

## 2020 TRACK AND FIELD RULES MEETING

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Iowa High School Athletic Association

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Iowa Girls High School Athletic Union




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## HEAT & HYDRATION

- Take plenty of water breaks during practice.
- Use the information provided by the IHSAA and the IGHSAU.
  - Heat and Humidity Gauge
  - Heat Index Chart
  - Urine Color Chart

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## HEAT & HYDRATION

- Heat-related deaths are preventable if specific steps are taken by coaches and administrators.
  - Develop an Emergency Action Plan
  - Allow student-athletes to acclimatize to heat and humidity
  - Access to water should never be restricted
  - Student-athletes should be encouraged to take in fluids frequently before and after practices and games
  - Practices should be scheduled at times during the day that minimize exposure to heat and humidity

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## HEAT & HYDRATION

- Use the “BUDDY SYSTEM”
  - Assign student-athletes a “Buddy” and have them monitor each other for signs and symptoms of heat related problems
- Signs of Possible Heat Stroke
  - Altered consciousness
    - Semi-consciousness, confused, irrational behavior
  - Combative
  - Headache, dizziness, weakness
  - Hot skin – with or without sweating
  - Increased heart and breathing rates
  - Nausea, vomiting or diarrhea

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## HEAT & HYDRATION

- The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete’s survival!
- Cold water submersion cools the body the fastest!
  - For student-athletes wearing pads, remove the pads and place the student in a plastic tub of ice and cold water
  - Can also use a piece of plastic with ice and cold water that is held at the corners

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### A Guide to Heat Acclimatization & Heat Illness Prevention

Course Introduction

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PREVIOUS NEXT PLAY

Fundamentals

Overview

Introduction

Start Date, Team Program

Allow for Individual Customization

Medical Status

Adjust Intensity and Pace

Start Sessions Adequately Hydrate

Recognize Signs Early

Recognize Heat-Related Signs

Show an Emergency Action Plan

Evolve

Course Dates

Conclusion

**Higher risk for heat illness:**

- High intensity outdoor sports in hot & humid weather

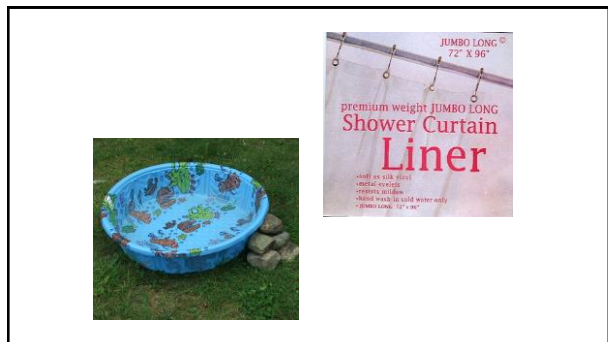
35 high school football players died of exertional heat stroke between 1995 and 2010.



TRANSCRIPT RESOURCES

Heat illness is the leading cause of preventable death in high school athletes. Students participating in high-intensity outdoor sports during the summer months are at the greatest risk. Football has received the most attention due to the number and severity of heat illnesses. In 2010, the National Center for Catastrophic Sports Injury Research reports that 37 high school football players died of heat stroke between 1995 and 2010.

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## HEAT & HUMIDITY PEN

**COST = \$85 BY CONTACTING THE IHSAA**

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## HEAT INDEX TABLE

**IHSAA**

**How to use the Heat Index Chart:**

1. Determine the heat index for your location by using the temperature and humidity for your location.

2. Determine the heat index for your location by using the temperature and humidity for your location.

**THE TEMPERATURE & HUMIDITY REQUIRED IN THE SUN OF PRACTICE WILL TAKE PLACE IN THE SUN.**

The temperature in the sun is considered to be 10° above the actual temperature and humidity for the location.

Relative Humidity	Temperature (°F)							
	70°	75°	80°	85°	90°	100°	110°	
0%	64	69	73	78	83	87	91	95
10%	65	70	75	80	85	90	95	100
20%	66	72	77	82	87	93	99	105
30%	67	73	79	84	90	96	103	110
40%	68	74	79	86	92	100	107	115
50%	69	75	81	88	95	103	111	120
60%	70	76	82	90	100	108	117	126
70%	70	77	85	93	103	112	121	130
80%	71	78	86	95	105	115	124	133
90%	71	79	88	100	110	120	129	138
100%	72	80	91	102	112	122	132	142

**QUESTIONS FOR USING THE WINDSPEED ADJUSTMENT**

1. Use the wind speed adjustment for the heat index table only.
2. Use the wind speed adjustment for the heat index table only.
3. Use the wind speed adjustment for the heat index table only.

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## IHSAA URINE COLOR CHART

The color of your urine is a good indicator of your hydration level. The color of your urine should be a pale yellow. If the color of your urine is dark yellow, orange, or red, you are not hydrated enough. If the color of your urine is white, you are overhydrated. If the color of your urine is brown, you are dehydrated.

**1, 2, 3 = WELL HYDRATED**

Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

**4, 5 = Hydrated, but not well hydrated.** Drink additional fluids on a regular basis on the color of your urine is equivalent to numbers 1, 2 or 3.

**6, 7, 8 = DEHYDRATED**

You are dehydrated! Drink a lot more fluids on a regular basis to enhance your performance and avoid getting muscle cramps, or heat stress. It may also improve your health.

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## MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES

**ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, "Concussion in Sports" before the beginning of their respective sport season.**

Information regarding accessing this course has been sent to your school administrator.

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## CONCUSSIONS

**Iowa Code Section 280.13C states, in part,**

"Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.

"The student and student's parent or guardian shall sign and return the concussion and brain injury information sheet to the student's school prior to the student's participation in any interscholastic activity for grades seven through twelve."

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**A FACT SHEET FOR PARENTS AND STUDENTS**  
**HEADS UP: Concussion in High School Sports**

Concussion is a traumatic brain injury (TBI) that can occur as a result of a blow to the head or a jolt to the body. It is a leading cause of TBI in high school sports. This fact sheet provides information on the signs and symptoms of concussion, the importance of proper diagnosis and management, and the role of parents and students in preventing and managing concussions.

**What is a Concussion?**  
 A concussion is a traumatic brain injury (TBI) that can occur as a result of a blow to the head or a jolt to the body. It is a leading cause of TBI in high school sports. Concussion is a temporary disturbance of brain function that can result in a variety of symptoms, including headache, dizziness, nausea, vomiting, and loss of consciousness. Concussion is not always immediately apparent, and symptoms may not appear until hours or days after the injury.

**What are the Signs and Symptoms of Concussion?**  
 The signs and symptoms of concussion can be divided into three categories: physical, cognitive, and emotional. Physical symptoms include headache, dizziness, nausea, vomiting, and loss of consciousness. Cognitive symptoms include confusion, memory loss, and difficulty concentrating. Emotional symptoms include irritability, anxiety, and depression.

**What are the Risk Factors for Concussion?**  
 Risk factors for concussion include participation in high school sports, particularly contact sports such as football, soccer, and basketball. Other risk factors include a history of previous concussions, age, and sex.

**How can Concussion be Prevented?**  
 Concussion can be prevented by wearing proper protective gear, such as helmets and mouthguards, and by following proper technique and rules during sports activities. Parents and students should also be aware of the signs and symptoms of concussion and seek medical attention if they suspect a concussion has occurred.

**What should be Done if a Concussion is Suspected?**  
 If a concussion is suspected, the student should be removed from play immediately and transported to a medical facility for evaluation. A licensed health care provider should evaluate the student and provide written clearance to return to play. The student should not return to play until they have been fully evaluated and cleared by a health care provider.

**What are the Long-Term Effects of Concussion?**  
 Concussion can have long-term effects on the brain, including chronic headaches, memory loss, and difficulty concentrating. In some cases, concussion can lead to more serious conditions, such as post-traumatic stress disorder (PTSD) and depression.

**What are the Resources for Concussion?**  
 For more information on concussion, visit the Iowa High School Athletic Association (IHSAA) website at [www.iahsaa.org](http://www.iahsaa.org). The IHSAA website provides a wealth of information on concussion, including fact sheets, videos, and links to additional resources.

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## CONCUSSIONS

**Iowa Code Section 280.13C continued –**

- "If a student's coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, **the student shall be immediately removed from participation.**
- A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and **the student has received written clearance to return to participation from the health care provider."**

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## CONCUSSIONS

- **Coach Removal** – Iowa law requires a student's coach who observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., **to remove the student from participation immediately and the student shall not return until the coach, or school's designated representative, receives written clearance to return from a licensed health care provider.**

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## CONCUSSIONS

- **Contest Official Removal** – Iowa law requires a contest official who observes signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., **to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return from a licensed health care provider before the student can return to participation in that contest/event, including an event that takes place over multiple days.**

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## CONCUSSION RECOGNITION & MANAGEMENT

Complete information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org). Click on "Health and Safety" under "Resources" on the IHSAA home page.

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## LIGHTNING GUIDELINES

- ALL thunderstorms produce lightning and are dangerous.
- Lightning often strikes as far as 10 miles away from the storm.
- Each school should have a lightning safety plan, which includes knowing where teams & spectators will go and how long it will take them to get there safely.

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## LIGHTNING GUIDELINES

If thunder is heard, or lightning is seen, immediately suspend the contest and instruct everyone to take safe shelter.

Once the contest is suspended due to lightning, wait at least 30 minutes after hearing the last thunder before having teams & spectators leave safe shelter and resuming the contest.

Complete guidelines regarding lightning safety appear in every NFHS rule book.

**Remember, lightning kills, play it safe!**



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## LIGHTNING GUIDELINES




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## JOINT TRACK AND FIELD ADVISORY COMMITTEE

Jeff Bissen(Chair)	Glenwood
Tim O'Neill	Assumption
Brian Petersen	Roland-Story
Nate Smith	Ankeny Centennial
Martha Bauder	Central, Elkader
Toby Lorenzen	Central Lyon
Blaire Puls	Hudson
Jon Pedersen	Central Decatur
Mark Tigges	Clive (Official)




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## 2020 ADVISORY COMMITTEE CHANGES

To allow one track scrimmage with up to four teams participating in the event


To allow one meet where all 19 events are not scheduled to be contested (i.e. throws only, relays only)



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## CLASSIFICATIONS


In the sport track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm Friday, March 20, 2020 for track and field.



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## SCHOLARSHIP RULE 36.15(2)

- March 16, 2020 – Students are ineligible on this date
- April 15, 2020 – Students become eligible to compete
- If you have an indoor season, student athletes can compete prior to March 16 and then they become ineligible



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## MEET LIMITATION

- Twelve (12) Meets
- Does not include Drake Relays, one non-traditional meet, State Qualifying or State Meet
- Indoor meets not counted in meet limitation
  - Once you compete outdoors, all competitions (indoor and outdoor) count towards 12 meets



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## INDIVIDUAL DAILY MEET LIMITATION EXCEPTION

- Both boys and girls have an exception for the Drake Relays regarding a competitor competing in only one meet per day. The exception is only for the Drake Relays.



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## STATE QUALIFYING MEET INFORMATION

- State qualifying meets in all classes will be held on Thursday, May 14, 2020
  - Rain date – Friday, May 15, 2020
- All qualifying meet entries will be online
  - Deadline for qualifying meet entries will be 10:00 AM on Wednesday, May 13
  - All scratches or substitutions must be sent by email to the host no later than 10:00 a.m. on the day of the meet
  - No substitutions will be allowed after that time. Scratches after that time will count as an event.
  - Emergency situations will be considered and can only be approved by the IHSAA or IGSAU.



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## STATE QUALIFYING MEET INFORMATION

- Scratches and substitutions made in events after the 10:00 am deadline on Thursday, May 14 will require meet managers to reseed the event.
- All substitutes will receive a “No Time” seed time and will be seeded last in the event
- Deadline to challenge a seed time is 1:00 pm on Thursday, May 14
  - Meet managers expected to get heat and lane assignments to each school electronically by 10:30 am



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## STATE QUALIFYING MEET INFORMATION

- All state qualifying meet entries must be verified on QuikStats
- Boys check dates will be:
  - Tuesday, April 14
  - Tuesday, April 28
  - Tuesday, May 12
- Girls check dates will be each Tuesday of the season starting April 14
- Any time discrepancies (faster or slower than what is posted on QuikStats) will result in “No Time” seed time. No split times are allowed for individual event seed times



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## STATE MEET QUALIFYING


- All state qualifying will be based on meet place and state qualifying meet performances
- Class 4A – Top two finishers plus next best twelve (12) performances
- Class 2A and 3A – Top two finishers plus next best eight (8) performances
- Class 1A – Top finisher plus next fourteen (14) performances
- No more than 24 qualifiers in any event
  - State qualifying meet place
  - Last alphabetical, as the school name appears in the IHSAA directory
- All races will run to the common finish line



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## STATE MEET INFORMATION


- Class 2A and 3A will compete in the morning sessions
- Class 1A and 4A will compete in the afternoon sessions
- Complete state meet schedule can be found online



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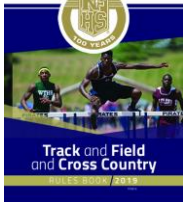

## OFFICIALS' INFORMATION


- Registered with both organizations if working meets that involve both boys and girls
  - Pay the appropriate registration fee
  - View the online rules meeting
  - Pass the online open book examination



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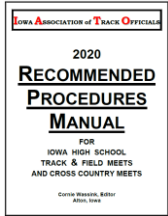
## NFHS RULES BOOK








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## IATO RECOMMENDED PROCEDURES MANUAL






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Rules Changes  
**2020 NFHS TRACK & FIELD**




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Rule Change

### PROVIDING AID

**4-6-5 g Disqualification and conduct**  
**Art. 5. . .** It is an unfair act when a competitor receives any assistance.  
 Assistance includes:  
 g. Competitor receiving assistance from another competitor to complete the race. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.  
**NOTE:** Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.



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Rule Change

## EXCHANGE ZONE

**5-3-3 Track Markings**

**ART. 3 . . .** An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 to 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less the exchange zone shall be extended 10-meters in the direction of the incoming competitor.


**5-10-6 Relays**

**ART. 6 . . .** Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

**NOTE:** In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.

**5-10-9 Relays**

**ART. 9 . . .** In relay races, each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone.

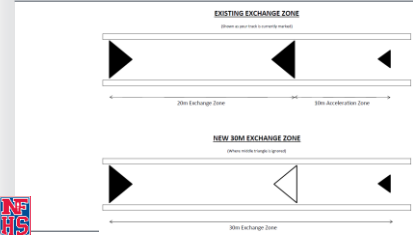



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Rule Change

## EXCHANGE ZONE

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Rule Change

## RUNWAY WARM-UPS

**6-2-6 General Rules for Field Events**

**Art. 6 . . .** Warm-ups should not be allowed unless supervised by an event official or the contestants coach and the venue has been declared open by the meet director. It is illegal to run backwards or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway. At the conclusion of any field event there should be no further practice and implements, including vaulting poles, shall be removed from the area. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

**PENALTY:** First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.



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Rule Change

## LONG JUMP/TRIPLE JUMP PIT CLARIFICATIONS

**6-9-5 Long Jump and Triple Jump**


**ART. 5 . . .** The landing pit shall have a minimum width of 9 feet (2.75 meters) and should meet a minimum length of 23 feet (7 meters).

**Note:** For long jump and triple jump pits constructed after 2019, the length of the pit shall be at least 23 feet (7 meters).

a. In the long jump and triple jump, the foul line shall be located by measuring from the nearer edge of the landing pit to the front of the foul line.

**NOTE:** Distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge. Suggested distances are:

	Boys	Girls
Long Jump	12 feet (3.7 m)	8 feet (2.5 m)
Triple Jump	12 feet (3.7 m)	24 feet (7.3 m)




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Rule Change


## HEADBAND/HAIR DEVICE

Hair devices made of soft material and no more than 3 inches wide may be worn in the hair or on or around the head. Bobby pins, flat clips, hair ribbons, extensions, and flat barrettes, unadorned and no longer than 2 inches, are also allowed.




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Editorial Changes  
**2020 NFHS TRACK & FIELD**




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Editorial Change

## 5-1-5 RUNNING EVENTS

**5-1-5 Track Construction**  
**Art. 5.** . . . **When-feasible** it is recommended that there be an obstacle-free zone on the inside and on the outside of the track at least 1 meter in width.

**Rationale:** This editorial change removed redundant language from the book.



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Editorial Change


## RELAY BATON AND EXCHANGE ZONE

**5-11-1 Relay Infractions**  
**ART. 1.** . . . A relay team shall pass **their** baton in accordance with the rules. The track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.

**Rationale:** The change from its to their clarified that a team must finish the race with the same baton that it used at the start of the race.


**ART. 6.** . . . Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within **the** exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

**NOTE:** In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.




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Points of Emphasis

## 2020 NFHS TRACK & FIELD



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Points of Emphasis

## MEET ADMINISTRATION

- Providing a quality experience to track and field athletes, coaches, and spectators does not happen by accident. Many months of pre-planning and execution have occurred before the event is finalized and the first event begins.
- Most standardized checklists include foundational topics such as: establishing entry limitations and substitution deadlines, securing meet personnel, developing a meet schedule, and preparing the facility to host the event. Quality meet administrators know and understand that while covering these essential items is certainly necessary and appropriate, the ability to drill down to the smallest details is equally important and critical for ensuring success.
- While not included on most checklists, pay special attention to the following items as they can dictate the success or failure of your event:




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Points of Emphasis

## MEET ADMINISTRATION

- NFHS Rule 3-1-1** gives authority to the meet director to establish a custodian of awards. Double check prior to your event that the appropriate awards have been ordered and are available. This critical step will save you embarrassment in the moments and time after the event.
- NFHS Rule 3-4-7** allows the meet referee the authority to delegate the responsibility of counting laps for any race of two laps or more. Whoever is assigned to this duty must be confident and knowledgeable regarding counting laps and the likelihood of dealing with the potential for lapped runners. This is not a duty for a novice official or volunteer.
- NFHS Rule 3-5-3** outlines the situations that are eligible to protest/appeal. It is imperative that coaches understand the appeal structure and its available options. Having a clear and concise protocol that is delineated to coaches prior to the start of the event will pay benefits.
- NFHS Rule 3-18-3** designates the responsibility for ensuring that each flight of hurdles is set at proper height and prescribed point prior to each race. While moving hurdles on-and-off the track efficiently is essential, the system used to double check height and placement is also critical.
- NFHS Rule 3-18-4** outlines the responsibilities of the block chief. Assigning an individual(s) responsible to ensure that starting blocks are in good working order, are located at the starting line of each race, and removed after the start is one less responsibility usually placed on the starter or assistant starter.
- NFHS Rule 5-11-1** requires that in any relay race, a team must start and end the race with the same baton. Meet administrators should consider a system (color, number, etc.) that, if necessary, can assist officials in determining that the correct baton has been used by any team finishing a race.




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Points of Emphasis

## EXCHANGE ZONE

- In sprint relays such as the 4x100 meter and 4x200 meter, and other relays with incoming legs of 200 meter or less, the outgoing runner, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone.
- The exchange zones for relay races with legs over 200m are not impacted by this rule change.
- The rule change does not require that tracks be repainted or resurfaced in order to be in compliance with NFHS rules.



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Points of Emphasis

### ASSISTING INJURED ATHLETES

- The competitor who receives aid will be disqualified, but when no advantage is gained the competitor assisting should not be penalized for exhibiting good sportsmanship.
- The final decision in these situations' rests with the meet referee who has sole authority to rule on infractions, irregularities, and disqualifications in a meet.




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Points of Emphasis

### SHUTTLE HURDLE RELAY

- The outgoing runner must be positioned behind her/his starting line and she/he must be motionless immediately prior to her/his "start". She/he cannot "start" until the incoming runner has broken the plane of the break line with her/his torso, meaning each outgoing runner must have a discernable pause between her/his "set" and her/his "start". A "rolling start" is illegal.
- NFHS Rule 5, Section 14 applies to all contestants in the event.
- If a relay team puts themselves at an advantage or other relay team at a disadvantage due to displacing a hurdle that cannot be corrected in a timely manner, the offending relay team shall be disqualified.




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Points of Emphasis

### SHUTTLE HURDLE RELAY

- Case 1: Team A's third runner legally knocks down his ninth hurdle; however, his hurdle displaces his fourth runner's second hurdle and the hurdle setter is not able to reset the hurdle placement in time. The fourth runner's hurdle is displaced in a way in that (a) Team A's fourth hurdler must clear two hurdles at the same time (b) Team B's third runner doesn't have a ninth hurdle to clear in his lane (c) Team A's fourth hurdler doesn't have a second hurdle to clear. RULING: Legal in A as relay team put its own self at disadvantage; Legal in B in a sense that Team A didn't put Team B at disadvantage; however, a protest could be filed and referee could make determination of a rerun; Disqualification in C as relay team put itself at an advantage.




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Points of Emphasis

### SHUTTLE HURDLE RELAY

- Case 2: Team A's third runner legally knocks down his third hurdle; however, (a) his hurdle displaces his fourth runner's seventh hurdle and the hurdle setter is able to reset the hurdle placement so the fourth runner can legally clear the seventh hurdle (b) his hurdle displaces his opponent's seventh hurdle and the hurdle setter is able to reset the hurdle placement so Team B's fourth runner can legally clear the seventh hurdle (c) his hurdle displaces his fourth runner's seventh hurdle and opponent's fourth hurdle. The hurdle setter is able to reset the hurdle placement so the fourth runner can legally clear the seventh hurdle and his opponent had already cleared his fourth hurdle prior to displacement. RULING: Legal in A, B and C.



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Points of Emphasis

### SPIKE LENGTH AT DRAKE STADIUM



Pyramid Spikes  
LEGAL

Compression (Christmas Tree) Spikes  
NOT LEGAL

Needle Spikes  
NOT LEGAL



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### DRAKE RELAYS HIGH SCHOOL ENTRY INFORMATION






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Drake RELAYS  
APRIL 22-25, 2020  
Presented by  
Drake Relays  
VBMeets  
HIGH SCHOOL  
ENTRY INFORMATION PACKET  
THIS PACKET ONLY CANNOT BE USED FOR MEET ENTRY. SEE THE MEET INFORMATION PACKET.

HIGH SCHOOL INFO PAGE AND CLICK ON THE BLUE BUTTON FOR THE ENTRY PACKET

[https://godrakebulldogs.com/sports/2015/11/24/DR\\_1124151408.aspx?path=dr](https://godrakebulldogs.com/sports/2015/11/24/DR_1124151408.aspx?path=dr)

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## 2020 KEY ENTRY DATES

- Monday, March 2 – Online entry opens at drakerelays.org
- Thursday, April 16 at 11:59pm – Deadline for high school entries. Print entry confirmation and retain for your record
- Friday, April 17 by 11:00am – Unofficial performance list posted for coaches only review on [vbmeets.com](http://vbmeets.com)
- Friday, April 17 at 4:00pm – Deadline for coaches to report errors on the unofficial performance list.
- Saturday, April 18 by noon – FINAL High School Division start lists posted at [drakerelays.org](http://drakerelays.org)

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### HIGH SCHOOL COACHES MUST ENTER THEIR ATHLETES PERFORMANCE

- If you want your track and field athletes to participate in the Drake Relays, you must enter your athletes. Instructions on how to do this are found in the Drake Relays High School Entry Information Packet.
- The High School Selection Committee strongly urges all coaches to open a Drake Relays meet entry account on VBMeets whether you believe you will have qualifiers or not.

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### ENTRY FEE INFORMATION

- There is no cost to open an account and you will be ready to make an entry if you believe that an athlete may qualify.
- The only time a school will incur an expense is if your athlete makes the final qualifier list.

**DON'T BE THE COACH WHOSE DESERVING ATHLETE DOES NOT GET TO COMPETE IN THE DRAKE RELAYS BECAUSE YOU FAILED TO PROPERLY ENTER YOUR ATHLETE**

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### 2020 DRAKE RELAYS BLUE STANDARDS

- The Blue Standards do not change the entry process. Coaches are still required to enter the athlete(s)/relay in the event on Varsity Bound Meets before the meet entry deadline. Meeting the Blue Standard in an event guarantees acceptance when the coach enters the athlete/relay in the correct Drake Relays event before the entry deadline of Thursday, April 16 at 11:59 PM. Should four or more athletes from one team meet the standard in the same event, it is up to the coach to determine which three athletes will be entered.
- Individuals/relays do NOT need to meet this standard to qualify for the Drake Relays. Field sizes will be filled as stated in #1 in the high school coaches entry packet.
- Only three athletes per team may be entered in an individual event as stated in the NFHS track and field rules (Rule 4, Section 2, Art.4-c).
- Blue Standard times in track events must be achieved with Fully Automatic Timing (FAT).
- We encourage those who achieve the Blue Standard to post on social media mentioning @DrakeRelays using the hashtags #MYDRAKERELAYS and #BLUEOVALBOUND.

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2020 Drake Relays High School Blue Standards			
	Boys		Girls
100m	13.80	130m	11.30
200m	28.00	400m	1:58.00
400m	1:56.30	800m	2:35.00
800m	4:24.00	1600m	6:41.00
1600m	9:35.00	3200m	13:30.00
3200m	19:40.00	6400m	27:30.00
6400m	34:00.00	12800m	51:30.00
12800m	61:40.00	25600m	99:00.00
25600m	1:07:30.00	51200m	1:59:00.00
51200m	2:02:00.00	102400m	4:03.00
102400m	4:05.00	204800m	8:36.00
204800m	8:30.00	409600m	1:39.00
409600m	1:34.50	819200m	3:00.00
819200m	3:07.00	1638400m	5:50.00
1638400m	5:50.00	3276800m	11:30.00
3276800m	11:00.00	6553600m	21:00.00
6553600m	21:00.00	13107200m	41:00.00

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**IHSAA/IGHS AU CONTACT INFORMATION**

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**YOU'RE ALMOST FINISHED**

At the conclusion of the verification page, you will be provided with a certificate of completion.

Coaches – please print three (3) copies of the verification certificate  
One for your records  
One for your administrator  
One for your coaching authorization renewal

Officials – please print one copy of the verification certificate for your files

You may now click on the button to the right of your screen that says:  
I'm FINISHED Watching the Rules Meeting Video  
You will be directed to the verification screen followed by the verification certificate



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