

Commissioner's Committee on Cross Country and Track and Field Recommendations

- 1) Proposal - Recommend that the 800m and the 4x800m return to a one turn stagger instead of the two turn stagger we currently use.

Reasoning: When we put in the two turn stagger it was for safety issues at the state track meet. We have changed how we run the heats of the 800m. We only run twelve runners on a nine lane track in the hot heat. A one turn stagger is plenty of room to have the runners spread out and make the break safely. We would also be on the same page as college and international running. They run a one turn stagger. The advisory committee agreed that they over thought themselves when they asked for this change.

Staff Rules Review Recommendation: Accept Committee Recommendation

- 2) Proposal - Currently we require athletes to have run in four meets to qualify for the regional competition. The request by the committee ask that the tournament instructions wording from "full teams entered and reporting to the starting line" to "full teams entered in the regional".

Reasoning: We have had reports of athletes who have their four required meets, but are hurt or wake up sick the morning of the regional, who are obligated to attend the meet and stand at the start in order to give their team and their region more opportunities at the state competition. The athletes and their parents are often pressured to be there for these reasons.

Staff Rules Review Recommendation: Do not accept Committee Recommendation as this would be a deviation from the NFHS playing rules

- 3) Increase officials pay for postseason from \$70 to \$100.

Reasoning: Track and XC officials pay has not been raise in more than twelve years.

Staff Rules Review Recommendation: Approve this recommendation for postseason effective with 2012-2013

- 4) Proposal - Field Event metric measurements.

All field event measurements for a three year period are to be recorded in imperial and metric. After the three year period metric measurements will be required in metric.

Reasoning: All track and field college and beyond are measured in metric measurements. It is time to prepare our athletes and educate our students in this way. Hytek will print both at the same time. The remaining field event records will convert exactly (without the rounding that was necessary for track events) from imperial to metric and such should be done immediately.

Staff Rules Review Recommendation: Accept Committee Recommendation

- 5) Pole Vault Certification for Coaches be required for all regular season vaulters.

Reasoning: Currently we only require this for the regional and state meets. If is necessary for our higher achieving vaulters it seems that is should be a safety measure for our novice vaulters as well.

Staff Rules Review Recommendation: Accept Committee Recommendation