

REGION III TOURNAMENT BYLAWS

Track & Field

Last Revised: February 2008



ARTICLE X: BYLAWS

Section 1: Governing Rules

Track & Field competition in Region III will follow the guidelines established by the National Federation of State High Schools Association Track and Field Rule Book and all applicable rules and regulations established by ASAA and Region III.

Section 2: Classification

Beginning in the year of 2008, there will be two Region III track meets.

Schools invited to the Region III Small Schools Track and Field Championships:
ACS, Cordova, Glennallen, Grace, Nikiski, Seward, Valdez

Schools invited to the Region III 4A Track & Field Championships:
Colony, Houston, Homer, Kenai, Kodiak, Palmer, Skyview, Soldotna, Wasilla.

Section 3: Tournament Entries

1. *Each team shall be permitted unlimited entries for both boys and girls in an individual event and one team per gender in each relay event. A maximum of the top 16 times/marks will qualify for Regions. In case there is a tie for the 16th place, both people tied will be invited.*
2. **Each race entry must also be entered in FAT (electronic timing) to the hundredth. Any hand held times must be converted to electronic be rounding up to the next highest tenth and adding 0.24 seconds.**
3. Being designated as a member of a relay team does not count as an entry until the competitor actually competes in that's event. In relay events, up to six individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event.
4. All entries to the meet will be made on the official entry sheets provided by the tournament director. Entries must be received by the host school no later than Tuesday of the week of the meet.

Section 4: Seeding

Seeding will be done by the tournament director who will not share that information with any other school prior to the first day of the tournament.

Section 5: Time Schedule

The tournament will be scheduled over two days. The following format is suggested:

Friday Morning-----Field Event Prelims & Finals in Boys Shot Put, Girls Discus, Girls High Jump, Boys Long Jump

Friday Afternoon---Boys High Jump, Girls Long Jump

Finals in the 3200meter run

Prelims in all individual running events

Saturday Morning----- Field Event Prelims & Finals in Girls Triple Jump, Girls Shot Put, Boys Discus, and Boys Triple Jump

Saturday Afternoon---Finals in all running events

Note: all relays will be run as finals on Saturday

Section 6: Board of Control

A tournament Board of Control shall be chosen for each Region III sponsored event that shall consist of three individuals who have sufficient knowledge of the sport to make educated and fair decisions when necessary. It is recommended that one Board of Control member represent the school that will host the tournament during the following year. In the event of a dispute, the tournament Board of Control's decision will be final.

Section 7: Tournament Officials

The tournament director will recruit experienced officials for certain duties. The following official should be selected with their background expertise in mind:

Referee---in charge of all other officials. Makes decisions on situations as well as interprets rule book.

Starter

Recall Starter

Hear Finish Judge

Clerk of Course

In addition to the following personnel will be needed for the efficient running of the tournament:

Clerk of Course

Announcer

Timers (minimum of 9)

Recorder & runner

Head Scorer and assistant

Computer operator

Marshals (minimum of 8)

Section 8: Order of Events

Girls Competition shall proceed boys in each event. The order for finals:

3200 Meter Run (Friday)
3200 Meter Relay
Hurdles (Girls 100; Boys 110)
100 Meter Dash
800 Meter Relay
1600 Meter Run
400 Meter Relay
400 Meter Run
300 Meter Hurdles
800 Meter Run
200 Meter Dash
1600 Meter Relay

Section 9: Qualifying Standards for Finals

1. The top eight (8) field event competitors advance to finals. With running events, **preliminaries will be run in which the following will advance to finals:**

When two Heats, the top four places.

When three heats, the top two places in each heat and the two next fastest third places.

When four heats, the top two places.

2. **In addition, two alternates will be selected for each race based on the next two fastest places. The alternates will warm up and report to the finals. In the event that another finalist(s) is scratched, the next fastest alternate will take that place.**

Section 10: Timing

When handheld stopwatches are used, the times will be rounded up to the next tenth of a second. Qualifying times to state will have 0.24 added to their times for seeding purposes. When electronic timing is used, times will be recorded to the hundredth.

Section 11: Scoring

Scoring for both individual and relay events are: 10-8-6-4-2-1.

Section 12: Trophies/ Awards

Trophies and awards will be purchased by Region III and the costs shared by the teams involved. There will be team awards for first place teams only. Individual medals for the first three places in each event will be awarded. "Coach of the Year" awards for both genders, will be voted on by the coaches. There will also be a Male and Female MVP award.