

*Presented by:*

The United Dairymen of Idaho – A Partner of Dairy West  
The Official Sponsor of IHSAA State Championship Events



UNITED DAIRYMEN – A DAIRY WEST PARTNER

State Tournament Manual

# 2018

## State Tournament Host Hotels

The following hotels have agreed to serve as State Tournament Host Hotels by providing complimentary rooms for tournament officials. We appreciate their generous support and urge member schools to patronize these Partners in Youth Development by booking at a host hotel during IHSAA tournaments.

<b>Best Western Plus, Nampa</b>	205 3 <sup>rd</sup> St. South, Nampa	208-936-2222
<b>Fairfield Inn by Marriott, Boise</b>	3300 S Shoshone St, Boise	208-914-2053
<b>Hampton Inn &amp; Suites, Nampa</b>	5750 Franklin Rd, Nampa	208-442-0036
<b>Hyatt Place, Boise</b>	925 N Milwaukee, Boise	208-375-1200
<b>Shilo Inn, Nampa</b>	1401 Shilo Dr, Nampa	208-465-3250
<b>Sleep Inn, Nampa</b>	1315 Industrial Road, Nampa	208-463-6300
<b>Spring Hill Suites, Boise ParkCenter</b>	424 East ParkCenter Blvd, Boise	208-433-5127
<b>TownePlace Suites, Meridian</b>	1415 S Eagle Rd, Meridian	208-884-8550

## UDI Sweatshirt Orders

Working through McU Sports, The United Dairymen of Idaho will provide each state tournament participant with a sweatshirt. The number and size(s) needed, must be entered via IDHSAA.org by 4 p.m. on Monday, May 14, 2018.

## Packet Pickup

Each school with a contestant(s) in the boys' competition and each school with a contestant(s) in the girls' competition will have coaches' packet which will contain the tournament program, bib number(s) for each contestant, general information sheet, and a relay sheet which must be filled out and returned immediately. **Packets will be available at the head table on Thursday, the day before the meet, during practice times (see below).**

## Practice Times

Teams who wish to practice in the locale of the state tournament are able to do so at the tournament sites at the listed days and times:

	<b>4A / 5A</b>	<b>1A / 2A / 3A</b>
<b>Thursday</b>	3:00 p.m. – 6:00 p.m.	4:00 p.m. - 7:00 p.m. Please do not show up until after 4:00 since school is still in session.
<b>Friday</b>	8:00 a.m. - 9:30 a.m. Field Events 8:00 a.m. - 10:00 a.m. Running Events	7:00 a.m. - 8:30 a.m. Field Events 7:00 a.m. - 9:00 a.m. Running Events
<b>Saturday</b>	7:00 a.m. - 8:30 a.m. Field Events 7:00 a.m. - 9:00 a.m. Running Events	7:00 a.m. - 8:30 a.m. Field Events 7:00 a.m. - 9:00 a.m. Running Events

# Sites/Dates/Managers

May 18-19, 2018

**Ty Jones**

IHSAA Executive Director  
(208) 375-7027

## 4A / 5A

Dona Larsen Park, Boise  
150 S Broadway  
Boise 83702

Mgr: Terry Beck  
Ph: (208) 350-4235

## 1A / 2A / 3A

Middleton High School  
1538 Emmett Road  
Middleton 83644

Mgrs: Andy Ankeny / Gerry Nutt  
Ph: (208) 585-6657 / (208) 989-7218

## 2018 Track & Field Representation

Sixteen (16) individuals per event/classification and eight (8) relays per classification will qualify for the state tournament. The representation per district and classification are as follows:

<u>5A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3	1*
	III	9	4*
	V-VI	4	2

\* Next best mark statewide will qualify for state

<u>4A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2*	1
	III	5*	3
	IV	4*	2
	V-VI	4*	2

\* Next best mark statewide will qualify for state

<u>3A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I	3*/**	2
	III	3*/**	2
	IV	3*	1***
	V	2*	1
	VI	3*	1***

\* Next best mark statewide will qualify for state

\*\* Next best mark will qualify for state

\*\*\* Next best mark will qualify for state

<u>2A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2*	1**
	III	4*	1**
	IV	2	1**
	V	3*	1**
	VI	3*	1**

\* Next best mark between Dist. I-II, III, V and VI will qualify for state

\*\* Next 3 best marks statewide will qualify for the state meet

<u>1A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	5	2**
	III	4*	2**
	IV	4*	2**
	V-VI	2*	1**

\* Next best mark between Dist. III, IV, & V-VI will qualify for state.

\*\* Next best mark statewide will qualify for state

### NOTES:

In case of a tie in a relay in any classification, the IHSAA office will flip a coin to determine the representative.

Individuals who attain the state meet-qualifying standard in a preliminary or final heat at district or regional competition qualify for state competition. Those who meet the qualifying standard in a preliminary heat at district or regional competition and have qualified for the final heat at the district or regional competition must compete in that final heat (Honest Effort Rule).

Individuals may qualify for the state track meet by meeting or bettering the eighth best qualifying time or mark statewide.

**Seeding information will be posted on IDHSAA.org on the Sunday prior to the state meet. If athlete(s) qualify, we will notify you on the Tuesday prior to the state meet.**

# Hardship Qualifiers for State Competition

Individual qualifiers must meet the criteria in #1 and either #2 or #3:

1. Meet or surpass the state qualifying mark in their particular event(s) in a sanctioned meet (one with four or more schools), during one of the eight regular season meets.
2. Provide proof that they were physically unable to compete at their district/regional meet. Such proof must be a letter from a physician, chiropractor, nurse practitioner or any medical practitioner licensed by the state, stating the nature of the injury/illness that prevented the athlete from competing at the district/regional meet, and also stating the athlete is released to compete in the state meet. Such proof must be presented to the Manager of their respective district/regional meet, by the head coach or athletic director prior to the conclusion of the meet so the athlete's name can be included on the list of "Special Qualifiers."
3. Compete in the particular qualified event at their district/regional meet and fail to qualify by place or mark because of an incident beyond the athlete's control that the meet referee deems a hardship to the athlete in question. An example would be an athlete in an obvious qualifying place that is fouled or interfered with and is unable to finish the race at all or finish in a qualifying place.
4. The Honest Effort Rule: If an athlete does not compete in the finals, after qualifying for the preliminaries, he/she will not be allowed to compete in any further events in the district/regional meet, unless due to an injury/illness certified by a licensed medical practitioner or some other act beyond the athlete's control (e.g., vehicle accident or death in the family). Those athletes not having a certified injury/illness will also not advance to the State Meet if they scratch from a final. Special qualifying marks in the preliminaries will only be used as we have in the past.

## Modification for Idaho Athletes & Teams

All track & field meets shall be governed by the National Federation Track and Field Rules as published by the NFHS unless changed or modified by the IHSAA Board of Directors.

The following have been approved as being in the best interest of the participants and will be observed at the Idaho State Track & Field Championships:

1. No contestant shall be permitted to enter more than four of the individual track or field events.
2. No contestant shall be permitted to compete in more than four track or field events.
3. A 4-turn stagger will be used in the 4x200 relay, a 3-turn stagger in the 4x400 relay and a 1-turn stagger in the 4x800 relay.
4. The various relay events are to be considered as a team (school) event. Members of a relay team may be changed from district to the state meet.
5. The 1600 M medley relay is run in this order: 200, 200, 400 and 800 meter legs. The 800 M medley relay is run in this order: 100, 100, 200 and 400.
6. An athlete may run in four relays, provided he/she does not enter any other event.
7. If a competitor exceeds participation limitations, all individual and team points earned by that competitor in any event shall be forfeited.
8. Idaho students may not compete in any track and field event other than the events listed below without the written consent of the IHSAA.
9. An individual who qualifies for state competition in four individual events will not be allowed to scratch an individual event and compete on a relay team.
10. At the state track meet in the 1A, 2A and 3A classifications, the two-alley start with waterfall shall be used to begin the 800, 1600 and 3200 meter runs. The 4A and 5A classifications will use a single waterfall start.

## Scoring

1st place	10 pts	5th place	4 pts
2nd place	8 pts	6th place	3 pts
3rd place	6 pts	7th place	2 pts
4th place	5 pts	8th place	1 pt

# Awards

**Team:** Trophies are awarded to the champion, runner-up, third and fourth place teams in each classification at the completion of their respective competition. If a tie occurs, trophies will be given to each school that ties for that place. A trophy will not be given to the next place.

Example: Two teams tie for third place; each team will receive a third place trophy. A fourth place trophy will not be awarded.

**Individual:** The top six finishers in each event shall receive a medal immediately upon completion of the event. If the athlete is not available to pick up his/her medal at the appointed time, the award may be picked up by the coach; no medals will be given to athletes after the awards ceremony. Medals not picked up will be mailed to the school.

## Pictures of the Awards Ceremony

Individual award pictures will be taken and sold by Steve Conner Photography and will be available at [steveconnerphotography.com](http://steveconnerphotography.com) and [IDHSAA.org](http://IDHSAA.org).

## Substitutions

Substitutions will be permitted in the State Meet when the regular qualifier is unable to participate. The next place winner is first eligible as a substitute. Such substitutions must be made through the IHSAA office prior to 4:00 p.m. the Tuesday preceding the State Meet. Substitutions will not be allowed after this time.

## Admission

General Admission	\$6.00 per day
*Discount Admission	*\$5.00 per day

\*Seniors 55 and older, students in grades 7-12 with an activity card, and students in grades 1-6 may purchase the discount tickets and passes.

\*\*Children 5 & under are free

## Admission – Team Personnel

All classifications will be allowed four support personnel and the following number of coaches to be admitted without an IHSAA card or tournament pass: 1-3 participants: 2 coaches; 4-6 participants: 3 coaches; 7-9 participants: 4 coaches; 10 & above participants: 5 coaches. Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase a tournament pass. Bracelets for the appropriate number of coaches and support personnel will be enclosed in the coach's packet.

# Running Events & Additional Information

1. Coaches: Please instruct your contestants to report to the clerk before each race. If a contestant does not report, they will be scratched! Check with the site manager for location of the clerk/reporting area.
2. All warm-ups will be done in an area designated by the site manager.
3. Spikes may be 1/4" or 5-7mm. Spikes will be available for purchase at a cost of \$.25 at the table where team packets are picked up.
4. Blocks will be furnished.
5. Coaches: Please instruct your athletes to remain in their lanes after a race and to return to the finish line. Caution your runners not to run on the lines and to stay in their lanes after completing relay exchanges.
6. Relay members: After you have exchanged the baton, leave the track with caution; be careful not to interfere with any other team.
7. Right leg lead 300 meter hurdlers should be cautioned not to run the inside of their lane on the curve which could contribute to a trail leg violation.
8. Any time a runner changes course, he/she must not interfere with anyone.
9. Anyone lapped in the 1600 Meter Run or 3200 Meter Run shall continue to run his/her normal course.
10. **EVENT:**
  - 800 Meter Run (1A, 2A, 3A) - Two alley - dual waterfall - one turn stagger
  - 800 Meter Run (4A, 5A) - Two alley – single waterfall – one turn stagger
  - 1600 Meter Run (1A, 2A, 3A) - Two alley - dual waterfall - one turn stagger
  - 1600 Meter Run (4A, 5A) - Two alley – single waterfall – one turn stagger
  - 3200 Meter Run (1A, 2A, 3A) - Two alley – dual waterfall - one turn stagger
  - 3200 Meter Run (4A, 5A) - Two alley – single waterfall – one turn stagger
  - 400 Meter Relay - Lanes all the way
  - 800 Meter Relay - Lanes all the way - 4 turn stagger
  - Sprint Medley Relay - Lanes through two turns
  - 1600 Meter Relay - Lanes through 3 turns - 3 turn stagger
  - 3200 Meter Relay - Lanes through 1 turn – 1 turn stagger
11. Individuals who advance from preliminaries to finals will advance in the following manner: The top individual from each heat will advance, plus the next best times from all heats. In the event of an electronic timing malfunction, advancement will be as follows: 2 heats - top 4 runners from each heat; 3 heats: top 2 runners from each heat plus the two next best hand times; 4 heats: 2 top runners from each heat.

## Field Events

1. Rule 7, Section 2, Article 5 will be enforced.
2. A warm-up period will be given between each classification in all field events.
3. By IHSAA Board of Directors ruling, it is mandatory that all shot and discus contestants in the State Track Meet use a shot and/or discus provided or approved by the IHSAA.
4. In the high jump and pole vault, a competitor who has passed three consecutive heights after the competition has begun will be permitted a warm-up jump without the crossbar in place.

## General Information

1. During the pole vault, all coaches and participants are requested to stay in the area designated by the site manager. PLEASE HELP US WITH THIS REQUEST - INSTRUCT YOUR ATHLETES!
2. Only athletes participating or receiving awards will be allowed on the field. Please report to the designated area immediately after receiving awards.
3. No coaches are allowed on the field for any reason without permission from the site manager.
4. All questions concerning rule interpretations should be directed to the referees. They may be contacted by coming to the head table.
5. If you do not understand the "uniform" rule, ask the referee or clerk before a race.
6. Coaches will not be allowed to view the photos of the finish. If you have a question on the outcome, please contact the site manager and the photo will be reviewed by the games committee.
7. Everyone must wear his/her number. The only exception will be in the high jump, where permission must be obtained from the head judge for the exception.
8. Please - no first aid kits on the fields.
9. Dressing rooms will not be available.
10. No towels will be furnished.
11. The Jury of Appeals will serve as the final Board of Appeals.
12. No hats of any kind are to be worn by athletes during participation in any event. Track uniforms are to be worn in all events. Any deviation must be approved by the referee before competition. Headbands must meet the following criteria: May be any color; must be worn on the forehead and be a maximum of 2"; Must be moisture-absorbing, nonabrasive and unadorned except for a logo. (One visible manufacturer's logo/trademark/reference or school logo/mascot is permitted on the headband and shall be limited to 2 ¼ square inches and shall not exceed 2 ¼ inches in any dimension.) Only one item is permitted on the head.
13. Headsets and other audio type equipment are not to be brought onto the field. This equipment must be left in the stands or bullpen area. Absolutely no cameras, video equipment or cell phones are permitted in the pole vault area. The IHSAA is not responsible for any lost equipment.

## Parade of Athletes

Any returning state champions will be introduced and will lead the parade. Athletes are to be dressed in regular track warm-ups. **No hats of any kind.**

The 1A/2A/3A Parade of Athletes will be held at 11:30 a.m. on Saturday morning; athletes and coaches should be at the designated place by 11:15 a.m.

The 4A/5A Parade of Athletes will be held at 3:00 p.m. on Friday afternoon; 4A/5A athletes and coaches should be at the designated place by 2:45 p.m.

## Awards

Schedule for awards will be in the team packets.

# 4A / 5A 2018 STATE TRACK SCHEDULE OF EVENTS

## FRIDAY May 18

	Shot Put	Discus	High Jump	Pole Vault	Long Jump	Triple Jump
10:00 am	5AG	4AG	4AB	5AG	5AG	4AG
12:00 pm	5AB	4AB	4AG	5AB	5AB	4AB

2:45 pm Line up Parade of Athletes

3:00 pm Parade of Athletes

3:30 pm Friday Running Events

3200 Meter Run Finals 4A Girls/Boys; 5A Girls/Boys

100 / 110 Meter Hurdles Prelims 4A/5A Girls; 4A/5A Boys

400 Meter Dash Prelims 4A Girls/Boys; 5A Girls/Boys

100 Meter Dash Prelims 4A Girls/Boys; 5A Girls/Boys

### 20 Minute Break

300 Meter Hurdles Prelims 4A/5A Girls; 4A/5A Boys

200 Meter Dash Prelims 4A Girls/Boys; 5A Girls/Boys

4x800/Medley Relay FINALS 5A Girls/Boys; 4A Girls/Boys

## SATURDAY May 19

	Shot Put	Discus	High Jump	Pole Vault	Long Jump	Triple Jump
9:00 am	4AG	5AG	5AB	4AG	4AG	5AG
11:00 am	4AB	5AB	5AG	4AB	4AB	5AB

1:00 pm Saturday Finals

4 X 200 Meter Relay 4A Girls/Boys; 5A Girls/Boys

1600 Meter Run 4A Girls/Boys; 5A Girls/Boys

100 / 110 Meter Hurdles 4A/5A Girls; 4A/5A Boys

100 Meter Dash Unified

400 Meter Dash 4A Girls/Boys; 5A Girls/Boys

### 20 Minute Break - Unified Relay, Field Events

100 Meter Dash 4A Girls/Boys; 5A Girls/Boys

800 Meter Run 4A Girls/Boys; 5A Girls/Boys

4 X 100 Meter Relay 4A Girls/Boys; 5A Girls/Boys

300 Meter Hurdles 4A/5A Girls; 4A/5A Boys

200 Meter Dash 4A Girls/Boys; 5A Girls/Boys

### 10 Minute Break

4 X 400 Meter Relay 4A Girls/Boys; 5A Girls/Boys

### Team Awards



## 2018 State Track and Field Meet 1A - 2A - 3A

				Pit 1	Pit 2	
Friday	Shot	Discus	HJ	TJ/LJ	TJ/LJ	PV
9:00 AM	2A G	3A G	2A B	1A G - TJ	3AB - LJ	1A G
10:30 AM	2A B	3A B	2A G	3A G - TJ	2A B - TJ	
11:00 AM						1A B
12:00 PM	1A G	2A G	1A B	2A G - TJ	3A B - TJ	
1:00 PM						3A G
1:30 PM	1A B	2A B	1A G	3A G - LJ	1A B - TJ	
3:00 PM	3A G	1A G	3A B	1A G - LJ	2A B - LJ	3A B
5:00 PM						2A G

### Friday Running Events

9:30 AM	3200 Meter Run FINALS	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys
3:30 PM	100 Meter Hurdles Prelims	2A Girls, 3A Girls, 1A Girls
	110 Meter Hurdles Prelims	2A Boys, 3A Boys, 1A Boys
	100 Meter Dash Prelims	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys
	400 Meter Dash Prelims	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys

### 20 Minute Break

300 Meter Hurdles Prelims	2A/3A/1A Girls; 2A/3A/1A Boys
200 Meter Dash Prelims	2A/3A/1A Girls; 2A/3A/1A Boys
Medley Relay FINALS	2A/3A/1A Girls; 2A/3A/1A Boys

### Saturday

9:00 AM	3A B	1A B	3A G	2A G - LJ	1A B - LJ	2A B
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11:15 AM Line Up for Parade of Athletes

11:30 AM Parade of Athletes

### 12:30 PM Saturday Finals

100 Meter Hurdles	2A Girls, 3A Girls, 1A Girls
110 Meter Hurdles	2A Boys, 3A Boys, 1A Boys
4 x 200 Relay	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys
100 Meter Dash	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys
100 Meter Dash	Unified
800 Meter Run	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys
4 x 100 Meter Relay	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys
400 Meter Dash	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys

### 20 Minute Break - Unified Relay, Field Events

300 Meter Hurdles	2A/3A/1A Girls; 2A/3A/1A Boys
200 Meter Dash	2A/3A/1A Girls; 2A/3A/1A Boys
1600 Meter Run	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys
4 x 400 Relay	2A Girls/Boys; 3A Girls/Boys; 1A Girls/Boys

### TEAM AWARDS

