



RIIL Outdoor Track & Field Coaches,

This is a guide document for the upcoming RI State Meet, including all deadlines, timetables, procedures, and rule reminders. Attached you will also find the State Meet Time Schedule. Please email or call me if you have any questions. **State Meet Management and Entry questions should be emailed directly to Jamey Vetelino, Keith Lawton and Todd Bayha.**

### **Entry Timeline: Please note carefully!**

**Most Importantly: Entries must be completed on MileSplit.com by the Deadline indicated below. Entries must come from the performance list.** It is your responsibility to check the preliminary acceptance list and submit a written challenge when it is incorrect. Remember, the challenge period deadline is indicated below. **Entries will be made on Milesplit and must come from the Performance List. Entries made that are not from the performance list will not be allowed.**

Tues May 19 - Timeline distributed to coaches

Wed May 27 - Reminder to coaches regarding meet entry deadline

Sat May 30 - Final qualifying meets - Performance List on website

Sun May 31- Entries due by 3PM All entries must be completed on MileSplit.com

Sun May 31 - Preliminary acceptance list out to coaches by 10:00 PM

(COACHES SHOULD NOT SHARE THIS LIST WITH THEIR TEAMS!)

Mon Jun 1 - Challenge / correction period ends at 3PM

Mon Jun 1 - Final acceptance list out by **10 PM**

**Thurs Jun 4** - Scratches, Alternate Declarations, Relay Adjustments **by 6 PM**

Google Form for this step will be posted on the [Track Website](#)

**Thurs Jun 4** - Declared alternate athletes inserted.

Fri. Jun 5 - Heat / flight sheets sent out.

Sat June 6 - State Meet

### **Procedures:**

- Ten (10) minutes before the first running event the track will be closed for all warmups.
- **During the meet no check in calls will be made.** Review the meet time schedule carefully.
- We take 24 athletes in the 100m, 100mHH, and 110mHH. We take 18 in the 200, 400, 800, 1500, 3000,
- 300mIH, shot, discus, hammer, javelin, long jump, and triple jump. We take up to 20 in the high jump and pole vault for ties for last place. If there are more than 20 total for that last spot,

then none of the tied jumpers are taken. We take 15 in each relay. This is found in the RIIL tournament information handbook.

- We are taking nine (9) to the finals in the field events, eight (8) in finals of 100m dash and 100/110mHH. • For the 800 and 1500, the seeded and unseeded sections will be split evenly. There will be a minimum of 8 athletes in the seeded heat in these events. If there is an odd number of competitors, the seeded section will have the additional runner. Twelve (12) or fewer competitors will be run as one section.
- Relays: 15 accepted teams. 4x100 & 4x400 will run in heats of 3-6-6 since we are running heats slow to fast. 4x800 will be 1 section.
- Clarification for entries in Relays:
  - o NFHS Rule 4: Competitors and Competition
  - o Section 2: Participation and Entry Limitations
  - Article 1... A competitor shall not compete in more than four events, including relays.

Contestant may officially enter: Four individual events	No relays allowed.
Three individual events	May be listed on any number of relays but compete in only one relay.
Two individual events	May be listed on any number of relays but compete in only two relays.
One individual event	May be listed on any number of relays but compete in only three relays.
Zero individual events	May be listed on four relays and may compete in four relays.

- **Relay Teams that do not report for competition** – Any declared athlete that is not present for the relay will be considered to violate the fair effort rule and will be out of the remainder of the meet, just as athletes who do not report for individual events. The first four individuals listed will be the intended competitors with those listed 5, 6, 7, or 8<sup>th</sup> being the alternates.
- In accordance with RIIL Article 28 Section 5 B, & Article 29 Section 5 B:
  - Entries for the Class and State Meets must be submitted at a time and manner designated by the Director(s) of Track. Penalty for late entries: Schools who submit late (after the deadline) entries for the State Meet will be subject to the following:
    - 1st Offense - \$50.00 fine
    - 2nd Offense - \$100.00 fine
  - Schools must include their athletic directors in their correspondence to meet management and the league office in response to this procedure.

- **Athlete Check-In Procedure:**
- **You are reminded that no check in calls will be made.**
- We will not run ahead of the posted time schedule.
- **Check in for all events will begin 20 minutes prior to the scheduled start time of the event.**
- **Check in will close 5 minutes prior to the scheduled start time of the event.**
  - Athletes arriving late to a check in will be denied entry to that event and will be ineligible to compete in any further events.
- 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.

### **Scratch, Alternates, and Heat Procedures**

- Declarations for alternates must be made by the Thursday deadline via the Google Form located on the Track & Field website. If an alternate is not declared as he/she will compete if selected, they will be scratched and the next alternate on the list will be taken to fill an open slot if one arises. An Alternate is any entered athlete who is #19 or below or #25 and below in the 100 and HH.
- Scratches for all events must be made by the deadline, Thursday before the Meet.
  - Example: Bill Johnson #19 will compete in the 3000 if a spot opens for him.
- All 8 relay members must be finalized also by Thursday before the Meet. • Heat and flight assignments will be sent to you on Friday morning. If, on Saturday, a number 1 seed in the HH, or 100 does not compete, heats in that event will be redrawn.
  - Athletes should receive their Heat and Lane assignments from their Coach to be prepared prior to checking in for their event.
- Any athlete not scratched from an event by the deadline above and who fails to compete in an entered event will be disqualified from all later events.
  - Example: John Jones is entered in the Long Jump and the 110 Hurdles. By Thursday evening John is not scratched from the Long Jump and fails to compete in the Long Jump. John is not eligible for the Hurdles or any relay he may be listed in.
- Field event athletes will be assigned to flights Thursday evening. Athletes will not be allowed to change flights.
- All alternates must be declared by 6:00pm the Thursday before the Meet.
  - Any alternate not declared by the deadline Monday before the Meet will be considered scratched for the purpose of filling event fields.
  - Example: Jane Smith is an alternate in the 100. Jane has not been declared as available before the deadline. There is an opening in the 100. Jane will not be considered to compete and the first declared alternate will be added to the 100.
- In case 2 athletes/relays have identical seed times, the computer will randomly select which athlete gets which position assignment, no other criteria will be used. Ex #1: Bill & John have identical 300-meter hurdle times of 37.61 and they are tied for the 6th position. The computer will select randomly which athlete gets which lane/heat assignment.

**Coaches are reminded they must do the following before 6:00 pm on the Thursday before the Meet**

- Scratch individual athletes from events utilizing the google form. CHECK SPELLING OF ATHLETE'S NAME, IT MUST BE ACCURATE.
- Any changes to your relay team names and alternates must be completed by the deadline listed. After this time, you may not change or add names to your relays.
- Any alternate should have been declared already.
  - Example #1: Bill is #20 on the triple jump list making him an alternate (top 18 compete). You have already declared that he will compete if a space opens up for him to move into the top 18 due to scratches. If he was not declared available, he will be skipped over if an opening does occur.
  - Example #2: Tony, Mike, Ethan, Jake, Dave, and Bob are entered in the 4x400. Dave pulled a muscle and cannot run. Now is the last time you may "add" Bill to take Dave's place as a possible relay team member. If you do not do this now, Bill is not eligible to run the relay in the meet.

**New England Championship Declarations**

**PLEASE BE PREPARED TO PAY FOR YOUR ENTRIES AT THE TIME OF REGISTRATION. FOLLOW THE DECLARATION FOR NEW ENGLAND'S TAB ON THE WEBSITE FOR DIRECTIONS.**

**Late Arrivals / SAT / Graduation Procedure**

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