



Outdoor Track & Field

State Meet Day Information 2026

1. The meet will not run ahead of the posted time schedule. No check-in calls for any event will be made. Check in for all events will begin 20 minutes prior to the event start time and will close 5 minutes prior to the event start. All track athletes will check in under the tent at the beginning of the 100m straightaway. PV and HJ check in will start one hour ahead of the start time.
2. All Buses shall park off-campus and away from the neighborhood streets immediately surrounding the stadium. Coaches should notify the bus driver for pickup when the team is ready to leave the facility.
3. **All Spectators must purchase tickets online prior to arriving at the State Meet.**
 - a. Purchase tickets here: <https://gofan.co/app/school/RIL>
 - b. **Dogs/pets are strictly prohibited at the event**
Spectators with pets will not be admitted
4. Spectators will enter the facility through the admissions gate.
5. Spectator parking will be mainly on the streets in the neighborhood surrounding the Stadium.
6. Team Packets will be available for pickup at the admissions gate.
 - a. Athletes not competing in the State Meet will NOT be allowed to enter with the team.
 - i. Athletes who are not competing in the meet can volunteer to help at the meet.
 - b. One coach per team will be allowed to sit near the high jump area, close to the bell.
7. Coaches must have a hydration plan for their athletes throughout the entire day.
8. Two Athletic Trainers will be stationed in the Medical Tent at the end of the straightaway.
9. The Track will be closed to all warmups promptly at 12:05pm.
 - a. Officials will be the ONLY individuals allowed on the INFIELD after 12:05pm.
10. **Only active competitors and meet officials will be allowed inside the track fence.**
 - a. **There can be NO ATHLETES on the infield for any reason except to receive awards.**

11. Track event **competitors must check-in prior to the start time of the event.** Check-ins will begin 20 minutes prior to the posted start time. If an athlete is not checked in with the head official 5 minutes before the posted start time for the track event, the athlete is removed from that event and the rest of the meet.
12. Field event **competitors in all flights must be checked in prior to the start time of the event.**
 - a. If an athlete is not checked in with the head official, the athlete is removed from that event and the rest of the meet.
13. For an athlete to be excused to compete in a concurrent event, he/she must ask the Head Event Official to be excused. The athlete will be **excused for a reasonable period of time not to exceed 15 minutes.** No attempts will be provided to any returning competitors if their preliminary flight or the final is completed. Athletes may take more than one jump/throw in a round.
14. Athletes competing in concurrent events are NOT REQUIRED to stay in the clerking area after checking in. Those athletes who choose to leave are responsible for being at the starting line when the event starts.
15. Coaches and teammates may **NOT** check-in other athletes except in the case of an athlete competing in another event at the time of check-in or Late Arrival due to SATs or Graduation.
16. **No electronic devices** are allowed in the competition areas. A warning will be issued for the first offense; the second offense will result in disqualification. The competition area includes the entire track, the entire infield, and the throwing and jumping areas.
17. Uniforms: Uniform Rule will be strictly enforced. Coaches should check rule 4-3 in the NFHS T&F/XC Rules Book regarding uniforms.
18. Throwing implements will be weighed and checked at the event site.
19. All pole vaulters will be weighed in at the event site.
20. It is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault, or javelin runway.
21. Opening heights: HJ 4'6 and 5'6, PV 6'6" and 10'0"
22. Triple Jump boards will be determined by the games committee based on accepted entries. Possible boards are 20', 24', 32', and/or 36'
23. Scoring to eight places
 - a. Nine to the final in the throws and horizontal jumps
24. Starting blocks: The meet will provide starting blocks. Athletes may use their own. No one will

be allowed to stand on a block to aid a runner except for volunteers assigned by meet management.

25. Preferred lanes:

a. Straight races: 4-5-3-6-2-7-1-8

b. Curve races: 4-5-3-6-2-1 (200, 300IH, 400, 4x100 relay, and 4x400 relay)

26. A three-turn stagger will be used in the 4x400m relay.

27. Jumpers and relay runners: Only white athletic tape may be used for marking steps. In the long jump, triple jump, pole vault, the white tape must be off the runway.

28. Awards: All event medals will be awarded at the awards stand on the infield.

29. Protests/Appeals: must be submitted in writing to the announcer within 20 minutes of the posting of results. **Only a School's Head Coach may make an appeal and all communication will be made to the head only.** Forms will be available from the announcer.

30. Coaches and officials are expected to follow the Code of Ethics listed on pages 89 and 90 of the NFHS rules book.

31. Meet results will be posted on MilesplitRI.com and on Milesplit.Live.

32. RIIL new fair effort rule in accordance with Article 28 and Article 29 will be enforced.

33. RIIL and NFHS Sportsmanship rules will be enforced.

34. **Late Arrivals / SAT / Graduation Procedure**

a. It is the sole responsibility of the Head Coach to notify the meet director and head official of any conflicts with a graduation or SATs by email and receive a confirmation reply.

i. DEADLINE FOR NOTIFICATION shall be the same as the Scratch Deadline

b. **All** field event competitors must be checked in **prior to the start of the event**. If an athlete is not checked in, the athlete is out of that event and the rest of the meet. If you have an athlete scheduled for an early event and that athlete is taking SATs or graduating, you may check the athlete in yourself but the athlete **must be checked in** prior to the start of the event. Advise the official that your athlete is at SATs / graduation. **Athletes taking SATs who arrive late will need documentation that they were at SATs signed by the school principal or AD.** Non-SAT athletes arriving late will be denied admission to an event that is underway.

c. Late SAT arrivals or graduation athletes will not be allowed to compete if the throw or horizontal field event has gone to finals. Late SAT / graduation arrivals to throws or horizontal events will be given warm up throws/jumps only between flights. Athletes arriving during the last flight will be given all 3 attempts but the competition will not be stopped for the purpose of warm-ups. Late arrivals from SATs / graduation to vertical jumps will be allowed to enter at the height currently being contested. The bar will not be lowered. These late arrivals will be allowed 1 run through without the bar only during a height change.

d. Coaches should make an effort to advise their athletes who might be involved in early events not to take the June SATs. If their athletes need to use that June date, athletes should look into taking the SATs at a site as close to Brown as possible.

e. The late arrival considerations for graduations apply only to seniors attending schools holding graduation on the exact date of the State Meet. Siblings or teammates traveling with the graduating seniors are not included.