

Alaska State Track & Field Championships

May 22-23, 2009

hosted by Lathrop High School in Fairbanks

Tournament Information---Posted 4-1-09

Running Club North and ASAA will be conducting this year's State Track and Field Championships.

1. Regional Qualifying Berths to State

The 2009 State Track and Field Championships will involve two separate classifications:
123A schools will have 8 berths which will be run as finals while 4A schools will have 16 individual berths which will have prelims and finals. Berths will be filled as follows:

123A Classification

Individual Events (8 entries)

The top finisher from each region finals plus the next four (4) statewide best times or distances from regional meet finals.

Relay Events (8 entries)

The top finisher from each region finals plus the next four (4) statewide best times will qualify to state. *Note: If Region 1 has a qualifier in any event, the Region Representative on the Board of Directors will notify ASAA and the at-large berths will be reduced by one.*

4A Classification

Individual Events (16 entries)

The top finisher from each region finals plus the next twelve (12) statewide best times or distances from regional meet finals

Relay Events (8 entries)

The top finisher from each region finals plus the next four (4) statewide best times will qualify.

Note: Should an automatic qualifier (individual or relay team) decide not to attend the state tournament, their replacement will come from the list of next best statewide times/distances. The second place finisher in that regional event is NOT given the automatic qualifier status.

2. Qualifying Entries

Qualifying entries must be determined at a regional meet. Results of each regional meet must be reported no later than 10:00am on Sunday May 18. Results must be submitted as a Hy-Tek Manager output to both John Andrews (jandrews@asaa.org) and John Estle (sportalaska@gci.net)

The names of ALL Relay Team Qualifiers must be listed in the results.

3. Substituting Qualifiers

Once the list of qualifiers is submitted, any athlete who cannot compete in any event(s), may be substituted with an alternate selected from the pool of the next best qualifiers from the regional meets.

If a coach knows that a qualifier will not be competing in an event that he/she qualified, the coach or school administrator is required to contact ASAA in order that an alternate may be selected. **Deadline for contacting ASAA is 9:00am on Wednesday May 20.**

A list of those athletes scratched and the alternates that will be replacing them will be placed on the track page of the asaa.org website. School administrators will be notified if an alternate is now qualified and will give the final permission to include as a qualifier. (No athletes who are not confirmed alternates will be allowed to fill empty slots at the state meet.)

4. Track and Field Rules

The event shall be conducted in compliance with the 2009 NFHS Rule Book. In addition, there are additional guidelines found in the ASAA handbook on pages 103 as well as policies and procedures online.

5. Coaches Meeting

Note that the coaches meeting is set for 6:00pm on Thursday in the Cafeteria at Lathrop HighSchool. All head coaches are required to attend. Only head coaches may speak at the meeting.

6. Admission Prices

There will be one price for each day's events:

Adults = \$10 Students (gr. 7-12) = \$5

Seniors (65+) = \$5

Children under 7th grade are Free

No Tournament Passes will be sold.

7. Schedule of Events

The entire schedule for each day's events can be found on the track and field page of the ASAA web.

8. Forms for participating teams

To improve efficiency and convenience, all ASAA forms are now available online and have been grouped together on the Track Activity page. Go to the middle column and you will see the following forms which are required from each school:

*** **Code of Conduct Form**

*** **Academic Award Form**

*** **Passes Request Form**

Just click on the appropriate online form, fill it out by tabbing through the fields, and hit submit.

Deadline for submittal: Tuesday May 19

9. Awards

All teams are expected to be in team uniforms or warmups to participate. Awards will be presented in the Stadium.

INDIVIDUAL AWARDS

Friday field event awards will be presented during the running prelims. Saturday's awards will be presented throughout the final races.

TEAM AWARDS

At the end of the tournament, the following team awards will also be given for each classification and gender:

* **1st and 2nd place team trophies**

* **Sportsmanship Award** to team whose members and fans displayed the best behavior and sportsmanship.

* **Academic Award** to the team with the highest combined GPA for the preceding semester---must have a minimum of five competitors per gender.

* **Outstanding Competitor Award** voted by the coaches based on performance(s) at the state meet.

10. Specific Track Site Guidelines

* Since school will be in session, the school building will be off limits to athletes on Friday.

* Team tents will be allowed near the entrance, but not in the bleacher area.

* Coaches and athletes may not enter restricted areas. Long Jump and Triple Jump events will have roped off areas for coaches. There will be a special section for coaches seating near the finish line. No one will be allowed access to the track throughout the running events.

* The awards stand will be near the track for ease of photo taking from the stands.

* Teams are encouraged to bring banners with their school logos and hang them on the fence along the backstretch. All banners must be placed at least one hour before the start of the running events.

* Schools may use their own implements if they are judged as legal. All field implements must be brought to Lathrop High School for inspection on **Friday May 22 between 8:00-10:00am**. Only implements that pass inspection will be used during competition. Indoor shots will not be allowed.

* The High Jump Event will occur Outdoors again on the All-Weather Surface similar to track.

There will be an opportunity for high jumpers to practice on Lathrop's outdoor pit on Thursday afternoon.

Boy's 4A high jump will start at 5'6"; Boy's 123A high jump will start at 5'4" with raise increments of 2" until 6', then raise increments of 1".

Girl's 4A high jump will start at 4'6"; Girls 123A high jump will start at 4'4" with raise increments of 2" until 5 feet and then raise increments of 1".

* The **Throwing Sector** for both shot put and discus was changed in 2007 to 34.92 degrees.

11. Alternates for finals (NEW)

At the completion of the preliminaries, two alternates will be identified for each 4A running event of 800 meters or under. Those alternates may check in with the finalists at the clerk's tent. If there is a scratch by one of the eight finalists, the first alternate will be entered. If a second scratch occurs, the second alternate will be entered. The seeding will not be redone. Alternates will fill the lanes of those they are replacing. False starts will not be replaced with alternates.

12. State Championship Memorabilia

Memorabilia will be available at the Track and Field State Championship. These items will be available during the state tournament as well as online at the asaa.org online store.

T-shirts specific for State Track	\$25.00
Souvenir Programs	\$5.00
Hooded Sweatshirts	\$45 & \$50
Boxer Shorts	\$25.00
Sweatpants	\$30.00
ASAA caps	\$20.00
ASAA beanies	\$15.00