will be combined.
- (d) An athlete cannot compete in multiple divisions.
- (e) Adapted participants shall compete against each other only.

4.14.1.2.2 FHSAA Adapted Track and Field Division Eligibility

- (a) All high school students with a permanent physical disability may be eligible to participate on their school's track & field team.

- (b) Each athlete's physical eligibility must be verified by a licensed physician and maintained on permanent file at the school.
- (c) Students who participate must meet all FHSAA eligibility requirements. Students shall be members of the school's track & field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors).
- (d) The athletes must compete in their school's team uniform.
- (e) Students must compete in a minimum of five (5) meets to qualify for the Florida High School State Championship Series.

4.14.1.2.3 FHSAA Adapted Track and Field Division Events

- (a) Each student will have the opportunity to compete in the following events by gender: Wheelchair 200-meter race, Wheelchair 800-meter race, and Wheelchair Shot Put.
- (b) Wheelchair Shot Put will be divided into two (2) classifications for both boys and girls based on type of disability.
 - (1) Class 1 will be for athletes with disability of the lower extremities.
 - (2) Class 2 will be for athletes with disability that affect lower and upper extremities.
- (c) A meet's order of events shall be determined by meet management.
- (d) All adapted track and field participants shall be required to compete on the same day of the meet as their classification.

4.14.1.2.4 Scoring

- (a) An adapted track & field athlete will compete for adapted division individual and adapted division team honors in the school classification and gender in which his/her school competes.
- (b) Points will be awarded per NFHS Rule 2-1.

4.14.1.2.5 Results Submission

- (a) All regular season results shall be published in the official meet results via the contracted timer/scorer or meet director using the specified FHSAA medium..

4.14.1.2.6 Florida High School State Championship Series Qualifying

- (a) The top 16 times/distances submitted prior to the Florida High School State Championship Series in each event by classification and gender will advance to compete at the Florida High School State Championship Series.
- (b) A student-athlete who declares to compete in the Adaptive Division is expected to compete on successive levels of the Florida High School State Championship Series unless ill, injured, suspended due to disciplinary action, or for any other reason acceptable to the Executive Director.

4.14.2 Florida High School State Championship Series Procedures

4.14.2.1 District Meeting

4.14.2.1.1 Date. December 4-8, 2017

4.14.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting:

- Select host school, site and determine time schedule. (Note: An actual host school must be selected at this meeting and may be subsequently changed only with the permission of the Executive Director). Preference will be given to the host site that has a track with a synthetic or rubber surface and has a minimum of 8 lanes.
- Determine procedure for disseminating results to participating schools.
- Determine a Jury of Appeals

4.14.2.2 Meet Structure and Time Schedules

4.14.2.2.1 District Meets

- (a) **Dates, Time Schedule and Site.**

- (1) **Dates.** Each district will determine the date for its meet at the district meeting.
- (2) **Time Schedule.** Each district will determine the time schedule for its meet at the district meeting.
- (3) **Site.** Each district will determine a site for its meet at the district meeting.

The date and site of each district meet will be posted on FHSAA.org.

4.14.2.2.2 Regional Meets

- (a) **Complexes.** Competition will be conducted in four regional complexes in each classification. Districts 1 through 4 will comprise the Region 1 complex, Districts 5 through 8 the Region 2 complex, Districts 9 through 12 the Region 3 complex, and Districts 13 through 16 the Region 4 complex. One meet will be conducted in each regional complex.
- (b) **Dates and Time Schedule.**
 - (1) **Dates.** The date of each regional meet will be posted on FHSAA.org.
 - (2) **Time Schedule.** A recommended event schedule will be provided by FHSAA.
- (c) **Sites.** A listing of regional meet sites is available at FHSAA.org.
- (d) **Invitations to Host.** Preference shall be given to those prospective hosts who have access to and ability to use Hy-Tek Meet Manager computer software, and who have tracks with synthetic or rubber surfaces.

4.14.2.2.3 Florida High School State Championship Finals

- (a) **Dates.** The FHSAA Track & Field Finals state meet shall be held at a site and date to be announced.
- (b) **Time Schedule.** The Florida High School State Championship Series schedule shall be posted on the FHSAA Website:
- (c) **Coaches Packet.** A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the meet.

4.14.2.2.4 Advancement of Teams and Individuals

- (a) **District Meet to Regional Meet.** The first four placing individuals or relay teams in each district meet shall advance to the regional meet to which they are assigned. All ties which would result in more than four qualifiers in an event advancing to the regional meet must be broken by a run-off, throw-off or jump-off, or appropriate National Federation tie-breaker procedure.

- (b) **Regional Meet to Florida High School State Championship Series.**

- (1) The top-4 marks in each event at the regional championship meet automatically qualify for the state championship meet.
 - (a) All ties resulting in more than 4 automatic qualifiers to the state meet must be broken using appropriate NFHS tie-breaking procedures.
- (2) The next 8 best marks in each class not automatically qualifying by place at the regional championship in each event will qualify for the state championship meet. These qualifiers will be known as "at-large bids."
 - (a) The at-large qualifying bids are not subject to appeal for any reason.
 - (b) Regional championship meets will run on the same day.
 - (i) Regional championship meet event schedules will be substantially similar in each classification. FHSAA will provide a menu of options for regional meet hosts to choose from. All event schedules are subject to FHSAA approval.
 - (ii) Official results from regional championship meets will not be published until the last event in the classification has been completed.
 - (iii) At-large qualifiers will be announced via the FHSAA's designated medium.

- (3) The next best eight (8) performances from the combined results of the four region meets that did not automatically qualify will receive at large bids with the following restrictions. The at large bids will be selected as follows:
- (a) Sprinting Events (100m Dash, 100m Hurdles, 110m Hurdles, 200m Dash, 300m Hurdles, 400m Dash, 4x100m Relay):
- (i) The qualifying mark that will be used to determine at-large eligibility must have been run in the final round of that event at the region meet. Marks from preliminary rounds will not be considered.
 - (ii) If there is a tie that would lead to more than eight (8) at large bids being offered, none of those tied performances will receive at large bids, making the field of competitors at the State Championship less than 24.
- (b) Vertical Field Events (High Jump, Pole Vault):
- (i) Appropriate NFHS tie-breaking procedures shall be used in breaking ties at the region meet for 1st place and 4th place to determine the four (4) automatic qualifiers.
 - (ii) Region meets will all follow the following prescribed heights and incremental increases until only one jumper remains. Opening heights will be the closest height listed that is below the lowest qualified mark from the district meet (one increment lower). All heights are listed in meters.
 1. High Jump: 1.17, 1.22, 1.27, 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.97, 2.02, 2.07, 2.12, 2.17, 2.22
 2. Pole Vault: 1.50, 1.65, 1.80, 1.95, 2.10, 2.25, 2.40, 2.55, 2.70, 2.85, 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95
 - (iii) The next best eight (8) marks from the region meets will be selected for the at-large bids. In the case of a tie that would lead to more than eight (8) at large bids, the tie will be broken in normal tie-breaking procedure for vertical jumps (misses at current height, then, if still tied, total misses in competition). If the tie cannot be broken, then all those tied that would lead to more than eight (8) at large bids will not advance and there will be less than eight (8) at large bids given in that particular vertical jumping event. Complete results, including misses and passes shall be recorded by the official timer.
- (c) Other Field Events (Long Jump, Triple Jump, Shot Put, Discus)
- (i) Appropriate NFHS tie-breaking procedures shall be used in breaking ties to determine the four (4) automatic qualifiers (if necessary).
 - (ii) The qualifying mark to be considered for an at-large bid will be the athlete's best mark from the competition and need not have occurred in the final round of field event competition.
 - (iii) The next best eight (8) marks from the region meets will be selected for at-large bids. In the case of a tie that would lead to more than eight (8) at large bids, the tie will be broken utilizing appropriate NFHS tie-breaking procedures for the respective event. If the tie cannot be broken, then all those tied that would lead to more than eight (8) at large bids will not advance and there will be less than eight (8) at large bids given in that particular event. Complete results, including all attempts, shall be recorded by the official timer.
- (d) Other Running Events (800, 1600, 3200, 4X400, 4X800)
- (i) No further restrictions. All performances in these events will be eligible to receive at-large bids as long as they are in the top eight performances that did not receive automatic qualification.
 - (ii) If there is a tie that would lead to more than eight (8) at-large bids being offered, none of those tied performances will receive at large bids, making the field of competitors at the State Championship less than 24.
- (4) Declaration of Non-Consideration: There may be situation in which an athlete/coach does not want to be considered to receive an at-large bid. The coach must complete the "Declaration of Non-Consideration" form that will be available at the clerks table and this form must be submitted to the meet referee within 30 minutes of the conclusion of the final event of the meet. If this form is not received within 30 minutes of the official conclusion of the meet, then all athletes receiving at-large bids must compete at the state championship. All athletes receiving automatic qualifiers for the state championship must compete. Automatic qualifying athletes are not eligible to complete a "Declaration of Non-Consideration".

(5) Anemometers (Wind Gauges) must be used at all region meets in the horizontal jumps and sprint events 200m or less for the purpose of records and general comparison of times for athletes throughout the regional round of the state series. Readings shall not be taken into any consideration for the purposes of determining at-large bids.

4.14.2.3 Meet Regulations

4.14.2.3.1 General

(a) Running Events: All Florida High School State Championship Series meets will be limited to the following running events:

(1) Girls – 4x800m relay, 100m high hurdles, 100m dash, 1600m run, 4x100m relay, 400m dash, 300m low hurdles, 800m run, 800m wheelchair race, 200m dash 200m wheelchair race, 3200m run, 4x400m relay;

(2) Boys – 4x800m relay, 110m high hurdles, 100m dash, 1600m run, 4x100m relay, 400m dash, 300m intermediate hurdles, 800m run, 800m wheelchair race, 200m dash, 200m wheelchair race, 3200m run, 4x400m relay.

(3) The 4x800m relay must be run during field event competition.

(b) Girls and boys track and field meets will be held concurrently. Girls running events must precede boys running events and must be run alternately.

(c) Field Events: All Florida High School State Championship Series meets will be limited to the following field events:

(1) Girls – pole vault, shot put, wheelchair shot put class 1, wheelchair shot put class 2, high jump, long jump, triple jump, discus.

(2) Boys – discus, long jump, triple jump, shot put, wheelchair shot put class 1, wheelchair shot put class 2, pole vault and high jump.

(d) Track Surface. An 8 lane track with a synthetic surface is strongly recommended for all Florida High School State Championship Series meets.

(e) Timing. F.A.T. Timing to 1/1000th of a second is required for all State Series meets.

(f) Athletic Trainers. The presence of a certified athletic trainer or medical staff is recommended for all Florida High School State Championship Series meets.

(g) Squads

(1) Scratched Contestant. A contestant who is entered into an event in the FHSAA State Track & Field Series on any level and is later scratched from that event after the start of the district meet will be disqualified from participating in all remaining events in the meet. No additions may be made after the entry deadline.

(2) Substitutions. No substitution may be made for any individual in any event, other than relay events, who qualifies to participate in an event but is unable to compete. This applies to individuals who qualify from the district meet to the regional meet and from the regional meet to the Florida High School State Championship Series, and between the prelims and the finals on any level.

(3) Relay Personnel. Up to 8 contestants/competitors shall be declared eligible to compete on any relay when district entries are due. The pool of 8 contestants/competitors will remain intact throughout the state series and may not change. Rules pertaining to individual event limitations per athlete remain in effect. Relay personnel may be changed between the district and regional meets, between the regional meet and the Florida High School State Championship Series. Relay personnel may be changed between the prelims and finals on any level as long as such change is made in compliance with procedures established by the FHSAA. Changes between prelims and finals are limited to the 8 contestants/competitors listed on the relay team pool declared prior to the district meet. Once relay personnel report to the Clerk of the Course for a race, no change in personnel for that race is permissible.

(h) Ties. In running events, all ties in preliminaries which would result in more than eight qualifiers (nine qualifiers on nine-lane tracks in running events and nine qualifiers in field events at the state meet only) to the finals must be broken by a run-off or appropriate National Federation rule tie-breaker procedure.

4.14.2.3.2 District Meets

(a) Number of Contestants. The maximum number of contestants which a school may enter in a district meet is limited to four (4) contestants in each individual event and one (1) team in each relay event.

(b) Running Event Regulations

- (1) In events where heats are run against time, the fastest heat must be run last.
- (2) Each of the 1600m run and 3200m run may be conducted in one section with a staggered start around the first turn followed by a break for the pole.
- (3) Contestants in excess of the number of places to be awarded who are lapped are permitted to finish the race, but must move to the outer lanes of the track (lane 3 or beyond).

(c) Field Event Regulations

- (1) The three (3) best efforts of each contestant will be recorded in the shot put, discus, triple jump and long jump. One more competitor than there are scoring places shall qualify for the finals. Ties for the final place shall also advance to finals. The finals shall be competed in one flight.
- (2) Contestants will be given a maximum of three (3) warm-ups prior to the trials in their flights. The three (3) preliminary trials will be taken in groups of eight in the order in which the contestants are listed for competition. All warm-ups must be supervised by the event official(s). Warm-ups may not take place until the event area has been declared "open" by the event official.
- (3) Competitors in the pole vault will be assigned in order as they appear on the event card to continuing flights of five until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition.
- (4) Scales must be provided for the purpose of weighing all shot put and discus implements.
- (5) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
- (6) Use of a discus cage is mandatory.
- (7) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

4.14.2.3.3 Regional Meets

(a) Contestants. Only those individuals and relay teams which qualify from their respective district meets are eligible to participate in the regional meets. Relay team personnel may be changed as stipulated in 4.14.2.3.1(g)(3).

(b) Running Event Regulations.

- (1) Preliminaries consisting of two heats each will be run in the following events: 100m Hurdles, 110m High Hurdles, 100m Dash, 4x100m Relay, 400m Dash, 300m Hurdles and 200m Dash. Contestants in these events will be seeded 1 through 16 according to their performances in their respective district meet finals, and will be assigned to heats as follows: seeds 1, 4, 5, 8, 9, 12, 13 and 16 will be assigned to the first heat; seeds 2, 3, 6, 7, 10, 11, 14 and 15 will be assigned to the second heat.

Contestants in each heat will be given lane assignments according to the spearhead method.

Two contestants from the same school will not be placed in the same heat if possible.

When F.A.T. is used, advancement from prelims to finals: three (3) from each heat and then the next two (2) fastest times. Please refer to 4.14.1.1.2 for seeding finals in events with preliminaries.

- (2) The 4x400m Relay will be contested in two heats run against time. The faster heat will be run last. Contestants will be assigned lanes according to the spearhead method.
 - (3) The 4x800m Relay, the 800m Run, the 1600m Run and the 3200m Run each will be contested in one section. Contestants in excess of the number of places to be awarded who are lapped are permitted to finish the race, but must move to the outer lanes of the track (lane 3 or beyond).
 - (4) Runners must start in the lanes to which they are assigned regardless of lanes vacated because of scratches.
- (c) Field Event Regulations.

- (1) Preliminaries consisting of two flights each will be conducted in the Long Jump, Triple Jump, Discus Throw and Shot Put.

Contestants in these events will be seeded 1 through 16 according to their performances in their respective district meet finals, and will be assigned to flights as follows: seeds 9 through 16 will be assigned to the first flight and seeds 1 through 8 will be assigned to the second flight. The No. 16 seed will jump or throw first, followed by the No. 15 seed and continuing in numerical order through the No. 1 seed.

Contestants will be given a maximum of three warm-up jumps or throws prior to competition in their flights.

Competition in each flight will consist of three (3) preliminary trials. The three (3) efforts of each contestant will be recorded. One more competitor than there are scoring places shall qualify for the finals. Ties for the final place shall also advance to finals.

The finals shall be competed in one flight. The contestants with the best performances in the prelims will advance to the finals where they will compete in one flight, with the last best preliminary performer jumping or throwing first, followed in reverse numerical order by the remaining finalists with the best preliminary performer jumping or throwing last.

- (2) Contestants in the Pole Vault and High Jump will be seeded 1 through 16 according to their performances in their respective district meet finals. The No. 16 seed will vault or jump first, followed by the No. 15 seed and continuing in reverse numerical order with the No. 1 seed vaulting or jumping last. Competitors in the pole vault will be assigned to continuing flights of five until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition. The lowest qualifying height in the Pole Vault and High Jump from the district meets will be the starting height for competition in these events in the regional meet.
- (3) Scales must be provided for the purpose of weighing all shot put and discus implements.
- (4) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
- (5) All warm-ups must be supervised by the event official(s). Warm-ups may not take place until the event area has been declared "open" by the event official.
- (6) Use of a discus cage is mandatory.
- (7) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

4.14.2.3.4 Florida High School State Championship Finals

- (a) Contestants. Only those individuals and relay teams which qualify from their respective regional meets in each of the four classifications are eligible to participate in the Florida High School State Championship Series. Relay team personnel may be changed as stipulated in 4.14.2.3.1(g)(3).

- (b) Practice. Practice by any participating school at the site of the Florida High School State Championship Series during the week of the Florida High School State Championship Series is prohibited.
- (c) Participant Passes. Schools will be issued participant passes only for coaches and student-athletes who qualify for participation in the Florida High School State Championship Series. Schools with one (1) to three (3) participants will be issued one (1) pass for use by coaches; schools with four (4) to nine (9) participants will be issued two (2) passes for use by coaches; and schools with ten (10) or more participants will be issued three (3) passes for use by coaches. Schools that abuse the pass procedure may subject themselves to a monetary penalty and ejection from the meet.
- (d) Access to Track. Contestants and officials only will be permitted within the track oval.
- (e) Running Event Regulations.

- (1) Preliminaries consisting of ~~two~~ **three** heats each will be run in the following events: 100M Hurdles, 110M High Hurdles, 100M Dash, 4x100M Relay, 400M Dash, 300M Hurdles, 200M Dash and 4x400m Relay.

Contestants in these events will be seeded 1 through 16 **24** according to their performances in their respective regional meet finals, ~~and will be assigned to heats for an eight lane track as follows: seeds 1, 4, 5, 8, 9, 12, 13 and 16 will be assigned to the first heat; seeds 2, 3, 6, 7, 10, 11, 14 and 15 will be assigned to the second heat.~~

Contestants in each heat will be given lane assignments according to the spearhead method. The top ~~three~~ **two** finishers in each preliminary heat as well as the next three (on a nine-lane track) or the next two (on an eight-lane track) fastest times will advance to the finals.

Only eight places will score and be awarded medallions.

When assigning lanes for the finals, preliminary round ~~place~~ **marks** will be used to assign athletes into preferred lanes. **(i.e. Heat winners in 4 & 5 of an eight lane track, and 5 and 6 on a nine lane track.)**

- (2) ~~The 4x800m Relay, the 800m Run, the 1600m Run and the 3200m Run each will be contested in one section from a staggered dual-alley start. Two ~~Three~~ runners will be assigned to each lane. Contestants must remain in their starting lanes alley through the first curve, after which they may break for the pole on the back straight-away. The break point must be marked by flags or cones. Contestants in excess of the number of places to be awarded who are lapped will be permitted to finish the race, but must move to the outer lanes of the track (lane 3 or beyond).~~

- (3) The 4x800m Relay and the 800m Run each will be contested in two sections from a staggered start. Up to two runners will be assigned to each lane. Contestants must remain in their starting lanes through the first curve, after which they may break for the pole on the back straight-away. The break point must be marked by flags or cones. Contestants in excess of the number of places to be awarded who are lapped will be permitted to finish the race, but must move to the outer lanes of the track (lane 3 or beyond).**

- (4)** The 4x100m Relay will be run the entire distance in the assigned lanes from a staggered start.
- (5)** The 4x400m Relay will be run from a staggered start. The first runner must stay in his/her lane the entire distance with the first exchange being made in the assigned lane. The second runner must remain in the assigned lane through the first curve, after which he/she may break for the pole on the back straight-away.
- (6)** Runners must start in the lanes to which they are assigned regardless of lanes vacated because of scratches.
- (7)** Official FHSAA State Track & Field Records may be set only at the Florida High School State Championship Series. Fully Automatic Timing (FAT) will be used for the official timing for all running events. Hand-held watches will be used as a backup. FAT systems that generate photos may be used to determine place winners.

(f) Field Event Regulations.

- (1) Preliminaries consisting of two flights each will be conducted in the Long Jump, Triple Jump, Discus Throw and Shot Put.

Contestants in these events will be seeded 1 through ~~16~~ ~~24~~ according to their performances in their respective regional meet finals, and will be assigned to flights as follows: seeds ~~9-16~~ ~~13-24~~ will be assigned to the first flight and seeds ~~8 through 1~~ ~~12 through 1~~ will be assigned to the second flight. Regional champions will receive preferred positions when entry performances are tied among contestants. The No. ~~16~~ ~~24~~ seed will jump or throw first, followed by the No. ~~15~~ ~~23~~ seed and continuing in numerical order through the No. 1 seed.

Contestants will be given a maximum of three warm-up jumps or throws prior to competition in their flights. All warm-ups must be supervised by the event official(s). Warm-ups may not take place until the event area has been declared "open" by the event official. Competition in each flight will consist of three (3) preliminary trials. The three (3) efforts of each contestant will be recorded.

One more competitor than there are scoring places shall qualify for the finals. Ties for the final place shall also advance to finals. The finals shall be competed in one flight. The contestants with the best performances in the prelims will advance to the finals where they will compete in one flight, with the last best preliminary performer jumping or throwing first, followed in reverse numerical order by the remaining finalists with the best preliminary performer jumping or throwing last.

Only eight places will score and be awarded medallions.

- (2) Contestants in the Pole Vault and High Jump will be seeded 1 through ~~16~~ ~~24~~ according to their performances in their respective regional meet finals. Regional champions will receive preferred positions when entry performances are tied among contestants. The No. ~~16~~ ~~24~~ seed will vault or jump first, followed by the No. ~~15~~ ~~23~~ seed and continuing in reverse numerical order with the No. 1 seed vaulting or jumping last. Competitors in the pole vault will be assigned to continuing flights of three until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition. The lowest qualifying height in the Pole Vault and High Jump from the regional meets will be the starting height for competition in these events in the Florida High School State Championship Series.
- (3) Scales must be provided for the purpose of weighing all shot put and discus implements.
- (4) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
- (5) Discus and shot put competitors must be supervised by an event official during warm-ups as well as during competition. All warm-ups must be supervised by the event official(s). Warm-ups may not take place until the event area has been declared "open" by the event official.
- (6) Use of a discus cage is mandatory.
- (7) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

4.14.2.3.5 Jury of Appeals

- (a) A Jury of Appeals consisting of at least five coaches from five different participating schools shall be appointed by the meet manager for each meet in the Florida High School State Championship Series. A maximum of five alternate jurors shall also be appointed. A Jury of Appeals consisting of at least five members is mandatory. There can be no decision rendered without at least five jurors.
- (b) Jurors for the Florida High School State Championship Series shall be chosen as follows:

- (1) A list of recommended jurors will be compiled by the FHSAA and/or the FACA State Track & Field chairperson and submitted to the FHSAA for approval. Any coach not on the “approved” list cannot serve on a Jury of Appeals at the Florida High School State Championship Series.
- (2) Diversity in school classification, gender and geography, as well as knowledge and experience, must be taken into consideration when a Jury of Appeals is selected.
- (c) A member of the Jury of Appeals whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded.
- (d) The head coach of a team who wishes to file an appeal must do so in writing. The appeals process will adhere to NFHS Case Book guidelines.
- (e) The decision of the Jury of Appeals shall be final. The Jury of Appeals cannot set aside any rule.

4.14.3 Hy-Tek Abbreviations and Event Numbers. Hy-Tek School Abbreviations for Track & Field and Event Abbreviations and Numbers can be found on the FHSAA Website.