

2026 Track and Field/XC Officials/Coaches/AD's/Meet Directors Clinic and Agenda

Clinicians: Regional Representatives + Special Guests

Updated 2-1-26 by TC for our 2026 clinics

- ✓ We are hosting 4 state-wide clinics for you to choose from. These clinics are for all Officials/Coaches/AD's-Meet Directors and will cover best practices as well as rule changes, interpretations, and points of emphasis. We also will discuss the role of meet officials and their duties. We encourage all T-F/XC officials, meet directors and coaches to attend. Agenda within/below.

Locations, Dates & Times for 2026 Track & Field/XC Clinics

- **Pierre**
 - When: Wednesday, February 4th, 2026
 - Where: SDHSAA Building
 - Time: 7:00 pm Central
 - POC: Steve Charron, 605-354-4716 scharron123@hur.midco.net
- **Watertown**
 - When: Wednesday, February 11th, 2026
 - Where: Watertown High School
 - Time: 7:00 pm Central
 - POC: Robert Kwasniewski, 605-265-0008 rkwas1@abe.midco.net
- **Rapid City**
 - When: Wednesday, February 18th, 2026
 - Where: Rapid City Central FACS Room-follow signs
 - Time: 6:00 pm Mountain
 - POC: Larry Stevens, 605-877-4081 ldstevens57@outlook.com
- **Mitchell**
 - When: Wednesday, February 25th, 2026
 - Where: Dakota Wesleyan Avera Sports & Wellness Complex
 - Time: 7:00 pm Central
 - POC: Tony Waterman, 605-941-1106 twater.cups@hotmail.com

Mitchell On-Track Agenda: Note: Officials should bring a .22 caliber starter pistol if they have one and earplugs.

SDCCTFOA will supply shells

1. Introduction
 - a. Classroom Instruction: Presenters to be named at a later time
 - b. On-Track Instruction: Presenters to be named at a later time
 - c. Volunteer athletes from DWU, Mitchell & Mitchell Christian High Schools
2. Attendees divided into two equal groups for clinic
 - a. Half to classroom for the prepared clinic topics
 - b. Half to the track for live starts with volunteer athletes
3. Lead clinician presents purpose and activities
 - a. How long is two seconds – demonstration – timed
 - i. Explanation of set up
 1. Three lanes for live starts to make sure attendees have ample opportunity
 2. Use Lanes 1, 2 & 3
 3. Use Lanes 6, 7 & 8
 - a. Distribution of guns & loading of shells
 - b. One by one attendees will start three athletes
 - c. Clinicians will review & comment
 - d. Commands, Tone, Clarity, and Calmness discussed and reviewed
4. Time between “set” and “gun” will be timed & reported
 - a. Too short/too long
 - b. Action of the starters

- i. Fingers behind the line
 - ii. Did all runners react properly to commands
 - iii. Was anyone up too slow
 - iv. Were all motionless before gun fired
 - v. Did anyone get a rolling start
 - vi. Were there any flinches
 - vii. If runners were told to “stand up” was it executed properly
 - viii. Comments from starter, other attendees
5. Use of RED, Yellow, and Green cards
 6. Repeat to the extent athletes are not worn out, and everyone has a chance to start.
 7. After 20-25 minutes, wrap up and comments on value of exercise.
 8. Change groups and repeat process

For clinic registration, please email Regional Representative and designate your site of attendance.

These clinics are free to all attendees

Region 1 = Robert Kwasniewski	605-265-0008	rkwas1@abe.midco.net
Region 2 = Tony Waterman	605-941-1106	twater.cups@hotmail.com
Region 3 = Steve Charron	605-354-4716	scharron123@hur.midco.net
Region 4 = Larry Stevens	605-877-4081	ldstevens57@outlook.com
President = Tim Casper	605-203-1754	tim.casper19@gmail.com
President Elect = JD Evans	605-491-4207	jd.evans@k12.sd.us
Executive Secretary/Treasures = Dana Nelson	605-280-1333	dana.nelson0007@hotmail.com

Clinic Agenda with additions as we proceed from Pierre to Mitchell

1. Review SDCCTFOA Links – spend very little time with these, inform only
 - a. SDCCTFOA history of our organization – year 3
 - i. <https://www.sdhsaa.com/Officials/XCTF-AssociationHistory.pdf>
 - b. SDCCTFOA website – give attendees an overview of all the links within
 - i. <https://www.sdhsaa.com/activity/track-field-officials/>
 - ii. Reference our new HOF link
2. Track and Field – spend time on the specific links within with attendees
 - a. SDHSAA website
 - i. <https://www.sdhsaa.com/activity/track-field/>
 - ii. 2026 NFHS Track and Field Rule Changes. We will refer to the new Spring 2026 Rule Book, Case Book, and Officials Manual and utilize this link for discussion and interpretation. We will also discuss the editorial changes and points of emphasis
 1. [NFHS - Track & Field Rules](#) – this is a very important link to review
 - B. Rule Changes 2026
 - C. Rule Resources
 - D. Time Limit Comparisons between NFHS – NCAA - USATF
 - i. [2025-2026-track-and-field-rule-codes-comparison-final.pdf](#)
 2. Read over salmon colored doc provided by the SDHSAA office
 - iii. SDHSAA Meet Resources – refer to all the links with for review
 1. [Track & Field Meet Resources – SDHSAA](#) – main go to link
 2. <https://www.sdhsaa.com/caspers-clarifications/> - link with pics and interpretations
 - iv. Starter...Duties of a Head and or Assistant Starter
 1. Go over procedures and discuss proper protocol. Refer to specific information provided within this document below
 - v. Meet Referee...Duties of a Meet Referee and or Head Field Judge
 1. Go over procedures and discuss proper protocol. Refer to specific information provided with this document below
3. Attendees’ questions or concerns

Starter/Assistant Starters

1. Arrive on site a minimum of an hour early – if Javelin starts early, arrive early communicate with Meet Referee and help
 - a. Hurdles and starting blocks – check if they are working properly and make sure you know the hurdle spacings/both ways
 - b. Meet Director/time schedule/pre-meet meeting – all work together to get the meet off/running on time, attend premeeting
 - c. Clerk of Start/Clerk of Finish – meet with them making sure all are on the same page
 - d. Announcer – meet with him/her so you both know the protocol of meet/starts/etc....
 - e. Assistant Starter(s) – take your lead from the Head Starter
 - g. Meet with FAT timer
2. Control of Starting Area – keep it quiet and efficient
 - a. Promptly on time or rolling schedule 3 and 3, if the Games Committee wants to stay on time, use the 3 minute before rule and try not to get 3 minutes behind schedule
 - b. Instructions – short/specific/treat athletes with respect and dignity
 - c. Signal from Finish Clerk/Umpires - flags/radios, must utilize a white and red flag at finish line and yellows around track
 - d. Instructions - each starter should develop your “go to” instructions for each race
 - e. Fair Start – NFHS rule 5-7, article 1-7, approximate two second between commands, discuss this...
 - f. Warnings – be professional as you warn – utilize the **yellow card** as needed
 - g. False Start – must communicate with your head/assistant if so - utilize the **green/red card** as needed
 - f. Unfair start in first 50m, 2025 rule for track and field...not XC, which is still 100m
- h. All closed barrel pistols are permitted – 9mm
3. Positioning of all Starters – communicate how your team will best start each race - Starter/Assistant Starter/Meet Referee
 - b. 100/Hurdles 2/3 Starters
 - c. One turn/two turn/three turn/four turn (2/6) Starters Assistants
 - d. 300 Hurdles and 200 dash
 - e. Distance races with one turn stagger not run-in lanes
4. Whistle Start – recommend a Fox 40 – I say use a Fox 40, the big one, not the mini
5. Designated lap counter - reference our newsletter for a good document
 - a. Last lap bell, 6 total individual races = 3 girls and 3 boys, 800-1600, and 3200-meter run
6. Discussion/Questions – may ask each official what are their main priorities as a starter

Meet Referee Agenda

1. Duties of a Meet Referee/Head Field Judge/Asst. Starter, or any combination... help each other get meet started
 - a. Pre-Meet responsibly:
 - i. Your Calendar, Contracts (r-School/Bound), Meet Times/Dates, Call AD for facilities issues specific for this meet
 - b. Track Bag: What do you need for the track season
 - c. Communicate with Meet Director and others for this specific meet (The Day)
 - i. Schedule, specific issues (weather/wind), moving field events/running direction, pit selection (on the track events and in the field events) pre-meet meeting, announcer, timers, clerk, jury of appeals...How are you going to communicate will all?
 - d. During meet duties
 - i. Meet Referee is responsible for the entire meet through results. Once you hit the venue
 1. + 30-minute rule + 48-hour rule
 2. Inspect all PV poles, shots, discus, and javelins along with weight in/mark for legality
 - ii. Field - Make sure all start on time, make sure all event judges are running their event correctly, listen, observe, get right in there as needed, sign off on all result sheets for accuracy
 - iii. Track – Make sure all FAT/timers/pickers are on the same page with head timer and finish clerk, make sure head starter knows all the starting lines/hurdles colors (hurdle weight, where do they go, 300-100-110) especially if you change direction on the straightaway
 - iv. Changing direction – issues with starting line/finish line and hurdle markings – every track is different – refer to lane 2
 - e. After meet duties – Stay until Track Meet is final, results given, write down end time of meet and issues in a journal – call your track peers on the way home/next day
 - f. Rule Books – Know how to navigate all – Get the **NFHS Digital** App on your phone – this is awesome
 - g. Tim’s Pre-Contest Meeting Doc – quick reference guide updated for season – this is what I use for my coaches meeting
 - h. Read over some Case Book scenarios as a group, pick tough situations – if time
 - i. Read over the Rule Book as a group, pick misunderstood topics – if time
 - j. Track and Field stories not in the rule book that officials must resolve – if time
 - k. Discussion/Questions from all attendees
2. NFHS – SDHSAA – Track and Field Rules Test – if available
3. Track/Field/XC Advisory Committee and Sports Officials link <https://www.sdhsaa.com/athletics-advisory/>