



804 N. Euclid / PO Box 1217 - Pierre SD 57501
Telephone: 605-224-9261 – Fax: 224-9262

Randy Soma
Assistant Executive Director

TRACK & FIELD/CROSS COUNTRY ADVISORY AGENDA (Preliminary)

Meeting: Wednesday, September 27, 2023, 10:30 AM CT

SDHSAA via Zoom <https://us02web.zoom.us/j/85037713391>

Track & Field/Cross Country Advisory Committee Members:

“AA” Coach	Paul Hendry, RC Stevens	2024 (1)
“A” Coach	Jason Bohl, Garretson	2026 (1)
“B” Coach	Todd Thorson, Ipswich	2025 (2)
Athletic Director	Kelcy Nash, Arlington	2026 (1)
Principal	Paul Nepodal, Lead-Deadwood	2025 (2)
Official	Tim Casper, Lake Preston	2024 (1)
Native Am. Rep.	Lema Leader Charge, St. Francis	2023 (1)

1. Call Meeting to Order
2. Select Recording Secretary
3. Approval of Agenda
4. Review Duties/Responsibilities
5. Review Rule Changes for 2022-23
 - a. SDHSAA Rule Changes
 - i. The final meet of the season shall be no later than Friday of NFHS Week 46 with State Meet entries due to SDHSAA by noon on Saturday of NFHS Week 46.
 - ii. All state-qualifying track meets must be run with FAT starting with the 2023-24 school year.
 - iii. Javelin will be a scored event at the State Meet for all classes.
 - iv. Class A and Class B will no longer hold Region Meets. Last Chance Meets may now be added in its place.
 - v. Add a one-point team deduction for coach misconduct and immediate removal from the event.
 - b. NFHS Rule Changes, as published for upcoming season
 - i. **3-4-3:** Offers guidelines for meet referees when determining a rerun.
Rationale: Defined specific guidelines from the case book to offer consistency and guidance to a meet referee when ruling on reruns.
 - ii. **4-2-2:** Clarifies that an athlete is disqualified after participating in more than four events.
Rationale: The athlete is not disqualified from an event until the individual participates in more than four events. The table was revised and moved to clarify the number of events in which an athlete may participate during a meet.

- iii. **5-7-2:** Adjusts language to offer a standard for starter hold times.
Rationale: Standardize starter hold times for fair and consistent starts.
- iv. **5-10-2:** Increases the number of individuals who may be listed on the relay entry.
Rationale: Providing two additional names gives opportunity for more athletes to be involved in regular and postseason track meets.
- v. **6-6-4:** Clarifies when the javelin measurement should be taken.
Rationale: The measurement is made to the first point of contact under Rule 6-6-7 so that should be within the sector. If the rest of the javelin should fall outside the sector, that should not be a foul.
- vi. **7-2-2g (NEW):** Adds mixed relay to the special events list.
Rationale: Mixed relays are becoming more popular at high school meets adding them to special events offers guidance to the states on how to conduct these events.
- vii. **9-3-2b:** Any displaced or jostled crossbar should be placed on standards in exact same position before next attempt.
Rationale: Adding the words 'or jostled' clarifies the intent of the 2022 rules change.
- viii. **Rule 9 (NEW):** Creates new indoor track and field rules section.
Rationale: There are 17 states that conduct state championships in indoor track and field, over 150,000 participants, and 21 states that sanction the activity. With recent changes to the outdoor rules, it became clearer that it was necessary to create a section specifically for indoor track and field rules. Move Records Section to New Rule 10.

6. Review List of Deviations in Cross Country/Track

- i. The distance for the 100m Girls' Hurdles shall be as follows: 13 meters from the start line to the first hurdle, 8 meters between hurdles, and 15 meters from the final hurdle to the finish line.
- ii. The 200m Dash may be reversed at regular season events and during the Region Meet to a wind-aided event if agreed upon by the Meet Manager and Meet Referee. Additionally, the facility must permit this change by way of having permanent markings on the non-common finish to properly stage the event. Should either official object, or should the markings not be present, the event cannot be reversed. The 200m Dash will not be reversed at the State Meet.

7. Coaches Clinic Reports

- a. TFCC Coaches Assn. Meetings
- b. Summer/SODAK Coaches Clinics

8. Report from Committee Members; Opportunity to discuss & make proposals of recommendations for submission to the Athletic Directors/Board of Directors for further consideration

- a. Coaches Reps
- b. Administrative Reps
 - i. Eliminate 1600M Relay Prelims at the State Track Meet
 - ii. Add a Co-Ed 1600 M Relay Race at the State Track Meet
 - iii. Pole Vault & High Jump Starting Heights at State Meet
- c. Official Reps
 - i. Discuss the newly formed SDCCTFOA
 - ii. Officials Proposal
 - 1. Fee Structure
 - 2. Waterfall Starts
 - 3. Certified Assistant Starter at XC
 - iii. 2024 Track &Field Rule Changes from the NFHS
 - iv. Track & Field Handbook
 - v. SD Deviations
 - vi. Participation limits (NFHS)
- d. SDHSAA Representatives (including items as below received in advance from members)

9. Discussion Items

- a. Athletes that are injured but make finals and do not run or compete (discussion on why they should/should not medal)

10. Consider Rule Changes and Proposals

- a. Time Schedule for State Track meet (Add Javelin Times to the schedule)
- b. Waterfall Start for Track Races of 800 meters or more
- c. Fee structure for Track& Cross County Officials
- d. Require a certified Assistant Starter for all SDHSAA Cross Country Meets
- e. Eliminate 1600M Relay Prelims at the State Meet
- f. Add a Co-Ed 1600M Relay Race at the state Track Meet
- g. State Track Meet Starting Heights for PV & HJ – Changes to the lowest qualifying height.

11. Review SDHSAA Handbook Sections for cross country and track & field

- a. Link for SDHSAA Cross Country Handbook: [Cross Country Handbook](#)
- b. Link for SDHSAA Track and Field Handbook: [Track Handbook](#)

12. Review recommendations; additional opportunity for proposals following group discussion

13. Other items of concern

14. Meeting date next year-- Wednesday, September 25, 2024 at 10:30 a.m. (via Zoom)

15. Adjourn



ADVISORY RULE PROPOSAL CHANGE

Schools wishing to make a rules proposal change for the advisory committee to consider shall complete this form and submit to the SDHSAA office preferably two weeks PRIOR to the meeting date so the proposal may be added to the agenda.

Please select the sport in which the rules proposal is being submitted.

- | | | | |
|-----------------------------------|--|----------------------------------|---|
| <input type="radio"/> Basketball | <input checked="" type="radio"/> Cross Country/Track & Field | <input type="radio"/> Gymnastics | <input type="radio"/> Volleyball |
| <input type="radio"/> Comp. Cheer | <input type="radio"/> Football | <input type="radio"/> Soccer | <input type="radio"/> Wrestling |
| <input type="radio"/> Comp. Dance | <input type="radio"/> Golf | <input type="radio"/> Tennis | <input type="radio"/> In-/Out-of-Season |

Title of Proposal: _____

Proposal will affect the following classes (please check all that apply):

- ☒ Class B
- ☒ Class A
- ☒ Class AA

Proposed Rule Change:

Encourage the use of the waterfall start for track in races of 800 meters or more.

Rationale for Rule Change:

Anytime you have more than eight runners in a race of 800 meters and up, you have to double up some lanes. If you get more than 16 runners, you have to start some runners behind the front two. Not only is this a disadvantage, there is no way that a break line official can remember who was in what lane, and therefore the opportunity for runners to slip inside a lane or two before the break line is entirely possible, and maybe even probable. Using the waterfall start also eliminates the need for a break line official all together, and in a sport that is very labor intensive with regard to officials, having to recruit one less official can't be a bad idea. On a single break line over eight lines, you can easily line up 14 to 16 runners, with each runner having an equal chance to start on the start line. Many tracks have a second waterfall stagger line on lane four, where runners are staggered, and run to the break line in lanes four through eight. In that configuration, you can easily start 6 to 8 runners, all having an equal start on the start line. While that configuration does require a break line official, it is easier, as they can determine the number of runners on the staggered waterfall, rather than trying to figure out who is in what lane. Student athletes can figure it out, and it is used regularly in indoor races, the Howard Wood Relays and throughout the state of Iowa. Incidentally, the start line for cross country is a type of waterfall, and ideally, the start line in cross country should be a bit of an arc with the line to run extending from the middle of the start line. This gives the runners starting in alleys one and say 24, a somewhat equal start line. So the idea of using a waterfall line in track is certainly not novel, nor is it something that is foreign to distance runners.



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Title of Proposal: Fee structure for Track and Field and Cross Country Officials

Proposal will affect the following classes (please check all that apply):

- ☒ Class B
☒ Class A
☒ Class AA

Proposed Rule Change:

Track & Field/Cross Country Meet Fees Recommendation
for 2023-24 school year

For Meet Referee, Starter, Assistant Starter, Head Field Judge

(Recommendation Minimum)

Full Meet Referee, 4 hours (approx. 4 hours) \$225 \$300

7 to 8 schools (approx. 4 to 6 hours) \$250 \$325

9 to 16 schools (approx. 6 to 8 hours) \$300 \$375

More than 16 schools \$350 \$450

Regional Relay/Conference/Land Champs Meets \$350 \$450

(Full day or long meets with large number of schools, or Mountain West, ESC, SAC, BSA Conference, Queen City Invitational, Horizon League, First State Relays, Track & Field, etc.)

If middle school meets are included (extra fee) \$100 \$125

Middle School Meet only (4 to 12 schools) \$200 \$250

Cross Country Meet (approx. 10 hours) \$175 \$225

7 additional meets \$50 \$75

For Shirts:

Shirts (22 shirts for outdoor/22 shirts for indoor) (provided by the school or purchased from the state at a rate and payable to the state, generally shirts at retail)

22 outdoor box (22 shirts) (Wichita State) \$45.00 to \$65.00 box

22 outdoor box (22 shirts) (Wichita State) \$45.00 to \$65.00 box

For Meals:

State rule to drink, with rules mileage to school & back school. If officials have two different directions or cannot coordinate, each official should receive mileage.

Chaperones:

If meals and additional vehicles after an initial contract is agreed to, because of inclement weather, the scheduling of meals, or extends from outside the area attending because facilities in their area are not available, athletes/coaches should make adjustments to the contract to consistent with the guidelines. Officials participating in a full team meet, Saturday are treated for 5-10 hours need to be compensated accordingly.

Rationale for Rule Change:

It is time to provide some consistency in officiating fees for track and field and cross country throughout the state. While the state did do a survey of what schools paid, it was not conducted in such a way as to determine what a fair fee was for the time involved or the number of schools participating. The survey simply recorded factually what schools historically had paid.

It had no relevance with regard to what might be fair. Many schools accepted the survey as a guideline to what they should pay, which is not what the survey was designed to do.

Print Coach Name

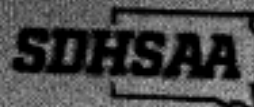
Member School

Coach Signature

Print Athletic Director Name

Member School

Athletic Director Signature



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Title of Proposal: Require an Certified Assistant Starter for all SDHSAA Cross Country meets

Proposal will affect the following classes (please check all that apply):

- ☒ Class B
- ☒ Class A
- ☒ Class AA

Proposed Rule Change:

Requiring an certified assistant starter for all SDHSAA Cross Country meets ensures each meet will have two certified officials to officiate a Cross Country meet. Currently the requirement is for only 1 certified official to officiate a meet.

Rationale for Rule Change:

Rational: With two officials contracted for all SDHSAA Cross Country meets would allow an assistant starter to be at the required 100m make for a recall start and provide better coverage throughout the event. This additional official would also provide better coverage during the race and at the finish line, where most infractions occur. Most of the meets currently have one official expected to cover the starts, competition during the event, and finish. The expectation that one official can fairly cover a 5000m race from start to finish is unrealistic to say the least.

Print Coach Name

Member School

Coach Signature

Print Athletic Director Name

Member School

Athletic Director Signature

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| <input checked="" type="radio"/> Cross Country/Track | | | |

Title of Proposal: Eliminate 1600M Relay Prelims at the State Track Meet

Proposal will affect the following classes (please check all that apply):

- ☒ Class B
☒ Class A
☒ Class AA

Proposed Rule Change:

Eliminate the 1600M Relay Prelims at the State Track Meet. Right now the 1600M Relay Prelims are the final event on Friday and the 1600M Relay Finals are the final event on Saturday. This would eliminate the Friday race and go straight to timed Finals on Saturday based on season qualifying times. Or, have the 1600M Relay Finals on Friday and another event on Saturday.

Rationale for Rule Change:

We think that the current State Track Meet schedule is a little excessive for our sprinters. The best 400 runners in the state are running two 400s on Friday and two 400s on Saturday with the 400M Prelims and the 1600M Relay Prelims. That's asking a lot of kids who are already most likely doing other sprint events. You also have situations like Class B last year, where teams with more 400 depth can substitute their best runner to "save" him/her for the Finals. Coaches holding kids out of Prelims and risking missing finals seems like they realize that four 400 sprints in two days is too much.

In a 1600M Relay race, there also isn't as much variance in times. Having times used from the entire season should get you seeded appropriately without needing a Prelim race at state.

Ross Flemmer

Print Coach Name

Dell Rapids St. Mary

Member School

Ross Flemmer

Coach Signature

Casey Michel

Print Athletic Director Name

Dell Rapids St. Mary

Member School

Casey Michel

Athletic Director Signature

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| <input checked="" type="radio"/> Cross Country/Track | | | |

Title of Proposal: Add a Co-Ed 1600M Relay Race at the State Track Meet

Proposal will affect the following classes (please check all that apply):

- ☒ Class B
☒ Class A
☒ Class AA

Proposed Rule Change:

Add a Co-Ed 1600M Relay Race to the State Track Meet. If you look at major and National races, the co-ed 1600M Relay is becoming more popular (it's now a popular event at the Howard Wood Relays). Our proposal is to add it as an event at the State Track Meet. The guidelines we developed:

1. In conjunction with eliminating the 1600M Relay Prelims, the 1600M Relay Finals would be the final event on Friday night and the 1600M Relay Co-Ed would be the final event on Saturday afternoon.
2. This would not count as one of the four events for an athlete and would not count to team score. It would just be to crown a 1600M Relay Co-Ed Champion for each class.
3. Seeding would be based on individual 400 times from the season at qualifying meets. Adding the two boys and two girls best 400 times would get you your seed time.

Rationale for Rule Change:

1. Co-Ed 1600M Relay is becoming more and more popular, especially when you look at high school meets. South Dakota could implement it early and be at the forefront of it becoming part of state meets.
2. The end of the meet is already slow as everyone works to check team scores, MVPs, etc. The scoring could be done during this special unscored event, so as soon as it's done you could move right into final awards.
3. You can create excitement each day of the meet with having a final event relay final each day (Thursday is Medley Finals, Friday is 1600M Relay Finals, and Saturday is co-ed 1600M Relay Finals).
4. If you do it at the end of the meet, coaches who have concerns about too many sprints for their kids would be more likely to allow them to compete if the team scores have been decided. If coaches are concerned about too many sprints, they don't have to participate.

Ross Flemmer

Print Coach Name

Dell Rapids St. Mary

Member School

Ken J. Lamm

Coach Signature

Cathy Michel

Print Athletic Director Name

Dell Rapids St. Mary

Member School

Cathy Michel

Athletic Director Signature

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| <input checked="" type="radio"/> Cross Country/Track | | | |

Title of Proposal: State Track Meet Starting Heights for Pole Vault and High Jump

Proposal will affect the following classes (please check all that apply):

- ☒ Class B
- ☒ Class A
- ☒ Class AA

Proposed Rule Change:

To have the starting height for Pole Vault and High Jump changed to the lowest qualifying height.

Rationale for Rule Change:

We would like to see all of the athletes have the opportunity to have an attempt at a reasonable height. There have of been a number of occasions in the last three years where around half of the qualified contestants were eliminated at the starting height. Changing the starting height to the lowest qualifying height would give the contestants an opportunity to attempt a height they have previously made at least once.

Jarrod Burleson

Print Coach Name

Lead-Deadwood High School

Member School

H.Bh

Coach Signature

Paul Nopke

Print Athletic Director Name

Lead-Deadwood High School

Member School

[Signature]

Athletic Director Signature



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Title of Proposal: XIV. Qualifying from Region to State

Proposal will affect the following classes (please check all that apply):

- ☒ Class B
☒ Class A
☐ Class AA

Proposed Rule Change:

a. The top two finishers from each region will qualify for the State Track Meet. The top 8 times or distances throughout the year from those not qualifying through the region track meet will qualify for the final 8 spots to determine the field for the state track meet. Events at the State Track Meet will be seeded according to time or distance regardless of region meet finish.

Rationale for Rule Change:

The geographic diversity of our state does not allow for equal opportunity and availability of track meets for all regions of the state due to weather and circumstances beyond anyone's control. Having regional representation is good for athletes in every part of our state as it gives athletes a chance to compete for a state berth based on a quality performance in an important meet. This would also give the opportunity for athletes who are in a very tough region to qualify for the state meet based upon a time or distance during the regular season, much like the SoDak 16 does for basketball and volleyball.

Sarah Strong
Print Coach Name

Summit
Member School

Sam Strong
Coach Signature

Mike Schmidt
Print Athletic Director Name

Summit
Member School

Mike Schmidt
Athletic Director Signature



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<u>Sarah Strong</u> Print Coach Name	<u>Summit</u> Member School	<u>Sam Gray</u> Coach Signature
<u>Mike Schmidt</u> Print Athletic Director Name	<u>Summit</u> Member School	<u>Mike Schmidt</u> Athletic Director Signature

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| <input checked="" type="radio"/> Cross Country/Track | | | |

Title of Proposal: Increase from 3 to 5 athletes allowed from each school for state meet individual events

Proposal will affect the following classes (please check all that apply):

- ☒ Class B
- ☒ Class A
- ☒ Class AA

Proposed Rule Change:

See attached.

Rationale for Rule Change:

See attached.

Ralph Kroetel
Print Coach Name

Philip High School
Member School

Ralph Kroetel
Coach Signature

Mandie Menzel
Print Athletic Director Name

Philip High School
Member School

Mandie Menzel
Athletic Director Signature

Proposed Rule Change:

At present, each school is allowed 3 athletes to compete in an individual event at the state meet. Propose to change this from 3 athletes to 5 athletes allowed from each school to compete at the state meet if these athletes are qualified in the top 24 for their classifications. However, only the top 3 athletes would be allowed to possibly earn team points as it presently is in Class B Cross Country.

Rationale for Rule Change:

The state qualifications changed during the 2021 season from top 2 finishers at the regional meet to top 24 across the state in an effort to ensure that the top athletes in their respective events were competing at the state level. This rule change would help ensure that the most qualified individuals were represented at the state meet.