

2024 REGULATIONS FOR BOYS AND GIRLS TRACK & FIELD TOURNAMENTS

District – Regional – State

Note: The following regulations apply to all levels of tournament competition unless otherwise specified. They were adopted by the Ohio High School Athletic Association Board of Directors on [January 11, 2024](#). The Executive Director is authorized to modify these regulations when deemed necessary, subject to ratification by the Board of Directors. It should also be noted that, besides these tournament regulations, all regulations within the OHSAA Handbook (Bylaws, General Sports Regulations and Track & Field Regulations) shall be followed.

[Items in blue indicate editorial changes or clarifications and do not reflect any to a rule or policy.](#)

[Items in red indicate new regulations or rule changes effective this season.](#)

1. **Organization of Tournaments** The District Athletic Boards organize and supervise district tournaments in their respective districts, subject to the regulations adopted by the Board of Directors. The regional and state tournaments are under the supervision of the Board of Directors and administered through the Executive Director's office.
 2. **Eligibility** All participants must be eligible under the Bylaws and Regulations of the OHSAA. A student who uses anabolic steroids or other performance enhancing drugs is ineligible for interscholastic competition until such time as medical evidence can be presented that the student's system is free of anabolic steroids or other performance enhancing drugs.
 3. **Divisions** There will be three divisions, I, II and III in all levels of the OHSAA Track and Field tournaments. Schools must compete in the division and sites to which assigned by the OHSAA. [For the 2024 state tournaments, all competition will be held at Dayton's Welcome Stadium and UD's adjacent facilities.](#)
 4. **Rules** The NFHS Track and Field Rules shall apply in all cases unless changed in the regulations that follow. There shall be no juries of appeals convened, and the decisions of the referee are final.
 5. **Entry Requirements**
 - 5.1. Entries shall be submitted electronically via MileSplit, which must include the name [and number](#) of the individual entries in all events.
 - 5.2. [At the district tournament, coaches may modify or adjust event performance information in MileSplit. Meet managers must allow coaches access to make needed/wanted adjustments prior to the entry deadlines.](#)
 - 5.3. The completed electronic entry must be in the possession of the tournament manager no later than 5:00 p.m. on [Friday, May 10, 2024](#), or at a later date and time if established by your district athletic board.
 - 5.3.1. If the completed entry is not submitted by the designated time and date, the entry will not be accepted without payment of a \$50 late fee and approval by the OHSAA.
- *Note:** An earlier deadline for entries may not be established, but completed entries will be accepted earlier and are encouraged.
- 5.4. In the first level of competition, a maximum of two eligible athletes may be named on the entry form for each event other than relay events.

***Note:** A substitute may replace an entered athlete provided the substitute is submitted on the online roster, and provided the substitute is submitted to the tournament manager via online or on the scratch/substitution form **no later than 12:00 p.m. NOON** of the first day the event is contested. For [Saturday competition](#), substitutions **MUST** be made at the time coaches check in that morning. After that time, no substitutions will be accepted. The Clerk of the Course will accept scratches as per usual.

In regard to the above regulation, substitutions may be permitted only in the event that a competitor becomes injured or ill during the contest. For example, a competitor is injured during the running of the high hurdles and cannot compete in a later event (e.g., 300 I.H). In this case, the coach should be permitted to substitute. [Substitutions will not be accepted beyond the district level for individual events.](#)

***Note:** A contestant shall not compete in more than **FOUR (4)** individual events, including relays. If a contestant competes in more than the four allowable events, the tournament manager shall scratch the contestant from the excess number of event(s) by following the listed order of events. First day of competition means the day the event is

to be competed. For example, an athlete who qualifies in an individual event in a tournament for the next level of competition may not be replaced by another athlete. An athlete who is disqualified due to participation in more than four events is ineligible for further tournament competition.

***Note:** OHSAA participation regulations restrict each athlete to a maximum of **FOUR (4)** events in each tournament whether competed on one day or over two days. Members of relay teams must be designated on the relay card prior to competing the first time. All members of a relay team must be listed on the eligibility certificate.

Each level of tournament competition (district, regional, state) qualifies a school relay team.

5.5. Members of qualifying relay teams may be changed from one level of competition to the next level of competition provided the four-event entry limitation is observed.

5.6. Substitution Forms will be provided for changes at the first level of tournament competition.

***Note:** Scratches shall be reported to the Clerk no later than 15 minutes prior to the start of the event.

6. Uniforms

6.1. [Uniform regulations can be found in the NFHS Rule Book.](#)

6.2. ***NEW* IN 2024 Numbers Required** All athletes competing in running events are required to wear a number assigned to them by meet management on the back of their uniform between the shoulder blades. Meet management must provide numbers or "bibs" that have horizontal numerals of at least three inches in height in a contrasting color to all athletes competing in running events. Meet management must provide to the referee and all meet umpires a list of athletes and their numbers. All athletes competing in running events are required to wear the number provided to them unobstructed in accordance with NFHS Rules. It is recommended that the contracted timing company provide the number or "bibs" for the meet. Meet management is also to provide safety pins for attachment to the uniform. The number will be provided on day one of the tournament and **MUST** be worn on both days of the tournament. **The athlete is responsible for the wearing of the number on both days.** New numbers will be issued at each level of the tournament (district, regional, and state).

Note: Refer to the [Track & Field Officials Manual & NFHS Rule Book](#) for more regulations on uniforms.

7. **School Representative** No team or individual entry will be allowed to compete in the OHSAA tournaments at any level of competition unless a coach or a person authorized by the Board of Education is present throughout the competition. Teams and individual entries unaccompanied by such a school representative will be disqualified ([Per OHSAA Bylaws found in the general Sports Regulations](#)) When a male coach is assigned to a girl's team, a female supervisor (non-high school student) should accompany the girls team. Likewise, when a female coach is assigned to a boy's team, a male supervisor (non-high school student) should accompany the boys team.

Note: Per NFHS Rule 1, school administrators (athletic directors, principals, school administration, superintendents, etc.) are considered members of a track and field team and therefore are subject to NFHS and OHSAA rules and enforcement of rules by contests officials and meet management. This includes NFHS rules on unsporting & unacceptable conduct, as well as rules related to restricted areas such as infields/competition areas and interference.

8. **Order of Events and Time Schedule** The order of events is specified in the National Federation (NFHS) Track and Field Rules-and in the [OHSAA coaches and officials manuals](#); it shall be used in all OHSAA tournament competitions. For specifics on each event and event procedures, especially as they relate to the district and regional tournaments, see the District and Regional Tournament Managers Manual. **All regional sites MUST publish and follow a time schedule as will be done at the state meet.** District sites are encouraged to follow a time schedule for finals.

Order of Events and SAMPLE Time Schedule for Finals

Day 1

Girls 4 x 800M Relay (finals)
Boys 4 x 800M Relay (finals)
Girls 100M Hurdles
Boys 110M Hurdle
Girls 100M Dash
Boys 100M Dash
Girls 4 x 200M Relay
Boys 4 x 200M Relay
Girls 1,600M Run (if necessary)*
Boys 1,600M Run (if necessary)*
Girls 4 x 100M Relay
Boys 4 x 100M Relay
Girls 400M Dash
Boys 400M Dash
Girls 300M Hurdles
Boys 300M Hurdles
Girls 800M Run (if necessary)*
Boys 800M Run (if necessary)*
Girls 200M Dash
Boys 200M Dash
Girls 3,200M Run (if necessary)*
Boys 3,200M Run (if necessary)*
Girls 4 x 400M Relay
Boys 4 x 400M Relay

Day 2

1:00 Girls 100M Hurdles
1:05 Boys 110M Hurdles
1:10 Girls 100M Dash
1:12 Boys 100M Dash
1:15 Girls 4 x 200M Relay
1:25 Boys 4 x 200M Relay
1:35 Girls 1,600M Run
1:45 Boys 1,600M Run
1:55 Girls 4 x 100M Relay
2:00 Boys 4 x 100M Relay
2:05 Girls 400M Dash
2:10 Boys 400M Dash
2:15 Girls 300M Hurdles
2:20 Boys 300M Hurdles
2:25 Girls 800M Run
2:30 Boys 800M Run
2:35 Girls 200M Dash
2:40 Boys 200M Dash
2:45 Girls 3,200M Run
3:00 Boys 3,200M Run
3:15 Girls 4 x 400M Relay
3:25 Boys 4 x 400M Relay

8.1 The first heat of the girls and boys 4 x 100M Relay may begin not earlier than 15 minutes after the start of the first heat of the girls and boys 4x200M Relay.

8.2 *The first heat of the girls and boys 4 x 400M may begin no earlier than 20 minutes after the start of the first heat of the boys and girls 200M Dash.

8.6 *Update 2023* All Regional Meets are REQUIRED to allow for a ninety (90) minute time period break between the start of Field & the start of the Running events. This ninety (90) minute time period break shall be utilized each day of the meet in which Field & Running events are being held on the same day. This same ninety (90) minute time period break is recommended for District Meets.

8.7 *NEW* IN 2024 All races that require a three-meter step back per the NFHS (800M, 1600M, 3200M, & 4x800M) **MUST** have a marking in each lane indicating where the athletes must stand before receiving the "on your mark" command. This mark must be three meters behind the appropriate starting line. Lines do not need to be painted on the track and can be added using chalk before the meet. If meet management has failed to add this line, the head starter and referee are authorized to add the marking as appropriate using chalk or tape.

9. *UPDATED* IN 2024 Games Committee

- 9.1. A games committee at the district and regional tournaments shall be appointed by the tournament manager consisting of: Tournament Manager, Referee, Head Field Judge, Head Umpire, Head Clerk or other official chosen by the Meet Referee, One coach of a boys team, One coach of a girls team. The referee will serve as chairperson, and majority rule will be followed.
- 9.2. A games committee at the state tournament shall be appointed by the OHSAA office consisting of: Sport Administrator, Director of Officiating, Meet Manager, Four (4) Meet Referees, Coaches Association President, and Coaches Association Vice President. The Director of Officiating will serve as chairperson, and majority rule will be followed.
- 9.3. The games committee will be responsible for all duties as outlined in NFHS Rules unless those decisions have been outlined in the tournament regulations or manual.
- 9.4. The games committee will be responsible for all provisions of NFHS Track and Field Rules and may serve in an advisory capacity to the referee in any matters involving appeals. This is subject to the discretion of the referee. Games committee members are not required to meet in person. All business may be conducted via electronic communication.
- 9.5. The decisions of the referee are final; meet managers and games committees do not have the authority to overrule the decisions of the referee. We do not use a jury of appeals.

10. Qualifying Tournaments Each district and regional track and field tournament is a qualifying tournament for the tournament that follows. These tournaments are not preliminaries for the succeeding tournament. The personnel of qualifying relay teams may be changed from one tournament to the next.

11. Qualification to each level of the Tournament (District to Regional / Regional to State)

- District Tournament
 - The first four individuals or relay teams in each event in the district tournaments shall qualify for their assigned regional tournament.
 - Only four qualifiers in each event shall be permitted to qualify from a district tournament to a regional tournament.
- Regional Tournament
 - The first four individuals or relay teams in each event in the FOUR regional tournaments AND the next TOP 2 times/heights/distances from around the STATE shall qualify for the State Meet.

12. *UPDATED IN 2024* Semifinal Heats – Method of Determining Qualifiers To The Finals

- 12.1.** Method of determining qualifiers to the finals: In all running events at the district level consisting of semi-final heats, the top eight (8) times will advance to the finals. **Nine (9) cannot be advanced to the finals.**
- 12.2.** In all running events at the regional level consisting of semi-final heats, the top two (2) from each heat and the next four (4) fastest times will qualify to the finals. **Nine (9) cannot be advanced to the finals.**
- 12.3.** In all running events at the state meet consisting of semi-final heats, the top two (2) from each heat and the next five (5) fastest times will qualify to the finals. **For the 2024 state meet only, advancement to the finals will be the top two (2) from each of the three (3) qualifying heats and the next two (2) fastest times.**

13. *NEW* IN 2024 Checking Out of Field Events – District & Regional

- 13.1.** The head field judge should identify any conflicts with athletes in field events and other events. They should speak with each head field event official to notify them of the conflict. Communication should also be made to the clerking team.
- 13.2.** The athlete may check out of the field event:
13.2.1. A) No sooner than 5 minutes before the start of their race, when time schedule used. B) 3rd call when no time schedule is used.
13.2.2. The athlete may leave to check in sooner, with the permission of the head event official, as long as they immediately return to the field event after checking in at their other event. They then can return to that event: A) At the final call when no time schedule is used. B) 5 minutes before when time schedule used.
- 13.3.** The athlete **MUST** return to the field event immediately upon the completion of their running event, no more than 5 minutes after the race.
13.3.1. When athletes are being taken to the podium, the officials **MUST** make reasonable accommodations related to the return time and allow more than 5 minutes if needed. The Head Field Judge must help coordinate the time needed at the podium to ensure minimal interruption to the event.
- 13.4.** The athlete will be given a minimum 5-minute rest period upon return to the event before being called up or added back to the rotation. The rest period can be extended at the discretion of the head event official but cannot be shortened unless the athlete and/or coach requests or agrees to a shorter time.
- 13.5.** If the athlete is in two field events at the same time, the head field judge will coordinate with both events and determine the best course of action to accommodate both events. Subject to approval from the referee. This may include the use of consecutive attempts.
- Note:** Officials should work with the athlete's coach to identify if going out of order or changing flights is a better solution.

*The games committee has the authority to modify these rules based on site specific logistical needs **after** receiving approval from the OHSAA Office.

14. Field Event Seeding Field Events will be seeded from worst to best.

- High Jump & Pole Vault – Seeding in the vertical jumps should be lowest to highest
- Long Jump, Shot Put, and Discus – Competitors should be divided into flights. Seeding in these horizontal events should be shortest to farthest, with the first flight being the shorter qualifying performance and the final flight being the longer entry performance. **Seeding in each flight/section will also be done worst to best.**
- District Meet managers will use marks from regular season results from MileSplit to seed these events for the District Meets. From there, the advancement to Regional & State meet would use the results from the previous round.

15. Seeding and Lane Assignments

15.1. NFHS Track and Field Rules will be the basis for seeding competitors and forming heats for all races run entirely in lanes. For districts only time shall be used in the semifinal, for the final time and place will be used. For the regional and state place and time will be used for all rounds.

15.1.1. All track events except the 800m, 1600m, 3200m runs and the 4x800 relay - the runners shall be assigned to the lanes based upon their seeded position and using the following order:

Seed	Lane
1	4
2	5
3	6
4	3
5	2
6	7
7	8
8	1

15.2. 800m, 1600m, 3200m, 4x800 relay - starting line assignments shall be determined by the games committee by lot using an open draw.

16. **Discus & Shot Put Trials:** All field events will utilize Finals (when applicable). Consecutive attempts **WILL NOT** be permitted. All throwing attempts should use the "1-1-1 model" in both prelims and finals. This format allows for appropriate coaching opportunities between throws. The meet referee does retain the ability to allow consecutive attempts to accommodate an athlete to participate in multiple events happening at the same time.

17. **Throwing Implements** Throwing implements used in the shot put and discus shall be provided by the individual competitor or be school-issued. All implements shall be weighed and gauged at the site and meet the minimum standards found in NFHS Rules. Competitors may use ONLY legal and approved implements in warm-up and competition. Athletes may not use implements that are less than the minimum specification or exceed the maximum specification (i.e. college implements) during practice/warmup since only NFHS legal and approved implements are acceptable.

18. ***NEW* IN 2024 Official Final Results for Field Events**

18.1. The paper results used by Field Event officials are to be considered the "Official Results". Any form of electronic results system that is used for **ANY** Field Event is **NOT** official and is used only for the purposes of live/unofficial results.

18.2. At the state meet when Electronic Distance Measurement (EDM) is used in field events, the electronic data from the EDM system is considered to be "Officials Results" once approved by the Head Field Judge or Referee.

19. **Heat Sheets for Running & Relay Races** Heat sheets with relay lane assignments **MUST** be provided to officials working runner events, specifically umpires, to aid in the placement of athletes. PA announcements **MUST** be made prior to the start of all relays announcing lane assignments, and ensuring umpires at each zone are ready.

20. **Scoring and Ties** NFHS Track and Field Rules shall apply. In field events, ties shall be broken by applying the specific procedures outlined in NFHS Track and Field Rules.

21. *** NEW* IN 2024 Starting Procedures/Electronic Starting**

21.1. **Timeline of Implementation of Electronic Start**

21.1.1. Electronic starting is approved and recommended for district tournaments in 2024, its use is optional. However, when it is used, it must follow the below procedure.

Note: The use of electronic starting is also encouraged when practical during the regular season.

21.1.2. Electronic starting is PROHIBITED in 2024 at the regional and state tournaments.

21.1.3. Starting in 2025, the use of electronic starting will be MANDATORY at all three levels of the tournament (district, regional and state).

21.2. **Use of electronic start systems**

21.2.1. Any electronic starting device may be used that is fully integrated with the FAT system, produces a flash and a sound and is compliant with all NFHS Rules.

21.2.2. Any number of speakers can be used, all athletes must hear the starting tone simultaneously.

21.2.3. The sound projected from the electronic starting device must be tested to ensure the speaker setup reaches 90 decibels at 15 feet.

21.2.3.1. Timing companies must show that their systems comply with this regulation to meet management prior to being contracted. This may be done in a variety of methods, please contact the OHSAA Sport Administrator for more information.

- 21.2.4. Recalls for false or unfair starts must be done with a second firing of the electronic starting device by the starter and/or an air horn (**not** a starter pistol) by assistant starters. This becomes effective with the 2025 mandate.
- 21.2.5. The “tone” is the only allowed sound, the imitated gun sound shall **not** be used.
- 21.2.6. Final laps (as outlined in NFHS rules) must be sounded with a bell, horn or other item; a starter pistol **cannot** be used.
- 21.2.7. Electronic starting systems shall be provided by the contracted timing companies. It is not the responsibility of the contest officials to provide this system.

Note: A) Any timing company that works an OHSAA tournament commits to meeting the standard minimum requirements for technology needs by 2025. This requirement is in addition to the other needs as outlined in these regulations. **B)** In the instance the electronic starting system fails, other starting methods may be used that comply with NFHS rules or are approved by the OHSAA. **C)** Recommended speaker set up can be found on the OHSAA website.

***** The OHSAA has dedicated \$20,000 to helping offset the cost of this transition. Timing companies and OHSAA member schools can learn more about the grant process as the link below.**

Grant Application Link: <https://forms.gle/nuZBRCa4e8Vo7guX7>

22. Determining Qualifiers in Case of Ties If there is a tie in the event that would result in more qualifiers than permitted, refer to NFHS Track and Field Rules.

- 22.1. Track Events: “if there is a tie in any heat or flight which affects qualification for the next level of competition, the tying competitors shall qualify if lanes or positions are available; if they are not available, the tied competitors shall compete against each other for the available lane or position.”
- 22.2. Shot Put, Discus, Long Jump; ties shall be broken according to NFHS Track and Field Rules. It is mandatory that all legal trials be measured and recorded.
- 22.3. High Jump and Pole Vault; the qualifier shall be determined according to NFHS Track and Field Rule-

***Note:** Be sure that contestants are notified of any ties in qualifying positions immediately after the event so they will be available to compete for the qualifying position. When further competition is required to determine qualifiers, no records may be established and the awarding of points as well as awards shall be based upon the ties prior to the additional competition required to select a qualifier. Competitors tied for the last qualifying place in District and Regional competition shall be given one additional jump at the tying height before continuing with the competition. If the tie is not broken, the jump off for the last qualifying place shall take place only after the conclusion of the event when the other qualifying positions have been determined. A reasonable warm-up period with the bar set at an appropriate height subject to the discretion of the head event judge shall be given.

18. Decisions Referees’ decisions are final in all tournaments. Exception: The Executive Director retains the right to rule on all instances involving ineligible participants. The Games Committee will serve in an advisory capacity to the referee if the referee chooses to seek advice. The referee shall not observe any type of video device unless the device has been approved in advance and when authorized may use the device only for determining order of finish.

19. Appeal Procedure

- 19.1 Obtain appeal form from the Tournament Manager **or Meet Referee**.
- 19.2 Complete appeal form, sign and present to the tournament referee. **Failure to complete the form in its entirety will result in it being denied**
- 19.3 The tournament referee will review the appeal, reach a decision, complete and sign the referee’s decision portion of the appeal form and notify the coach of the final decision. **This must be done BEFORE the conclusion of the event.**
- 19.4 The decision of the tournament referee is final and not subject to further review except as **indicated above related to eligibility.**

20. Awards

- 20.1 Awards presented at the site of the OHSAA Track and Field Tournament must be approved by the Executive Director.
- 20.2 District Tournaments – The first-place team shall be awarded a district championship trophy. The runner-up team shall be awarded a district runner-up trophy.
- 20.3 Awards Ceremony – The medal ceremony and the awarding of team trophies is to be a celebration of the accomplishments of the athletes, not an opportunity to display unusual or inappropriate attire. Therefore, for all medal and trophy ceremonies, athletes shall be attired in team issued warm-ups or uniform and shall

be free of all other articles deemed unsporting and/or inappropriate. There shall be no flowers brought to the awards podium.

21. **District Tournament Managers** District tournament managers shall be responsible for the proper organization and management of the track and field tournaments that they are managing. District tournaments shall be conducted according to the NFHS Track and Field Rules and the OHSAA tournament regulations for girls and boys track and field. The district tournament manager shall notify the regional tournament manager that the results are completed and will electronically advance into the corresponding regional meet page hosted on MileSplit. The complete results of the district tournaments shall be transmitted electronically immediately after finals are completed and no later than [Sunday, May 19, 2024, at 10:00 am](#)

For district tournament assignments along with sites, dates and managers information, visit each OHSAA District Athletic Board website:

Central – <https://www.ohsaa.org/CDAB>

Northwest – <https://www.ohsaa.org/NWDAB-Home>

East – <https://www.ohsaa.org/EDAB>

Southeast – <https://www.ohsaa.org/SEDAB>

Northeast – <https://www.ohsaa.org/NEDAB>

Southwest – <https://www.ohsaa.org/SWDAB-Home>

22. **Unsporting Conduct Penalty** During participation in OHSAA Tournaments, any student or coach ejected for unsporting conduct shall be ineligible for the remainder of that day as well as for all contests in track and field until two regular season/tournament contests have been competed at the same level as the ejection. Individuals ejected for unsporting conduct shall be reported to the OHSAA Executive Director by the tournament manager. The Executive Director will investigate the situation and may impose additional penalties in accordance with Bylaw 11 if the situation warrants it. Participation in athletic contests is a privilege. Each individual is expected to conduct himself or herself in an exemplary manner while participating.

Any player or coach ejected for fighting shall be ineligible for all contests for the remainder of that day. In addition, the player or coach shall be ineligible for all contests at all levels in that sport until FOUR regular season/tournament contests are played at the same level as the ejection or disqualification.

23. **Property Damage** There is no insurance covering property damage. If property is damaged at a tournament site by competing school teams, student body or spectators, the school from which the students and/or spectators come shall be liable and pay the cost of repair or replacement. The tournament manager is authorized to deduct from the school's share the cost of any damages caused by competing schools. Other damages to facilities not attributed to a competing school could be a legitimate tournament expense and may be deducted from tournament receipts. If damage is extensive the District Board or Board of Directors will become involved. Student crowd control at OHSAA sponsored tournaments is the responsibility of the principals of the competing schools.
24. **Use of Infield Areas** To ensure ongoing safety & fairness, the use of infield areas for warmups, coaching or congregating is strictly prohibited. Sites must provide coaching boxes for coaches at any field events located in the infield area.
25. **Sponsorship and Rights** The Ohio High School Athletic Association is the sponsoring association for the district, regional and state track and field tournaments. The OHSAA reserves all rights in regard to the management of these tournaments and the sale of any items at the tournaments or any audio-visual reproductions of the tournaments. Any sale of food, clothing, souvenirs or any other items at each tournament site is strictly prohibited without permission of the respective District Athletic Board for district tournaments and the OHSAA Executive Director for regional and state tournaments. The videotaping of any or all portions of the tournament for resale purposes is prohibited without permission.
26. **Prohibited Advertising** There shall be no advertising through printed media, billboards, radio or television that includes beer, wine, liquor, tobacco, political parties or candidates or any other advertising contrary to the philosophy of the high school athletic program.
27. **Raffles Prohibited** There shall be no raffles or any type of games of chance permitted at the site of track and field tournament contests during the period beginning one hour prior to the tournaments and ending one hour after the tournaments have ended.
28. **Prohibited Sales** The sale of, the distribution of, or the consumption of alcoholic beverages or illegal drugs is not permitted at the site of any contests involving OHSAA member schools

29. **Lightning and Inclement Weather Recognition**

Coaches, certified athletic trainers, athletes and administrators shall be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightening flashes is approximately 2-to-3 miles, anytime that lightning can be seen or thunder heard, the risk is already present. Weather can be monitored using the following methods:

- Monitor Weather Patterns -- Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- National Weather Service -- Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions. Any thunderstorm poses a risk of injury or death even if it does not meet the criteria for severe weather. Therefore, anytime thunderstorms are in the forecast (even if it is only a 20% chance) event organizers shall be at a heightened level of awareness to the potential danger of lightening.

Management

- Evacuation -- If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures shall be announced and posted at all athletic venues.
- Thirty-Minute Rule -- Once lightning has been recognized, competition shall not be resumed until at least 30 minutes after the last flash of lightning is witnessed or thunder is heard to begin or resume a contest. Given the average rates of thunderstorm travel, this would allow the storm to move 10-to-12 miles away from the area and significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.

Note: At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

30. Admission – District and Regional Tournaments

All District Meets tickets: TBD	All Regional Meets tickets: TBD	All State Meet tickets: TBD
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31. Complimentary Admission – District, Regional, & State Tournaments Complimentary admittance to district and regional track and field tournaments is restricted to the following people:

- Officials - 1 for the official plus one guest
- Workers - 1 for the worker
- Competitors and Coaches according to the following:
 Number of Competitors Passes
 1-4 One more than number of competitors
 5-8 Two more than number of competitors
 9 or more Three more than number of competitors

32.1 *Updated 2023* *Relay Alternates: The following allowance will be made for Relay Alternates for the OHSAA Track & Field tournament:

- 8 athletes would be allowed to be listed on the ‘new’ relay cards
- Each qualifying relay team would receive **FREE** admission for 6 of the runners listed on the Relay Card
- If a school lists 8 runners of the Relay Card, the school would need to provide a **“paid ticket”** for the remaining 2 runners upon their teams entry into the Regional & State Meet site.
 - The logistics of how the Regional & State Meet sites will manage these ticketed alternate athletes entry into the site would be a meet management decision.

32. Media Credentials for district and regional tournaments may be obtained by contacting the tournament manager, including telecasting/broadcasting/streaming. All media arrangements are to be made prior to the tournament. ***District and regional tournament managers should review requests for LIVE telecasting/video streaming with the Executive Director’s office.*** Contact Tim Stried, Director of Media Relations, at 614-267-2502, ext. 124, or tstried@ohsaa.org. All requests for credentials for the state tournament should also be made with Mr. Stried. Note that the OHSAA prohibits live television or video streaming of tournament contests unless prior permission has been obtained.

33. District Tournaments FAT Recommendations

- Two (2) cameras running as two separate systems on separate computers.
- Can be located on the same side of the track or opposite.
- One (1) IdentiLynx camera attached to the primary camera.
- Two (2) dedicated staff.
- Two (2) wind gages, electronic or manual.
- If manual, staff need to be properly trained on use.
- One (1) positioned for running events.
- One (1) positioned for long jump.

*Please see notes below on officiating needs if two cameras are not used.

34. District Tournament Recommended Staffing of Officials This is the recommended *minimum* number of officials needed to conduct a District Tournament. This number of officials will provide a minimum coverage of each area but leaves substantial opportunity for unfair competition due to missed calls. Tournament Managers are encouraged to hire at least the below officials but are strongly encouraged to use the preferred staffing levels. For more details on officials, see the [2024 District and Regional Tournament Managers Manual](#).

Note: While many invitations do use two referees (field and running), only one referee is utilized for tournaments. [A head field judge does not have the same authority as a meet referee.](#)

Referee (1) Head Field Judge (1) Clerks (3) Starters (2) Head Umpire (1) Head Discus Judge (1) Head High Jump Judge (1) Head Pole Vault Judge (1) Head Shot Put Judge (1) Head Long Jump Judge (1)	Shot Put (1) Discus (1) Long Jump (1) Umpires (8) *If FAT recommendations are not met: Head Finish Judge/Timer (1) Timers (4) Total Officials: 24 *Total Officials: 29 (Staffing level if FAT minimums are not met)
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35. District Tournament Preferred Staffing of Officials

This is the preferred number of officials that should be contracted to conduct a District Tournament. This staffing level provides an adequate number of officials to provide a fair and safe competition. If additional officials are available it is recommended, they be contracted and assigned in order of importance (1 umpires, 2 discus, 3 shot put, 4 long jump, 5 pole vault, 6 high jump). For more details on officials, see the [2023 District and Regional Tournament Managers Manual](#).

Note: While many invitations do use two referees (field and running), only one referee is utilized for tournaments. [A head field judge does not have the same authority as a meet referee.](#)

Referee (1) Head Field Judge (1) Clerks (3) Starters (2) Head Umpire (1) Head Discus Judge (1) Head High Jump Judge (1) Head Pole Vault Judge (1) Head Shot Put Judge (1) Head Long Jump Judge (1)	Long Jump (2) High Jump (1) Pole Vault (2) Shot Put (2) Discus (3) Umpires (12) *If FAT recommendations are not met: Head Finish Judge (1) Head Timer (1) Timers (7) Total Officials: 35 *Total Officials: 44 (Staffing level if FAT minimums are not met)
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2024 BOYS AND GIRLS REGIONAL TRACK & FIELD TOURNAMENTS

May 22-May 25, 2024

1. **Eligibility** All participants must be eligible according to Bylaws and Regulations of the OHSAA and must have qualified at the [2024](#) District track and field tournament to which assigned.
2. **Entries**
 - 2.1. The District Tournament Managers of boys and girls track and field tournaments will transmit complete results of the district tournaments to the regional tournament manager **immediately after finals are completed and no later than Sunday, May 19, 2024, at 10:00 a.m.**
 - 2.2. Individuals and relay teams who have qualified at a district tournament automatically become eligible for participation in the regional track and field tournament to which assigned.
3. **Regional Tournament schedule, order of events, sites, representation and schedule** See complete regional tournament information and schedule on the OHSAA website (www.ohsaa.org) under the track and field section. **Sites are still being determined and this information may not be posted at time of this publication.*
4. ***NEW* 2024 Starting Heights & Progression – Regional Only** Due to the vast differences in each district meet and the absence of at large qualifiers, no unified process has been enacted. It is recommended that districts avoid 3" increments in the pole vault to bring consistency to that level of the tournament with the following two rounds. At the state meet, the games committee will have full discretion over the starting heights and progressions, however, 3" increments shall not be used. The below regulations must be used for regional competition:
 - 4.1. Starting Heights
 - 4.1.1. Both vertical jumps shall be at the lowest height of the qualifying athletes.
 - 4.1.1.1. Pole Vault: Must be at an even foot or 6" increment. If the lowest height is not at an even foot or 6" increment, the starting height should be at the nearest lesser increment.
 - 4.1.1.2. High Jump: Must be at an even foot or inch.
 - 4.2. Progressions
 - 4.2.1. Pole Vault
 - 4.2.1.1. 6" increments shall be used.
 - 4.2.1.2. At an even foot, transition to 4" increments the rest of the way. The games committee will determine when to transition to 4" increments.
Notes: A) If needed, due to the starting height, 12" increments can be used for the first increment(s). B) This does not change the winner's ability to set their own bar.
 - 4.2.2. High Jump
 - 4.2.2.1. 2" increments shall be used.
 - 4.2.2.2. The games committee will determine when to transition to 1" increments.
Notes: A) If needed due to the starting height, 3" or 4" increments can be used for the first increment(s). B) This does not change the winner's ability to set their own bar.
- *The games committee has the authority to modify these rules when needed **with approval from the OHSAA Office.**
5. See complete regional tournament information and schedule on the OHSAA website (www.ohsaa.org) under the track and field section.
6. **Regional Tournament Managers** The regional tournament managers shall send all results in the electronic format requested to the OHSAA's data manager as soon as the Referee has certified the results. Divisions I and III results must be sent no later than 9:00 p.m. on Friday, May 24, 2024. Division II results must be sent no later than 5:00 p.m. on Saturday, May 25, 2024. Managers will receive complete instructions from the OHSAA relative to the transmission of this information.

In addition, the regional tournament managers shall deliver all paper forms and other supporting material via email (dware@ohsaa.org) or overnight mail to the OHSAA office, 4080 Roselea Place, Columbus, Ohio 43214.

The complete report of the eight scoring places in each event plus complete team scoring along with the financial report shall be filed with the OHSAA within 10 days after the regional tournament.

7. **Qualification to State Tournament** The first four individual or relay teams in each event in each regional tournament will qualify for state tournament competition. In addition, the next two (2) best times, distances, and heights STATEWIDE in each event (running and field events) will be invited to the state meet as well. [See Page](#)

8. **Awards** Tournament managers are responsible for the arrangement of award presentations. Presentations shall be conducted with proper respect and congratulations to all award winners. Individual Awards shall be presented to the first eight place winners in each event. In case of ties, duplicate awards shall be shipped later.

Team Awards shall be presented to the championship and runner-up teams. Trophies shall be presented for the school plus an individual award for the head coach and manager or assistant coach of the championship and runner-up team. For team ties for first place, duplicate championship trophies shall be awarded but no second-place trophy shall be presented.

Awards Ceremony – The medal ceremony and the awarding of team trophies is to be a celebration of the accomplishments of the athletes, not an opportunity to display unusual or inappropriate attire. Therefore, for all medal and trophy ceremonies, athletes shall be attired in team issued warm-ups or uniform and shall be free of all other articles deemed unsporting and/or inappropriate. There shall be no flowers brought to the awards podium.

9. **Regional Tournament FAT Minimum Requirements**

This is a list of the minimum acceptable set up for FAT for this level of competition.

- Two (2) cameras running as two separate systems on separate computers.
 - May be located on the same side of the track or opposite.
- One (1) IdentLynx camera attached to the primary camera.
- Two (2) dedicated staff.
- Two (2) wind gauges, electronic or manual.
 - If manual, staff need to be properly trained on use. The FAT contractor does not need to provide the manpower for manual wind gauges, however, they may. If an official is working the wind gauge, they are doing so as a member of meet management and cannot be in uniform.
 - One (1) positioned for running events.
 - One (1) positioned for long jump.

10. **Regional Tournament FAT Recommendations**

This is a list of the recommended set up for FAT for this level of competition.

- Three (3) cameras running as separate systems on separate computers.
 - One located on the opposite side of the track
- One (1) IdentLynx camera attached to the primary camera.
- Three (3) to four (4) dedicated staff.
 - One of the staff specifically dedicated to recording field events, relay cards etc.
- Two (2) wind gauges, electronic or manual.
 - If manual, staff need to be properly trained on use. The FAT contractor does not need to provide the manpower for manual wind gauges, however, they may. If an official is working the wind gauge, they are doing so as a member of meet management and cannot be in uniform.
 - One (1) positioned for running events.
 - One (1) positioned for long jump.

11. **Officials** OHSAA registered track and field officials shall be used at all officiating positions. For more details on officials, see the District and Regional Tournament Managers Manual.

12. **Regional Tournament Minimum Officiating Staffing Requirements** This is the mandatory *minimum* number of officials needed to conduct a Regional Tournament. This number of officials will provide coverage of each area but leaves an opportunity for unfair competition due to missed calls. Tournament Managers must hire at least the below officials but are strongly encouraged to use the recommended staffing levels. If additional officials are available but recommended staffing levels can't be met, it is recommended they be contracted and assigned in order of importance (1 umpires, 2 discus, 3 shot put, 4 long jump, 5 pole vault, 6 high jump).

OHSAA Assigned Officials:

Referee (1)
Head Field Judge (1)
Clerks (3)
Starters (3)
Head Umpire (1)

Meet Manager assignments:

*Long Jump (3)

*High Jump (2)
*Pole Vault (2)
*Shot Put (3)
*Discus (4)
**Umpires (12)
Total Officials: 35

*Meet Managers must indicate and assign one person in each field event as the head official for that event. Management can coordinate with the Referee or Head Field Judge on what officials should be given these positions.

**Meet Managers must indicate and assign four Zone Chiefs and a Finish Marshall as part of their umpire assignments. Management can coordinate with the Referee or Head Umpire on what officials should serve as Zone Chief of Finish Marshall.

Note: Wing Gauge Operator, Head Finish Judge, Head Timer, or other positions not listed above may not be in officials' uniforms or paid through the OHSAA as an official as these are not officiating positions in the tournament.

13. Regional Tournament Recommended Staffing of Officials

OHSAA Assigned Officials:

Referee (1)
Head Field Judge (1)
Clerks (3)
Starters (3)
Head Umpire (1)

Meet Manager assignments:

*Long Jump (4)
*High Jump (3)
*Pole Vault (3)
*Shot Put (4)
*Discus (5)
** Umpires (18)

Announcer

Total Officials: 47

*Meet Managers must indicate and assign one person in each field event as the head for that event. Management can coordinate with the Referee or Head Field Judge on what officials should be given these positions.

**Meet Managers must indicate and assign Four Zone chiefs as part of their umpire assignments. Management can coordinate with the Referee or Head Umpire on what officials should serve as Zone Chief

*Meet Managers must indicate and assign one person in each field event as the head official for that event. Management can coordinate with the Referee or Head Field Judge on what officials should be given these positions.

**Meet Managers must indicate and assign four Zone Chiefs and a Finish Marshall as part of their umpire assignments. Management can coordinate with the Referee or Head Umpire on what officials should serve as Zone Chief of Finish Marshall.

Note: Wing Gauge Operator, Head Finish Judge, Head Timer, or other positions not listed above may not be in officials' uniforms or paid through the OHSAA as an official as these are not officiating positions in the tournament.

2024 REGIONAL SITES, DATES, MANAGERS & REPRESENTATION

This information is TBD and this document will be updated when they are available.

**116th BOYS; 49h GIRLS, AND 11th SEATED ATHLETE STATE TRACK & FIELD
TOURNAMENTS
May 30 - June 1, 2024
Welcome Stadium, Dayton Local Schools, Dayton Ohio and Adjacent UD Facilities**

1. **Regulations** All applicable regulations for district and regional tournaments are part of the state tournament regulations.

2. **State Tournament Management**

- 2.1. The 116th Annual Boys; 49th Annual Girls, and 11th Annual Seated Athlete State Track and Field Tournaments will be held May 30 – June 1, 2024 at Dayton’s Welcome Stadium and adjacent UD Facilities.
- 2.2. Tournament Manager: Dave DeAngelo; O: 614-247-6009; C: 614-738-3562; Email: deangelo.1@osu.edu;
- 2.3. OHSAA Sport Administrator: Dustin Ware; O: 614-267-2502, ext. 129; Email: dware@ohsaa.org;
- 2.4. OHSAA Assistant Sport Administrator & DOD: BJ Duckworth Email bjduckworth@ohsaa.org

3. **Entries** The regional tournament managers of boys and girls track and field tournaments will transfer regional tournament qualification data electronically as per instructions provided by the OHSAA in accordance with the established deadlines. These entries and the subsequent state tournament event qualifications shall be posted to the OHSAA website (www.ohsaa.org) Monday, May 27, 2024 at 11:59 p.m.

4. **Qualification to State Tournament** The first four individuals or relay teams in each event in the regional tournaments will qualify for state tournament competition. In addition, the next two best times (running), distances, and heights (field events) STATEWIDE in each event will be invited as well. See NFHS Rules for procedures to determine qualifiers in case of ties. **At large, qualifiers will be seeded 17 and 18 based on qualifying performance. In 2024 NO ADDITIONAL at large qualifiers will be advanced to the state meet regardless of additional lanes.**

5. *** 2024 ONLY* – Seeding & Lanes For Semi Final Races** For all races where semifinals are competed, seeding will follow serpentine seeding as per the NFHS Rules:

- 5.1. Only lanes 2-7 will be used for the qualifying round.
- 5.2. Lane order or preference will be: 4,5,6,3,2,7

6. **Fully Automatic Timing** The FinishLynx™ fully automatic timing system shall be the official time in all events. Please consult the referee if there is a question about placement.

7. **Expense Allowance for State Tournament** There will be no expense allowance given to competing schools, unless this provision is update at a later date by the OHSAA Board of Directors.

8. **Awards** State Tournaments - The championship and runner-up teams will receive trophies. Medals will also be awarded to the coach of the championship team and the runner-up team. The first eight place finishers in each event will receive medals.

Ties – For ties in the State Tournaments, the award shall be duplicated for each of the tying contestants. Example: If two competitors tie for third place in the High Jump, each competitor shall receive a third-place award but no fourth place award will be given. In case of ties in field events, the ties shall be resolved according to the specific procedures outlined in Section 3 on each field event. For team ties for first place, duplicate championship trophies shall be awarded but no second-place trophy shall be presented.

Awards Ceremony – The medal ceremony and the awarding of team trophies is to be a celebration of the accomplishments of the athletes, not an opportunity to display unusual or inappropriate attire. Therefore, for all medal and trophy ceremonies, athletes shall be attired in team issued warm-ups or uniform and shall be free of all other articles deemed unsporting and/or inappropriate. There shall be no flowers brought to the awards podium.

9. Order of Events and Time Schedule (Estimations & Subject To Change)

2024 Track State Championship Schedule					
Venue opens 90min prior to start of meet Seated/Wheeled events in italics Times are subject to change					
Thursday		Friday		Saturday	
Field Events		Division I Final		Field Events	
3:00 PM DIII Group 1 Field Events		2:00 PM Girls Relay - 4x800m		10:00 AM DI Group 1 Field Events	
Boys Discus, Boys Long Jump, Girls Shop Put, Girls High Jump		2:15 PM Boys Relay - 4x800m		Boys Discus, Boys Long Jump, Girls Shop Put, Girls High Jump	
3:00 PM DIII Girls Pole Vault		Division I Semifinals		10:00 AM DI Girls Pole Vault	
6:00 PM DIII Group 2 Field Events		2:30 PM Girls Hurdles (33") - 100m		2:00 PM DI Group 2 Field Events	
Girls Discus, Girls Long Jump, Boys Shot Put, Boys High Jump		2:40 PM Boys Hurdles (39") - 110m		Girls Discus, Girls Long Jump, Boys Shot Put, Boys High Jump	
Division III Final		2:50 PM Girls Dash - 100m		2:00 PM D1 Boys Pole Vault	
4:00 PM Girls Relay - 4x800m		2:55 PM Boys Dash - 100m		Division II Finals	
4:15 PM Boys Relay - 4x800m		3:00 PM Girls Relay - 4x200m		10:00 AM Girls Hurdles (33") - 100m	
Division III Semifinals		3:15 PM Boys Relay - 4x200m		Boys Hurdles (39") - 110m	
4:30 PM Girls Hurdles (33") - 100m		3:30 PM Girls Relay - 4x100m		10:10 AM Girls Dash - 100m	
4:40 PM Boys Hurdles (39") - 110m		3:45 PM Boys Relay - 4x100m		Boys Dash - 100m	
4:50 PM Girls Dash - 100m		4:00 PM Girls Dash - 400m		<i>Seated 100m</i>	
4:55 PM Boys Dash - 100m		4:15 PM Boys Dash - 400m		10:20 AM Girls Relay - 4x200m	
5:00 PM Girls Relay - 4x200m		<i>Seated 400m Semi If Needed</i>		Boys Relay - 4x200m	
5:15 PM Boys Relay - 4x200m		4:35 PM Girls Hurdles (30") - 300m		10:30 AM Girls Run - 1600m	
5:30 PM Girls Relay - 4x100m		4:50 PM Boys Hurdles (36") - 300m		Boys Run - 1600m	
5:45 PM Boys Relay - 4x100m		5:05 PM Girls Dash - 200m		10:45 AM Girls Relay - 4x100m	
6:00 PM Girls Dash - 400m		5:15 PM Boys Dash - 200m		Boys Relay - 4x100m	
6:15 PM Boys Dash - 400m		5:25 PM Girls Relay - 4x400m		10:50 AM Girls Dash - 400m	
6:30 PM Girls Hurdles (30") - 300m		5:40 PM Boys Relay - 4x400m		Boys Dash - 400m	
6:45 PM Boys Hurdles (36") - 300m				11:00 AM Girls Hurdles (30") - 300m	
7:00 PM Girls Dash - 200m				Boys Hurdles (36") - 300m	
7:10 PM Boys Dash - 200m				11:15 AM Girls Run - 800m	
7:20 PM Girls Relay - 4x400m				Boys Run 800m	
7:35 PM Boys Relay - 4x400m				<i>Seated 800m</i>	
		Division III Finals		11:45 AM Girls Dash - 200m	
Friday		6:30 PM Girls Hurdles (33") - 100m		Boys Dash - 200m	
Field Events		Boys Hurdles (39") - 110m		11:50 AM Girls Run - 3200m	
9:00 AM DI Group 1 Field Events		6:40 PM Girls Dash - 100m		Boys Run - 3200m	
Boys Discus, Boys Long Jump, Girls Shop Put, Girls High Jump		Boys Dash - 100m		12:20 PM Girls Relay - 4x400m	
9:00 AM DI Girls Pole Vault		<i>Seated 100M Semi If Needed</i>		Boys Relay - 4x400m	
1:00 PM DI Group 2 Field Events		6:45 AM Girls Relay - 4x200m		Division I Finals	
Girls Discus, Girls Long Jump, Boys Shot Put, Boys High Jump		Boys Relay - 4x200m		3:30 PM Girls Hurdles (33") - 100m	
1:00 PM DI Boys Pole Vault		6:55 PM Girls Run - 1600m		Boys Hurdles (39") - 110m	
2:45 PM <i>Seated Shot Put Boys & Girls</i>		Boys Run - 1600m		3:40 PM Girls Dash - 100m	
5:00 PM DIII Boys Pole Vault		7:10 PM Girls Relay - 4x100m		Boys Dash - 100m	
Division II Final		Boys Relay - 4x100m		3:45 PM Girls Relay - 4x200m	
9:00 AM Girls Relay - 4x800m		7:15 PM Girls Dash - 400m		Boys Relay - 4x200m	
9:15 AM Boys Relay - 4x800m		Boys Dash - 400m		3:55 PM Girls Run - 1600m	
Division II Semifinals		7:20 PM Girls Hurdles (30") - 300m		Boys Run - 1600m	
9:30 AM Girls Hurdles (33") - 100m		Boys Hurdles (36") - 300m		4:10 PM Girls Relay - 4x100m	
9:40 AM Boys Hurdles (39") - 110m		7:35 PM Girls Run - 800m		Boys Relay - 4x100m	
9:50 AM Girls Dash - 100m		Boys Run 800m		4:15 PM Girls Dash - 400m	
9:55 AM Boys Dash - 100m		7:45 PM Girls Dash - 200m		Boys Dash - 400m	
10:00 AM Girls Relay - 4x200m		Boys Dash - 200m		<i>Seated 400m</i>	
10:15 AM Boys Relay - 4x200m		7:50 PM Girls Run - 3200m		4:30 PM Girls Hurdles (30") - 300m	
10:30 AM Girls Relay - 4x100m		Boys Run - 3200m		Boys Hurdles (36") - 300m	
10:45 AM Boys Relay - 4x100m		8:20 PM Girls Relay - 4x400m		4:45 PM Girls Run - 800m	
11:00 AM Girls Dash - 400m		Boys Relay - 4x400m		Boys Run 800m	
11:15 AM Boys Dash - 400m				4:55 PM Girls Dash - 200m	
11:30 AM Girls Hurdles (30") - 300m				Boys Dash - 200m	
11:45 AM Boys Hurdles (36") - 300m				5:00 PM Girls Run - 3200m	
12:00 PM Girls Dash - 200m				Boys Run - 3200m	
12:10 PM Boys Dash - 200m				5:30 PM Girls Relay - 4x400m	
12:20 PM Girls Relay - 4x400m				Boys Relay - 4x400m	
12:35 PM Boys Relay - 4x400m					
<i>Seated 800m Semi If Needed</i>					

10. Admission – State Tournaments

- TBD

11. Complimentary Admission – State Tournaments Complimentary admittance to state track and field tournaments is restricted to the following people:

- Officials - 1 for the official plus one guest
- Workers - 1 for the worker
- Competitors and Coaches according to the following:
Number of Competitors Passes
1-4 One more than number of competitors
5-8 Two more than number of competitors
9 or more Three more than number of competitors

Relay Alternates: To stay in line with what was permitted at the 2022 Regional & State Track Meet, as well as the updated language in the 2023 NFHS Rule Book, The following allowance will be made for Relay Alternates for the OHSAA Track & Field tournament:

- Up to 8 athletes would be allowed to be listed on the 'new' relay cards
- Each qualifying relay team would receive **FREE** admission for 6 of the runners listed on the Relay Card
- If a school lists 8 runners of the Relay Card, the school would need to provide a **"paid ticket"** for the remaining 2 runners upon their teams entry into the Regional & State Meet site.
 - The logistics of how the Regional & State Meet sites will manage these ticketed alternate athletes entry into the site would be a meet management decision.

12. Coaches Materials Packet Pick Up information is still being determined. It will be updated once determined and shared with qualifying coaches.

13. Locker Room Facilities Due to limited dressing room space and the large number of competitors, athletes must come to the stadium dressed for competition.

14. Shoes, Length of Spikes, Marking Materials All contestants are required by rule to wear shoes on both feet. If track spikes are worn, the maximum length permitted will be $\frac{1}{4}$ ". This applies to all events except the shot put and discus where rubber soled shoes without spikes may be used.

No tape will be permitted at the pole vault or long jump. Markers will be provided when requested.

15. Media Credentials may be obtained by contacting Tim Stried, Media Relations Director, OHSAA, 614-267-2502, ext. 124, or tstried@ohsaa.org. All media arrangements are to be made prior to the state tournament. Note that the OHSAA prohibits live television or video streaming of tournament contests unless prior permission has been obtained.

16. Starting Blocks All competitors are required to use the starting blocks provided by the [OHSAA Jesse Owens Memorial Stadium](#). The only exception to this would be for those competitors who use a stand-up start and require the Moyer starting blocks.

17. Pre-Tournament Practice Warm up times are still being determined. It will be updated once determined and shared with qualifying coaches.

OHSAA Seated Qualifying Standards

	100 m	400 m	800 m	Shot Put
BOYS	40.0 sec	2:00 min	3:30 min	9'
GIRLS	45.0 sec	2:30 min	4:00 min	7'

Additional notes:

- Meets hosting Seated Event are required to complete the following Google document to ensure the seated athletes results will be calculated for qualification to the State Meet (**CLICK HERE for Form**)

- Coaches of Seated athletes should verify that Meet Managers of meets (*utilizing approved qualifying results*) have submitted the qualifying results to **EITHER**:
 - **MileSplit** (results@milesplit.com)
 - OR**
 - **Dustin Ware** (dware@ohsaa.org)

- The deadline to submit these results will be (*12:00pm on the Sunday before the start of the Regional Meets*).

- Coaches and/or AD's will be contacted (via email) on the immediately following Tuesday to confirm their athlete's entry / acceptance for the State Meet. The deadline to submit your athlete's entry / acceptance (via email only) will be 12:00 PM on Friday during the week of the Regional Meets.
 - a) 1-9 Competitors: Current structure applies whereby all WHO QUALIFIED BASED ON TIME OR DISTANCE will compete in one section or flight on the day of the State finals (Saturday);

 - b) 10 or more Competitors: 2 or 3 seeded heats will be held on Friday in semifinal competition by all WHO QUALIFIED BASED ON TIME OR DISTANCE to determine the top nine (9) qualifiers for Saturday finals. In the event that only 9 competitors appear/check in due to scratches or withdrawals, semifinal competition will not take place;

 - c) 19 or more competitors: Regional competition will be held the week before the State Championships in events registered by 19 or more competitors WHO QUALIFIED BASED ON TIME. Competition will be held at one of the current regional sites, and the top 18 competitors will advance to the State semi-final competition the following week.
 1. Events – 100 meters, 400 meters, 800 meters, Shot Put
 2. One Division – All Divisions will compete against each other in one Division
 3. Awards – Both boys and girls will be recognized with individual awards
 4. Scoring – All seated events will be non-scoring in relation to team standings
 5. Times Schedule [can be found above](#)

Note: Complete guidelines are available on the OHSAA website (www.ohsaa.org).