

## 2020 TRACK AND FIELD RULES MEETING

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Iowa High School Athletic Association

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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



### 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.



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



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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

**Recognizing and Responding**

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
Blair 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 IGHSAAU.



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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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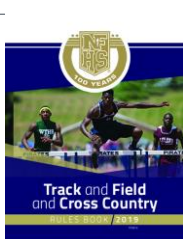
## OFFICIALS' INFORMATION

- 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



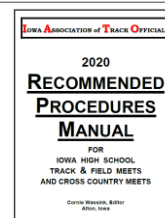
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## NFHS RULES BOOK

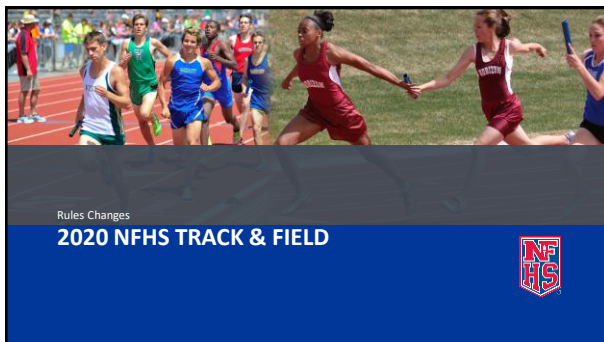


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## IATO RECOMMENDED PROCEDURES MANUAL



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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. 8 . . .** 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

**EXISTING EXCHANGE ZONE**  
(When space is not a limiting factor)

20m Exchange Zone      30m Acceleration Zone

**NEW 30M EXCHANGE ZONE**  
(When width is a limiting factor)

30m 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. Whomever 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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Points of Emphasis

### DRAKE RELAYS HIGH SCHOOL ENTRY INFORMATION








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APRIL 22-25, 2020

Drake Relays

Presented by

High School

ENTRY INFORMATION PACKET

THIS PACKET ONLY CONTAINS ENTRY INFORMATION FOR MEET DETAILS. 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](http://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

1. 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.
2. **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.
3. 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).
4. Blue Standard times in track events must be achieved with Fully Automatic Timing (FAT).
5. 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	13.00	100m	12.50
200m	26.00	200m	25.00
400m	1:05.00	400m	1:05.00
800m	2:05.00	800m	2:05.00
1600m	4:25.00	1600m	4:40.00
3200m	9:00.00	3200m	9:30.00
6400m	18.00	6400m	18.00
12800m	36.00	12800m	36.00
25600m	72.00	25600m	72.00
51200m	144.00	51200m	144.00
102400m	288.00	102400m	288.00
204800m	576.00	204800m	576.00
409600m	1152.00	409600m	1152.00
819200m	2304.00	819200m	2304.00
1638400m	4608.00	1638400m	4608.00
3276800m	9216.00	3276800m	9216.00
6553600m	18432.00	6553600m	18432.00
13107200m	36864.00	13107200m	36864.00
26214400m	73728.00	26214400m	73728.00
52428800m	147456.00	52428800m	147456.00
104857600m	294912.00	104857600m	294912.00
209715200m	589824.00	209715200m	589824.00
419430400m	1179648.00	419430400m	1179648.00
838860800m	2359296.00	838860800m	2359296.00
1677721600m	4718592.00	1677721600m	4718592.00
3355443200m	9437184.00	3355443200m	9437184.00
6710886400m	18874368.00	6710886400m	18874368.00
13421772800m	37748736.00	13421772800m	37748736.00
26843545600m	75497472.00	26843545600m	75497472.00
53687091200m	150994944.00	53687091200m	150994944.00
107374182400m	301989888.00	107374182400m	301989888.00
214748364800m	603979776.00	214748364800m	603979776.00
429496729600m	1207959552.00	429496729600m	1207959552.00
858993459200m	2415919104.00	858993459200m	2415919104.00
1717986918400m	4831838208.00	1717986918400m	4831838208.00
3435973836800m	9663676416.00	3435973836800m	9663676416.00
6871947673600m	19327352832.00	6871947673600m	19327352832.00
13743895347200m	38654705664.00	13743895347200m	38654705664.00
27487790694400m	77309411328.00	27487790694400m	77309411328.00
54975581388800m	154618822656.00	54975581388800m	154618822656.00
109951162777600m	309237645312.00	109951162777600m	309237645312.00
219902325555200m	618475290624.00	219902325555200m	618475290624.00
439804651110400m	1236950581248.00	439804651110400m	1236950581248.00
879609302220800m	2473901162496.00	879609302220800m	2473901162496.00
1759218604441600m	4947802324992.00	1759218604441600m	4947802324992.00
3518437208883200m	9895604649984.00	3518437208883200m	9895604649984.00
7036874417766400m	19791209299968.00	7036874417766400m	19791209299968.00
14073748835532800m	39582418599936.00	14073748835532800m	39582418599936.00
28147497671065600m	79164837199872.00	28147497671065600m	79164837199872.00
56294995342131200m	158329674399744.00	56294995342131200m	158329674399744.00
112589990684262400m	316659348799488.00	112589990684262400m	316659348799488.00
225179981368524800m	633318697598976.00	225179981368524800m	633318697598976.00
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