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**TRACK AND FIELD  
AND  
CROSS COUNTRY  
SPORT PLANS  
2022-2023**



TABLE OF CONTENTS

- 1 GENERAL INFORMATION ..... 1**
  - 1.1 FEES ..... 1**
  - 1.2 COACH REQUIREMENTS ..... 1**
  - 1.3 FINES ..... 1**
  - 1.4 ACEL TRACK AND FIELD COMMISSION ..... 1**
  - 1.6 IMPORTANT DATES ..... 1**
  - 1.7 CONTEST LIMITS ..... 2**
    - 1.7.1 SEASON: ..... 2**
    - 1.7.2 GENERAL ..... 2**
      - 1.7.2.4 LIST OF EVENTS..... 2
    - 1.7.2.9 ORDER OF EVENTS..... 2**
    - 1.7.3 SCORING SYSTEM OF THE NFHS:..... 2
- 2 REGIONAL MEETS..... 2**
  - 2.2 MEET START TIME ..... 2**
  - 2.3 MAXIMUM NUMBER OF EVENTS..... 2**
  - 2.4 SCRATCH MEETING/TEAM PACKETS ..... 2**
  - 2.5 REGIONAL MEET COMMITTEE: ..... 3**
  - 2.6 RESPONSIBILITY OF REGIONAL MEET DIRECTORS ..... 3**
  - 2.7 QUALIFYING PLANS AND SPECIAL RULES FOR REGIONAL MEETS (BOYS AND GIRLS)..... 4**
  - 2.8 REGIONS ..... 4**
  - 2.9 AWARDS..... 4**
- 3 STATE MEET ..... 4**
  - 3.2 MAXIMUM NUMBER OF EVENTS..... 5**
  - 3.3 TEAM PACKETS ..... 5**
  - 3.4 SPECIAL RULES ADOPTED BY GAMES COMMITTEE (FIELD EVENTS)..... 6**
  - 3.5 SPECIAL RULES ADOPTED BY GAMES COMMITTEE ..... 6**
  - 3.6 UNIFORMS AND SCHOOLS ..... 8**
  - 3.7 CALLS AND CHECK-IN PROCEDURES ..... 8**
  - 3.8 PROCEDURE FOR APPEALING OFFICIAL RULING ..... 8**
  - 3.9 QUALIFYING PLANS FROM REGIONAL MEET TO STATE MEET ..... 9**
  - 3.10 INTERRUPTED COMPETITION..... 9**
  - 3.11 AWARDS..... 9**
    - 3.11.1 VARSITY INDIVIDUAL AWARDS..... 9
    - OUTSTANDING FIELD PERFORMER (MALE AND FEMALE ..... 9



## TRACK AND FIELD RULES | 2022-2023

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3.11.2	VARSITY TEAM AWARDS .....	9
3.11.3	JV INDIVIDUAL AWARDS .....	9

<b>PROTEST / APPEAL FORM.....</b>	<b>0</b>
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Rules in this section shall apply to both boys' and girls' outdoor track and field unless otherwise specified.

# 1 GENERAL INFORMATION

## 1.1 FEES

- Regionals \$250 per team or \$25 per athlete
- State \$20 per qualifying athlete
- Cross Country TBD

## 1.2 COACH REQUIREMENTS

- 1.2.1 All coaches are required to complete the NFHS concussion course (<https://nfhslearn.com/courses/concussion-in-sports-2>) and be able to present their certificate upon request. There will be a \$50.00 fine assessed for not having a copy of the completion certificate, either paper or electronic, on hand (accessible).
- 1.2.2 A copy of the NFHS Track and Field handbook, either paper or electronic, is required by the head coach of each team. There will be a \$50.00 fine assessed for not having a copy on hand (accessible).

## 1.3 FINES

- 1.3.1 Fines that have been assessed, must be paid to an ACEL authorized representative no later than the end of the Regional or State coaches meeting. \*\*Teams with fines will not be able to compete unless fines are paid.

## 1.4 ACEL TRACK AND FIELD COMMISSION

1.5 The ACEL Track and Field commission consists of regional commissioners and the ACEL Executive Director.

Currently the regional commissioners are:

- |                |                 |                                   |
|----------------|-----------------|-----------------------------------|
| Eric Wilkes    | <b>Region 1</b> | eawilkes@gmail.com                |
| Duane Clemmons | <b>Region 2</b> | dcllemmons@episcopaldayschool.org |

## 1.6 IMPORTANT DATES

2020-2021 DATES	ACTIVITY
January 23, 2023 .....	Track and Field Coaches' meeting
March 6, 2023.....	Regional commitment fees due
March 20, 2023.....	Regional registration opens
March 29, 2023.....	Regional registration closes
April 1, 2023 .....	Region 1 and 2 regional state qualifying track meet
April 10, 2023 .....	State Meet Registration opens
April 19, 2023 .....	State Meet Registration closes
April 22, 2022 .....	ACEL State Championship

Roster and grade report deadlines can be found on the Track & Field Page of the ACEL website, theacel.com.

## **1.7 CONTEST LIMITS**

### **1.7.1 SEASON:**

- 1.7.1.1** The number of meets in which a school may participate during a season shall be unlimited. ACEL members may participate in non-ACEL meets. ACEL members are not allowed to participate in the state, or state qualifying meets of any other league or organization.

### **1.7.2 GENERAL**

- 1.7.2.1** Track and field meets shall adhere to the Outdoor Track and Field Rule Book published by the NFHS, to ACEL standing rules, and the ACEL Sport Plan.

- 1.7.2.2** To qualify for the ACEL State Championship, meet, a school shall participate in one of the regional qualifying meets.

- 1.7.2.3** The host school of any regular season invitational meet may include and/or omit any track and field event of its choice to include the following with a maximum of eleven running events and seven field events for the girls and twelve running events and seven field events for the boys.

#### **1.7.2.4 LIST OF EVENTS**

##### RUNNING EVENTS

100 – meter dash  
 200 – meter dash  
 400 – meter dash  
 800 – meter run  
 1600 – meter run  
 3200 – meter run  
 100 – meter hurdles (33" girls)  
 110 – meter hurdles (39" boys)  
 300 – meter hurdles (30" girls) (36" boys)  
 400 – meter relay (4x100m)  
 800 – meter relay (4x200m)  
 1600 – meter relay (4x400m)  
 3200 – meter relay (4x800m)

##### FIELD EVENTS

Long Jump  
 Triple Jump  
 High Jump  
 Shot Put  
 Discus  
 Javelin

- 1.7.2.5** A regular season meet's starting time shall be left to the discretion of the host school/meet director.
- 1.7.2.6** In dual or tri-school meets, the maximum number of contestants one school may enter in an event shall be the same as the number of places for which points are scored in that event.
- 1.7.2.7** In a regular season meet involving four or more schools, a school shall be limited to three contestants per event.
- 1.7.2.8** The host school of a regular season meet may change the order of events as desired. The order of events should be available to all participants prior to the meet.

**1.7.2.9 ORDER OF EVENTS**

**RUNNING EVENTS**

- 3200-meter Run (will be run during the field events)
- 4x800-meter Relay
- 100-meter Hurdles
- 110-meter High (39-inch) Hurdles\*
- 100-meter Dash
- 4x200-meter Relay
- 1600-meter Run
- 4x100-meter Relay
- 400-meter Dash
- 300-meter low hurdles (30" girls)
- 300-meter Intermediate (36-inch) Hurdles\*
- 800-meter Run
- 200-meter Dash
- 4x400-meter Relay

**FIELD EVENTS**

- Boys and Girls
- Long Jump
- Shot
- Discus
- High Jump
- Javelin
- Triple jump

**1.7.2.10** The same order of events shall be followed for night meets.

**1.7.2.11** One-day meets shall follow the order cited in the preceding table.

**1.7.2.12** A coaches' scratch meeting should be conducted at least one hour prior to a regular-season meet to make scratches and discussing starting heights, etc..

**1.7.2.13** The meet director shall notify participating schools about a time schedule revision.

**1.7.3 SCORING SYSTEM OF THE NFHS:**

The following table shall be used for scoring individual events and relay events in all non-district, district, regional, and state meets unless otherwise announced by the games committee:

No. of Teams Competing	Points for Individual	Points for Relay Scoring
2 Teams	5-3-1	5
3 Teams	5-3-2-1	5-3
4 Teams	6-4-3-2-1	6-4-2
5 Teams	8-6-4-2-1	8-6-4-2
6 Teams	10-8-6-4-2-1	10-8-6-4-2

## 2 REGIONAL MEETS (Boys and Girls)

- 2.1.1 Regional State qualifying meets shall be conducted prior to the state meet to qualify individual contestants and relay teams.
- 2.1.2 The boys' and girls' regional meets shall be conducted during the week established in [Section 1.6](#), "Important Dates" section.
- 2.1.3 The dates of the regional meet and state track & field meet shall not conflict with the baseball/softball state championship. ACEL events may not extend into May.

### 2.2 MEET START TIME

- 2.2.1 The ACEL Track commission shall set the meet's starting time.
- 2.2.2 The meet director shall not modify the order of events in any way.
- 2.2.3 Scoring: Meet scoring shall adhere to [Section 1.7.3](#).
- 2.2.4 Preliminary running events shall not be conducted if the track consists of enough lanes to accommodate each event's entries. Preliminary running events, if necessary, shall be conducted following the order of events schedule explained in [Section 1.7.2.9](#).
- 2.2.5 The first, second, third and fourth place winners in the individual events and relay teams shall automatically qualify in regionals for the state meet.
- 2.2.6 In the event there is only one person competing in an event, that event must be conducted so that the time/measurement can be used for state seeding.
- 2.2.7 JV athletes cannot participate in both Varsity and JV in the same event.

### 2.3 MAXIMUM NUMBER OF EVENTS

- 2.3.1.1** A contestant may compete in a maximum of five state events (including relays).

### 2.4 SCRATCH MEETING/TEAM PACKETS

- 2.4.1 Coaches/scratch meeting will be conducted one hour or more, before the start of competition.
- 2.4.2 Team packets containing heat sheets, time schedule, meet information, appeal form, etc. may be picked up during the coaches/scratch meeting.
- 2.4.3 If a school enters no more than two contestants in the meet, the student(s) may be accompanied by a faculty coach/representative or an ACEL-approved non-faculty coach from any other school/school system entered in the meet if both schools' principals give written permission. The written permission shall be presented to the meet director at the packet pickup area.
- 2.4.4 Running events shall be conducted in metric distances unless track events are conducted on a 440-yard track. In this case, the events shall be conducted in yards, and the results of the events shall be

converted from English to metric time when reporting the results to the ACEL. This information shall be used to seed contestants in the running events at the state meet.

2.4.5 The English measurement system shall be used to determine heights and distances in all field events.

## 2.5 REGIONAL MEET COMMITTEE:

2.5.1 The regional meet chairperson shall be the region commissioner.

2.5.2 A region commissioner shall:

- Select a host school
- Select the meet site.
- Select the meet director.
- Appoint the games committee to organize and administer the meet.
- Select the track referee, field referee, and other meet officials.
- Select a jury of appeals.
- Establish financial provisions for the meet.

2.5.3 Admission prices set by ACEL Track and Field Commission

2.5.4 Regional meet decisions shall be made by the ACEL track commission.

2.5.5 Substitutions: A school may list a maximum of two contestants for each relay event and only contestants whose names are listed on the official relay entry form shall participate in those events. If a contestant's name is not listed on the relay entry form submitted from the district meet director to the regional meet director, the contestant shall not be a substitute in that relay event at the regional meet.

2.5.6 Withdrawal from the Meet: If a contestant elects to withdraw from an event or the entire meet, the alternate contestant's school shall notify the meet director and coach of the alternate contestant of this withdrawal before or during the scratch/coaches meeting.

## 2.6 RESPONSIBILITY OF REGIONAL MEET DIRECTORS

Immediately after the regional meet, the meet director shall:

- Email backup copy of meet data with complete and accurate meet results to the ACEL.
- Ensure that schools which qualified relay teams have a complete list of contestants (including alternates).
- Maintain copy of meet results sent to the ACEL.
- Provide the ACEL with a telephone number where he/she may be contacted (day and night) to obtain clarifications or additional information.



## 2.7 QUALIFYING PLANS AND SPECIAL RULES FOR REGIONAL MEETS (BOYS AND GIRLS)

- 2.7.1 The girls' and boys' meets shall be contested at the same site on the same day.
- 2.7.2 Track Surface: Shall be an all-weather surface with a minimum of six lanes around two turns.
- 2.7.3 Timing Device: Shall be fully automatic timing device (FAT), if available. Semi-automatic timing device is acceptable if FAT is unavailable.
- 2.7.4 Landing Pits for High Jump, Long Jump, and Triple Jump shall meet standards specified in NFHS's Outdoor Track and Field Rule Book when possible.
- 2.7.5 Runways for Jumping and Vaulting Events shall meet minimum lengths specified in NFHS's Outdoor Track and Field Rule Book and shall be marked for use in either direction when possible.
- 2.7.6 Breaking Ties: Fourth-place ties shall be resolved at the meet so that state meet alternates can be decided.
- 2.7.7 Inclement Weather: The track meet will proceed unless there is lightning or any other weather related issue that affects the safety of an event.

## 2.8 REGIONS

- 2.8.1 There are two regions; 1 and 2, organized in a way to have an even number of athletes per region and considering geographic location
  - 2.8.1.1** \*Alternates: Fifth-place finishers in each event in all regional meets

## 2.9 AWARDS

- 2.9.1 The top four (4) finishers in each event will qualify for state. Ribbons will be awarded for the top three (3) finishers

## 3 STATE MEET (Boys and Girls)

- 3.1.1 The state track and field meet shall be organized and administered according to rules outlined in this section.
- 3.1.2 The Track & Field Commission shall secure possible sites for the state meet and present them to the Executive Board for selection. The boys' and girls' outdoor track and field state championship meet shall be held on the date listed in the "Important Dates" section.
- 3.1.3 Prior to the state meet, the ACEL shall place a state meet memorandum on its website and notify all schools when available. Each participating organization shall be notified by email as to when the heat sheets are available. Once notified the participating schools shall have four hours to review, appeal, or dispute the school's heat sheets which are posted on the ACEL website. The only changes that will be considered at this time shall be errors in reporting/posting by the Regional Meet Director or the ACEL administration. Omissions/errors by the participating schools are not appealable or disputable.

- 3.1.4 The Executive Director and the track commissioners shall be the games' committee for the meet and perform the following duties:
- Appoint a meet director and assistant director.
  - Appoint a track referee and field referee.
  - Appoint a jury of appeals.
  - Establish and administer an appeals process that permits a coach to question in writing a meet official's decision.
  - Establish team packet pick-up times (prior to starting time.)
  - Starting times for will set by the games' committee (usually rolling schedule).
- 3.1.5 Individual and relay team seeding shall be based on regional meet performances
- 3.1.6 Running events shall be in metric distances. If regional track events were on a 440-yard track, each event's results shall be converted from English to metric time to seed state meet contestants.
- 3.1.7 English measurement shall be used when determining heights and distances in field events.
- 3.1.8 Each region shall be limited to a maximum of four qualifying individual contestants and one relay team in each relay event from its regional to the state meet.
- 3.1.9 Only contestants and relay teams (including alternate contestants) that qualify in a regional meet shall compete in the state meet.
- 3.1.10 Regional first, second, third, and fourth-place finishers in regional individual and relay events shall automatically qualify for the state meet.

## 3.2 MAXIMUM NUMBER OF EVENTS

- 3.2.1 A contestant may compete in a maximum of five state events (including relays).

## 3.3 TEAM PACKETS

- 3.3.1 Coach's /scratch meeting will be held prior to the start of the first event.
- 3.3.2 Team packets containing heat sheets, track & field facilities diagram, participant passes, appeal form, and other information may be picked up at the coaches/scratch meeting.
- 3.3.3 If a school enters no more than two contestants in the meet, the student(s) may be accompanied by a faculty coach/representative, or an ACEL-approved non-faculty coach from any other school/school system entered in the meet, if both schools' principals give written permission. The written permission shall be presented to the meet director at the packet pick-up area.
- 3.3.4 Schools that qualify contestants for the state meet shall declare by 12:00 noon two (2) days prior to the state meet any scratches for those qualifying to the state meet. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by 12:00 noon two (2) days prior to the state meet. Schools failing to scratch contestants prior to 12:00 noon two (2) days prior to the state meet shall be fined \$50 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual

circumstances. Scratches to the state meet shall be emailed to the host ACEL Track Commission on school letterhead signed by the head coach.

- 3.3.5 Substitutions on Relay Teams: A coach may substitute a contestant to participate with his/her relay team if the contestant's name is listed on the relay entry form provided to the ACEL by the respective regional meet director at the conclusion of the regional meet, and if the substitute's participation limit of four events (including relays) is not exceeded.
- 3.3.6 The order of events explained in [Section 1.7.2.9](#) shall apply.
- 3.3.7 The ACEL shall incorporate the different classes for the boys' and girls' teams into the order of events when formulating the schedule of events for the state meet.
- 3.3.8 The boys' and girls' 3200-meter run shall be scheduled during the field event competition.

### 3.4 SPECIAL RULES ADOPTED BY GAMES COMMITTEE (FIELD EVENTS)

- 3.4.1 The field events' time schedule shall be followed as closely as possible with appropriate consideration given to contestants competing in other track and/or field events.
- 3.4.2 A contestant competing in another event shall report to the field judge conducting the respective field event by the time of the final call to inform the field judge he/she is competing in a simultaneous field event.
- 3.4.3 Throwing implements (shot, discus, and javelin) shall be weighed, measured, and marked by an official during a designated period prior to that field event's start.
- 3.4.4 No less than three shotputs will be weighed and used by all competitors.
- 3.4.5 A contestant may not compete until his/her equipment has been approved and marked by an appropriate meet official.
- 3.4.6 Each contestant shall be allowed a maximum of three preliminary throws or jumps in each respective meet.
- 3.4.7 In the shot put and discus events, a contestant shall remain in the circle until he/she is released by the event official. A contestant shall exit through the back half of the circle.
- 3.4.8 Starting heights for the high jump shall be available at the state meet.

### 3.5 SPECIAL RULES ADOPTED BY GAMES COMMITTEE (Running Events)

- 3.5.1 After the initial running event's starting time, all other running events' starting times shall be approximate.
- 3.5.2 The International Exchange shall be used in all relay events.
- 3.5.3 The following starts/staggers shall be used in relay events:
- 3.5.4 800-meter run with one-turn stagger (runner may move to the inside beyond the flag on the back straightway if he/she has more than a one-stride advantage on the inside runners)

- 3.5.5 1600- and 3200-meter runs with waterfall start (runner may move to the inside if he/she has more than one-stride advantage on the inside runners)
- 3.5.6 1600-meter relay with a three-turn stagger
- 3.5.7 Relay teams shall provide their own batons which shall comply with NFHS's Track and Field Rule Book's specification. Batons shall be checked for legality at check in prior to each event.
- 3.5.8 After each running event, a runner shall remain in his/her designated lane and return to the finish line in order for official determination of the finish order.
- 3.5.9 Runners shall be seeded in lanes according to their best regional meets' recorded times.
- 3.5.10 The following running events shall be seeded from the middle to outside lanes: (Automatically seeded by computer program):
  - 800-meter relay
  - 400-meter relay
  - 1600-meter relay
  - 400-meter run
  - 100/110-meter hurdles
  - 200-meter dash
  - 100-meter dash
  - 300-meter hurdles
- 3.5.11 The following events shall be seeded from the first to ninth lanes: (Automatically seeded by computer program.)
  - 800-meter run
  - 1600-meter run
  - 3200-meter run

PLACES AND TIMES	SEED IN LANES
Fastest	1
2nd fastest	2
3rd fastest	3
4th fastest	4
5th fastest	5
6th fastest	6
7th fastest	7
8th fastest	8
9th fastest	9

- 3.5.12 The 200-meter dash shall be run on the curve.
- 3.5.13 At the final call, contestants shall report to the clerk of course in legal track uniforms, ready to run.

### 3.6 UNIFORMS AND SCHOOLS

3.6.1 Contestants shall adhere to all articles under RULE 4 – SECTION 3 COMPETITOR’S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY in the NFHS Track and Field and Cross Country rules book.

### 3.7 CALLS AND CHECK-IN PROCEDURES

3.7.1 Two calls shall be made for each event. The first call shall be 30 minutes prior to the event. The second and final call shall be 20 minutes prior to the event. Calls shall be made at the check-in area.

3.7.2 Contestants shall report to their respective check-in stations on the first call and no later than the second and final call. After a contestant has officially checked in, he/she may continue to warm up or participate in another event.

3.7.3 Coaches, managers, or spectators may not be in the check-in area.

3.7.4 A coach, manager, school trainer, or team attendant may not be on the track or in a field event’s area during competition.

3.7.5 After completion of the regional meet, the state meet’s facility shall be off limits for practice by a competing school’s team until the state meet. Violation of this rule may result in the school’s disqualification from the state meet.

3.7.6 When not participating or preparing to participate, contestants shall remain in the stands.

3.7.7 Scoring: The following scoring method shall be used to determine the number of points awarded to the first six place finishers in each event (individual and relay events):

PLACE	POINTS AWARDED
1st	10
2nd	8
3rd	6
4th	4
5th	2
6th	1

### 3.8 PROCEDURE FOR APPEALING OFFICIAL RULING

3.8.1 A coach may appeal an official’s decision to the track referee or the field referee by following the appropriate appeal procedure.

3.8.2 A coach may appeal a track and/or field referee’s decision to the jury of appeals by following the appropriate appeal procedure.

3.8.3 An appeal shall be written on the official appeal form included in each school’s packet distributed at the state meet. Additional appeal forms may be obtained from an ACEL official in the press box.

3.8.4 A completed appeal form shall be presented to an ACEL official in the press box.

3.8.5 The appeal shall be referred to the appropriate referee who shall review it and render a written decision. The referee shall have the authority to overrule the decision of an event official.

- 3.8.6 If necessary, an appeal may be referred to the jury of appeals which shall review the appeal and render a written decision. The jury of appeals shall have the authority to overrule a referee’s decision. The jury’s decision shall be final.
- 3.8.7 A written ruling shall be returned to the coach who made the appeal.
- 3.8.8 If necessary, the coach may be allowed to enter the track infield by ACEL officials for a discussion regarding the appeal.
- 3.8.9 If a referee/jury of appeals overturns a ruling, the referee shall make the appropriate placement and scoring adjustments with meet officials.
- 3.8.10 Verbal appeals shall not be accepted.
- 3.8.11 Appeals submitted 30 minutes after an event has ended shall not be accepted.
- 3.8.12 Appeals shall be judged in accordance with the Outdoor Track and Field Rule Book and/or special rules passed by the games committee.

**3.9 QUALIFYING PLANS FROM REGIONAL MEET TO STATE MEET**

<b>CLASS</b>	<b># OF REGIONS</b>	<b># QUALIFIERS FROM EACH REGION TO STATE</b>	<b>ALTERNATES FROM EACH REGION</b>
Boys	2	4 individuals/4 relay teams in each event	5th-place finisher in each event
Girls	2	4 individuals/4 relay teams in each event	5th-place finisher in each event

**3.10 INTERRUPTED COMPETITION**

- 3.10.1 If competition is interrupted because of events beyond the control of the responsible administrative officials, the competition shall be completed at the earliest possible date. The decision will be made by the ACEL Executive Director and Track Commissioners.

**3.11 AWARDS**

- 3.11.1 **VARSITY INDIVIDUAL AWARDS**  
 Gold, silver, and bronze medals awarded per varsity event.  
 Outstanding Overall Performer (Male and Female)  
 Outstanding Track Performer (Male and Female)  
 OUTSTANDING FIELD PERFORMER (MALE AND FEMALE)
- 3.11.2 **VARSITY TEAM AWARDS**  
 Varsity Track Team State Champion (Trophy Male and Female)  
 Varsity Track Team State Runner-up (Male and Female)  
 Team set of state championship t-shirts
- 3.11.3 **JV INDIVIDUAL AWARDS**  
 1st, 2nd, and 3rd place medals awards per event



## PROTEST / APPEAL FORM

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School Making the Protest

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Signature of Head Coach

Coaches: Please ensure the situation you are attempting to appeal does not fall into one of the following Non-Appealable situations:

Any judgment decisions pertaining to violations or alleged violations of the rules.

A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.

Whether a start is fair and legal.

Now that you are sure that your situation is an appealable situation, you need to fully explain the situation in the space provided. Be sure to include all the information and rules that you feel apply.

Situation that is to be appealed (be very specific and concise, write legibly and give all details(NFHS Rule ref. etc.)) :

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Jury of Appeals Action (if applicable by rules)

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Signature of the Jury of Appeals Chairman

**RELAY TEAM REGISTRATION CARD**

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SCHOOL	Signature of Head Coach			
Circle one:	400m	800m	1600m	3200m
1.	_____			
2.	_____			
3.	_____			
4.	_____			
5.	(ALTERNATE)			
6.	(ALTERNATE)			

**RELAY TEAM REGISTRATION CARD**

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SCHOOL	Signature of Head Coach			
Circle one:	400m	800m	1600m	3200m
1.	_____			
2.	_____			
3.	_____			
4.	_____			
5.	(ALTERNATE)			
6.	(ALTERNATE)			