



**POLICY AND PROCEDURES
FOR
OUTDOOR TRACK & FIELD**

2021



OUTDOOR TRACK & FIELD COMMITTEE

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Questions or suggestions regarding this manual should be directed to the Outdoor Track Committee through the Executive Director.

All schools must be aware of the NHIAA By-Laws and Policies relative to Outdoor Track which are published annually in the “NHIAA Handbook” as well as the rules of competition published by the National Federation of State High School Associations.

POINTS OF SPECIAL EMPHASIS

- **State Meet Entries:** If your school offers the sport and is not entering any athletes, the NHIAA must be notified in writing before or on the deadline date. There is no section on the website to indicate this information. ***It will take 24 hours for new users to be accepted into the DirectAthletics system. Be sure to register before entries are due.**
- Meet Directors from each of the Divisional Meets and Meet of Champions should review the final results and submit records to the Committee for approval.
- Qualifying lists from all divisions will be posted on Lancer Timing two (2) days after the seedings meetings.
- In the event of extreme circumstances, the Outdoor Track Committee reserves the right to modify the order of events.
- There will be a preseason meeting for Outdoor Track coaches in all Divisions via ZOOM Video Conferencing.
 - Division I –Tuesday, April 6, 2021 at 7:00 p.m.
 - Division II – Tuesday, April 6, 2021 at 6:00 p.m.
 - Division III – Monday, April 5, 2021 at 6:00 p.m.

Track and Field and Cross Country Rules Changes – 2020/2021

4-6-5g, 8-6-1e: Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

Rationale: The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

5-3-3 & 4, 5-10-6 thru 11: Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

Rationale: In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

6-2-6: Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

Rationale: This change promotes a more organized and efficient warm-up period.

6-3-2-b-4-a: This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

Rationale: The committee established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

6-9-5: The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

Rationale: Clarifies the language of the 2019 rule change for long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

8-1-1: Clarifies cross country course markings.

Rationale: The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

8-1-3: Clarifies cross country course layouts.

Rationale: This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language provides a recommended minimum distance for straightaways at the start of all meets.

INTRODUCTION

This packet contains all necessary information and forms for Divisional Meets and the Meet of Champions. It is the NHIAA Outdoor Track Committee's belief that to ensure successful Championship Meets, it is the coaches' responsibility to **READ ALL MATERIALS CAREFULLY** and promptly and accurately fill out entry information. Please direct any questions or concerns to the NHIAA Outdoor Track Committee. These meets will be governed by the rules of the National Federation. All coaches are expected to have read the rulebook and instructed their athletes accordingly.

I. Location and Dates of Meets

A. Divisional Meets (Boys and Girls):

DIVISION I:	Thursday, May 27, 2021 - 4:00 p.m. (Girls)	1/4" Pyramid Spikes
	Friday, May 28, 2021 – 4:00 p.m. (Boys)	Only
	Winnacunnet High School	

Site Director:	Aaron Abood
Meet Director:	Mike Monahan

DIVISION II:	Saturday, May 29, 2021	1/4" Pyramid Spikes
	Girls Session: 9:00 a.m.	Only
	Boys Session: 1:00 p.m.	
	Pelham High School	

Site Director:	Todd Kress
Meet Director:	Matt Skidds

DIVISION III:	Tuesday, May 25, 2021 – 4:00 p.m. (Girls)	1/4" Pyramid Spikes
	Wednesday, May 26, 2021 – 4:00 p.m. (Boys)	Only
	Gilford High School	

Site Director:	Rick Acquilano
Meet Directors:	Kristi Hikel

B. Meet Of Champions:	Saturday, June 5, 2021- 9:00 a.m.	1/4" Pyramid Spikes
	Girls Session: 9:00 a.m.	Only
	Boys Session: 1:00 p.m.	
	Sanborn Regional High School	

Site Director:	Bob Dawson
Meet Director:	Mike Monahan

C. New England Championships (Men and Women): ~~Cancelled~~

II. Meet of Champions - Games Committee

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Mike Soucy	Michael.soucy@sau26.org

POINTS OF SPECIAL EMPHASIS FOR IN-SEASON MEETS FOR ALL DIVISIONS

- Starter/Official: The hosting school is responsible for supplying the shells for the meet OR reimbursing the official for the cost of the shells.
- The Sports Officiating Committee has clarified the fee structure for invitational meets. An invitational meet is defined as having 5 or more teams with 10 or more competitors per team. Refer to page 89 of the NHIAA Handbook.
- **NFHS Guidelines for management of Concussions:**
 - The NHIAA mandates the following of the NFHS guidelines for management of Concussions. Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.
 - Please visit www.nhiala.org: “What’s New” to view the NFHS Guidelines for Management of Concussions and the New Hampshire SB402 and its language as written.

POINTS OF SPECIAL EMPHASIS FOR DIVISIONAL CHAMPIONSHIPS AND MEET OF CHAMPIONS

- In Divisional Meets: if an athlete is entered in multiple events, the Outdoor Track Committee reserves the right to enforce an “Honest Effort” policy. Any school that continually fails to comply with this policy should be brought before the OT committee to explain why this continues to be an issue and how they plan to rectify the problem.
- HONEST EFFORT POLICY: Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying and final round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet. Athletes must compete with maximum effort and/or quality from trials into the finals. NOTE: Any athlete who does not complete an event due to health reasons, must be cleared by the athletic trainer before competing in another event.
- All entries for the divisional meets are subject to challenge if they do not appear on the Battlenotes of that particular division, if battlenotes exist. Verification by means of meet results will be required (for the verification). The coach of the athlete being challenged must provide these results.
- Qualifying performances must be achieved during the current outdoor track season as designated by the NHIAA.
- The committee recommends that the lines on the fields for javelin and discus events should be either white or yellow.
- At all Divisional Meets and MOC, all vaulters shall be weighed and all poles inspected.
- All field event implements must meet specifications for competition (NFHS rules)
- Coaches and athletes that are not participating in events on the infield will not be permitted on the infield during Divisional Meets and MOC.
- **Relays** will be run in **sections** only – NO TRIALS.
- A competitor may place a maximum of three markers in the high jump approach area.

- APPEALS shall be made in accordance with the accepted standards of the National Federation rulebook. (Form Attached)
- **Starting heights, heat and lane assignments will be determined by the Games Committee based on entry information.**
- DRAW AND LANE ASSIGNMENTS: Divisional meets: formation of heats and lane assignments for running events will be determined from entry form information. MOC: formations of heats and lane assignments for running events and the order of field event competition will be determined from performances in the Divisional Meets. (Lane positions and heat assignments for semifinals and finals will be based on previous preliminary performances).
- All field event finals and preliminaries will conclude five minutes after the last competitor present has completed their attempts.
- NUMBER TO QUALIFY FOR FINALS IN THE FIELD EVENTS:
 - On a six lane track with a six lane straightaway, seven athletes will qualify for the finals in the field events.
 - On a six lane track with an eight lane straightaway, eight athletes will qualify for the finals in the field events.
 - On an eight lane track with an eight lane straightaway, eight athletes will qualify for the finals in the field events.
- Runbacks are not allowed in the Long Jump, Triple Jump, Javelin, and Pole Vault per NFHS Rule
- **NOTE: Any athlete who does not complete an event, due to health reasons, must be cleared by the trainer before competing in another event.**

NFHS Guidelines for management of concussions: The NHIAA mandates the following of the NFHS guidelines for management of Concussions. Concussions: Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.

Please visit www.nhiala.org; “What’s New” to view the NFHS Guidelines for Management of Concussions

III. Meet Information for Meet of Champions

- **Registration:** There will be a sign-in table for the school-designated adult (**REQUIRED**) to pick up any additional information. There will be NO competitor’s numbers issued. Track event competitors will be issued hip numbers for each separate event.
- **Trainer:** the NHIAA provides a certified trainer for this event. The trainer will be on the infield for pre-meet preparation as well as for problems that arise during the meet. For those athletes requiring pre-meet preparation such as taping and wrapping, **please bring supplies needed for your athletes such as tape, wraps, dressing, splints, pads, etc.**
- **Results** will be posted at the site after the official results of each event are announced. Final results can be found on DirectAthletics and the Lancer Timing website in the evening after the completion of the meet.
- **ATHLETES MUST REPORT to an event, track or field when called, and check in with the Clerk AND field event official. Arriving and not physically and verbally reporting does not constitute officially reporting for the event.**
- **NO athletes will be added once the final seeding has been started.**
- **TIME LIMITS: field events will close five minutes after the final attempt of the last competitor present. Athletes must complete a trial or pass within one (1) minute after being called or be charged with an unsuccessful attempt. EXCEPTION: when only three or fewer remain in the**

vertical jumps as stipulated by the rules of the event.

- **UNIFORMS: Federation Rule 4-3 applies.**
- **Restricted areas:** Infield, track, areas along the jump and javelin runways are **restricted areas** and no one is allowed, except meet personnel and competitors for events in progress. Designated coaches areas are roped off for coaches.
- **Removal of any part of the team uniform except shoes, while in restricted areas shall lead to a warning, and if the incident recurs, the athlete will be disqualified from further competition.**

IV. Tournament Events Postponements (Weather):

The decision to postpone a tournament event on weekends and holidays will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools playing to check the NHIAA website (visit www.nhiala.org and click on the “tournament info” link). The NHIAA will notify Game Directors, Supervisor of Officials, Police and Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THEY VIEW THE NHIAA WEBSITE.**

- **Once at the site:** “In the event there is a need to postpone or reschedule a divisional meet or the Meet of Champions the decision will be made by the meet director and members of the Outdoor Track Committee at the site. The first option will be to move the meet to the next day (Sunday), and then if that is not possible, the meet will be scheduled the Monday or Tuesday following the original day of the meet.”

V. Qualifying Entries

- **Top 10** Entries after scratches at remote seeding meeting will be accepted in the 800m, 1600m, and 3200m.
- **Top 12** Entries after scratches at remote seeding meeting will be accepted in the 100h/110h, 100m, 200m, 400m, and 300h.
- **Top 10** Entries after scratches at the remote seeding meeting will be accepted in the LJ, HJ, PV, SP, Jav, Disc, and TJ.
- **Top 8 Entries for the Relays**
 - 4X800m: 4X800m entries will be considered using combined open 800m times from a 2021 regular season meet. The decision of the Outdoor Track Committee will be final.

VI. Entry Regulations and Information - Please Read Very Carefully

***It will take 24 hours for new users to be accepted into the DirectAthletics system. Be sure to register before entries are due.**

A. Divisional Meets Entry Information -

All schools must use the DirectAthletics web site (www.directathletics.com) to enter the athletes. No forms will be accepted. Please enter the athlete's full name (no nicknames). An improper entry will not be accepted.

1. **Entries shall be entered to DirectAthletics by Friday May 21, 2021 by 11:59 p.m.**

“It is the responsibility of the meet director to check the entries on Direct Athletics to be sure all schools have made their entries by the due date. If there are schools that have not entered their entries the meet director shall contact the NHIAA to advise of the late entry and the NHIAA will then contact those schools.”

DirectAthletics will reopen by 12:00 noon on Saturday. All entries and/or changes **MUST BE** entered on DirectAthletics by **Sunday, May 23, 2021 by 12:00 p.m.** **No school will be allowed to enter after that date.** All coaches are to print the receipt of their entries from DirectAthletics.

2. Seeding will begin at 10 (or 12 in the 100h/110h, 100m, 200m, 400m and 300h) entries and will be worked up if a coach signifies whether an athlete is competing or not until the field is filled to 10 with the exception of the 100h/110h, 100m, 200m, 400m and 300h which are limited to 12 and the relays which are limited to the top 8.
3. Procedures for Divisional Meet Entries
 - a. An athlete may only compete in 4 events.
 - b. Convert hand-held times to FAT by rounding up to the nearest slower tenth of a second and then adding 0.24. For example, 10.32 seconds would round up to 10.4 seconds and then become 10.64 seconds FAT.
4. Seeding Meeting will be held remotely for ALL Divisions. See below for dates and times for each division. It is important for all coaches to attend in order to provide input for their athletes.

DIVISION I SEEDING:

The Seeding Meeting for Division I will be held on **Tuesday, May 25, 2021 at 7:00 p.m.**

DIVISION II SEEDING:

The Seeding Meeting for Division II will be held on **Tuesday, May 25, 2021 at 6:00 p.m.**

DIVISION III SEEDING:

The Seeding Meeting for Division III will be held on **Sunday, May 23, 2021 at 6:00 p.m.**

5. Meet Directors reserve the right to request verification on any entries. SCRATCHES: A competitor who scratches **after** the **Seeding Meeting** becomes ineligible for any further competition, including relays, from that point on.
6. Qualifying lists from all divisions will be posted on Lancer Timing two days after the seedings meetings.

VII. Meet of Champions – Saturday, June 5, 2021

- A. Based on Divisional meet performances, the top 5 performers in each event for Division I, top 4 performers in each event for Division II, and top 3 performers in each event for Division III will qualify for the Meet of Champions. In addition, the field will be filled with the next Fastest FAT performances from the divisional meets. For 4X800m, top eight performances from the Divisional meets will qualify for the Meet of Champions.
 - Note: Only performances from the Divisional Meets will be considered for entry.

B. Meet of Champions – Entry Procedures (Coaches/Lancer Timing)

1. Coaches must enter qualified athletes from the above criteria on DirectAthletics.
2. DirectAthletics will close Sunday, May 30, 2021 at 8:00 p.m. **and will not reopen.**
3. **Preliminary Entry Lists** will be posted Sunday, May 30th, 2021 after 8:00 p.m.
4. Coaches will email scratches (no additions) to LancerTiming until noon, Tuesday, June 1, 2021.
5. **Final Entry List** will be certified by the Outdoor Track Committee at MOC Seeding Meeting on Tuesday, June 1, 2021 by 3:30 p.m.
6. **Final Entry List** will be posted on LancerTiming by noon on Wednesday, June 2, 2021.
7. As of noon, Wednesday, June 2, 2021, the scratch rule will be in effect.
8. All late entry requests need to be sent **DIRECTLY** to Mike Monahan (mmonahan@sau16.org)

Late Entry Procedure – For both Division and MOC entries

1. Any Late Entry requests **MUST** be emailed to Mike Monahan (mmonahan@sau16.org) by the building principal by noon on the day of the seeding meeting.
2. A Late Entry Fee of \$35 payable to NHIAA, via letter emailed to school administration.

a. Athlete cannot be entered until fee is paid.

C. Awards – Official NHIAA place medals will be awarded to the top six (6) finishers in each event, including relays for boys and girls.

VIII. New England Championship Meet - CANCELLED

~~The top six (6) athletes in each event will qualify for the New England Championship Meet. There will be no alternates accepted for this meet. Plan on an entry fee of at least \$20.00 per athlete. More information will be available at the Meet of Champions.~~

IX. State Track and Field Records

NHIAA Outdoor Track performances, at meets other than Divisional Meets and the State Meet of Champions, may make athletes eligible for State record status. In order to be eligible however, a performance must be at a meet, which meets the following criteria:

- A. The meet must be sanctioned by the NHIAA. Any regular season meet or invitational, which appears on a school's schedule, as approved by the NHIAA, shall be considered.
- B. The performance must meet all established criteria for the accurate measurement and verification of the performance.

All nominations for new state records must be submitted on the appropriate form to: NHIAA Outdoor Track Committee, c/o the NHIAA Office, by the third weekend in June of the current season.

X. Divisional Meet Schedule and Order of Events

Division I & III

Order of Events:

3:00pm	Check-in
3:00pm-3:45pm	Pole Vault Check in, Implement Certification and Weigh In Field Events
4:00pm	Long Jump, Pole Vault, Shot, Javelin
Followed By	Triple Jump, Discus, High Jump

Track Events

4:30pm	High Hurdle Trials
	100m Dash Trials
	4x800
5:30pm	100/110 Hurdle Final
	100m Dash Final
	1600 meters
	4x100m
	400m
	300m Hurdles
	800m
	200m
	3200m
	4x400m

Divisions II – Saturday Meet

Order of Events (AM Session):

8:00am	Check-in
8:00am-8:45am	Pole Vault Check in, Implement Certification and Weigh In Field Events
9:00am	Long Jump, Pole Vault, Shot, Javelin
Followed By	Triple Jump, Discus, High Jump

Track Events

9:30am	High Hurdle Trials 100m Dash Trials 4x800
10:30am	High Hurdle Final 100m Dash Final 1600 meters 4x100m 400m 300m Hurdles 800m 200m 3200m 4x400m

PM Session

Order of Events:

1:00pm	Check-in
1:00pm-2:45pm	Pole Vault Check in, Implement Certification and Weigh In Field Events
2:00pm	Long Jump, Pole Vault, Shot, Javelin
Followed By	Triple Jump, Discus, high jump

Track Events

2:30pm	High Hurdle Trials 100m Dash Trials 4x800
3:30pm	High Hurdle Final 100m Dash Final 1600 meters 4x100m 400m 300m Hurdles 800m 200m 3200m 4x400m

XII. Meet of Champions Schedule**AM Session**

Order of Events:

8:00am	Check-in
8:00am-8:45am	Pole Vault Check in, Implement Certification and Weigh In Field Events
9:00am	Long Jump, Pole Vault, Shot, Javelin
Followed By	Triple Jump, Discus, High Jump

Track Events

9:30am	High Hurdle Trials 100m Dash Trials 4x800
10:30a.m.	High Hurdle Final 100m Dash Final

1600 meters
 4x100m
 400m
 300m Hurdles
 800m
 200m
 3200m
 4x400m

PM Session

Order of Events:

1:00pm Check-in
 1:00pm-1:45pm Pole Vault Check in, Implement Certification and Weigh In Field Events
 2:00pm Long Jump, High Jump, Pole Vault, Shot, Javelin
 3:00pm Triple Jump, Discus

Track Events

2:30pm High Hurdle Trials
 100m Dash Trials
 4x800m
 3:30p.m. High Hurdle Final
 100m Dash Final
 1600 meters
 4x100m
 400m
 300m Hurdles
 800m
 200m
 3200m
 4x400m

XIII. Fifty/Fifty (50/50) Raffles:

Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association (NHIAA); at the site of an NHIAA member school hosting any round of an NHIAA tournament event (s). Fifty-fifty raffles will not be permitted at "neutral sites" that are not NHIAA Member School sites.

XIV. Blood Spillage and Body Fluids:

The NHIAA Sports Medicine Committee suggests that each school develop a local policy in cooperation with their local medical personnel, on how to handle blood spillage.

Housekeeping Procedures for Blood and Body Fluids

Disposable latex gloves should be worn to avoid contamination of the hands of the person cleaning spillages involving blood or other body fluids and secretions. Persons involved in cleaning contaminated surfaces should avoid exposure of open skin lesions or mucous membranes to blood or body fluids. A freshly prepared solution of dilute household bleach (one quarter cup of bleach diluted in one gallon of water) or other disinfectant labeled as *virucidal*, *Tuberculocidal*, *staphylocidal* is useful. Allow the disinfectant to stand wet for a minimum of one minute to start killing pathogens and disinfecting the area (10 minutes of disinfection time guarantees surface sterility). Whenever possible, disposable towels, tissues, and gloves should be used and properly discarded and mops should be rinsed in disinfectant.

Interpretation Of Excessive Bleeding -National Federation Rules call for a player, who is bleeding, has an open wound or excessive blood on the uniform, to leave the court/field.

The NHIAA interprets "excessive blood on the uniform" to mean that part of the uniform is saturated with

blood. Saturated does not mean a wet spot. Saturated means a major portion of the garment is covered and soaked with blood. For this to occur, significant bleeding would have had to take place. For any blood on uniform less than "saturated", the uniform does not have to be changed. School personnel have the responsibility of treating the blood area with the appropriate disinfecting solution before the athlete may participate. If the uniform is "saturated" with blood, the uniform must be changed before the athlete may participate. This interpretation is to be followed in the conduct of all NHIAA athletic events.

XV. Appeal Procedure at State Championships:

There shall be no appeals to the Executive Director. All appeals shall be resolved by the Jury of Appeals.

XVI. NHIAA Site Selection Criteria Policy:

NHIAA Sports Committees will make every effort to provide sites with the following criteria in mind.

The criteria are not listed in order of priority.

1. Health and safety of participants.
2. Comfort and safety of spectators (including adequate seating and parking, and restrooms).
3. Handicapped accessible for spectators.
4. Relative travel requirements of participating schools.
5. The ability to collect tickets in a secure manner, when applicable.
6. Playing surfaces must meet the requirements as established for that sport.
7. Costs of facility and personnel associated with facility.
8. Sufficient parking.
9. Cost of public safety personnel (fire and police).
10. Receptivity and cooperativeness of personnel working at site.

XVIII. Outdoor Environmental Safety Lightning:

Lightning is the most consistent and significant weather hazard that may affect outdoor athletics. Within the United States, the National Severe Storm Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Additionally, thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer.

The following guidelines are recommended:

- A. All athletic staff and game personnel are to monitor threatening weather. Establish a chain of command as to who makes the decision to remove a team or individual from athletic sites or events (athletic/site/event director, game officials/umpires, sports medicine staff?).
- B. An emergency plan should include planned instructions for participants as well as spectators.
- C. Be aware of potential thunderstorms that may form during scheduled athletic events or practices. Included here should include National Weather Service – issued (NWS) thunderstorm “watches” and “warnings” as well as signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.
- D. Know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location.
Safe structure or location is defined as:
 1. Any building normally occupied or frequently used by people, i.e., a building with plumbing and /or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm.

2. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**

E. WHEN YOU FIRST HEAR THUNDER OR SEE LIGHTNING, SUSPEND ACTIVITIES AND GO TO A SAFE SHELTER OR LOCATION. **“IF YOU CAN SEE IT (LIGHTNING), FLEE IT (TAKE SHELTER). IF YOU CAN HEAR IT (THUNDER) CLEAR IT (SUSPEND ACTIVITIES).”** WAIT UNTIL 30 MINUTES AFTER THE LAST OBSERVED LIGHTNING OR THUNDER BEFORE RESUMING ACTIVITIES.

If no safe structure or location is within a reasonable distance, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters a victim through the ground rather than by a direct overhead strike. **MINIMIZE YOUR BODY’S SURFACE AREA, AND MINIMIZE CONTACT WITH THE GROUND! DO NOT LIE FLAT!** Stay away from the tallest trees or objects (such as light poles or flag poles), metal objects (such as bleachers or fences), individual trees, standing pools of water, and open fields. Avoid being the highest object in a field. Do not take shelter under a single, tall tree.

XVIII. NHIAA Guidelines on Ozone Pollution and Physical Activity:

School Administrators and coaches as well as other appropriate staff are to use this document in making decisions regarding indoor and outdoor activities during periods of high ozone pollution.

Charting Air Quality

Local officials use a simple scale to forecast and report on smog levels and other air pollution. Depending on where you live, it might be called Air Quality Index (AQI) or Pollutant Standards Index (PSI). Current air quality is reported as a percentage of the federal health standard for a pollutant. If the current Index is above 100, air pollution exceeds the level considered safe.

At Ozone smog levels above 100, children, asthmatics and other sensitive groups should limit strenuous exercise. Even otherwise healthy people should consider limiting vigorous exercise when ozone levels are at or above the health standard.

If the index is above 200, corresponding to an ozone pollution level of .20 parts per million (ppm), the pollution level is judged unhealthy for everyone. At this level, air pollution is a serious health concern. Everyone should avoid strenuous outdoor activity, as respiratory tract irritation can occur.

U.S. EPA Air Quality Index

Index Value	Descriptor	Color	1 hr. Ozone ppb
0 – 50	Good	Green	---
51 – 100	Moderate	Yellow	---
101 – 150	Unhealthy for Sensitive Groups	Orange	125 – 164
151 – 200	Unhealthy	Red	165 – 204
201 – 300	Very Unhealthy	Purple	205 – 404
301 – 500	Hazardous	Maroon	405 – 604

Observing Air Quality

A. Watch the Calendar

Ozone smog tends to be worst during the May – to – September “smog season.” Be especially conscious of smog levels during warm weather. In warm areas, smog can be a problem at any time of

the year. Carbon monoxide pollution levels also are related to the weather, as well as to altitude. In the western U.S., the highest carbon monoxide levels are found in the winter months.

B. Watch the Clock

Since sunlight and time are necessary for ozone smog formation, the highest levels of ozone typically occur during the afternoon. Since carbon monoxide is produced primarily by motor vehicles, the highest carbon monoxide levels usually occur during rush hour or during other traffic congestion situations.

C. Watch the News

Guidelines For Participation

A. Observe appropriate physical activity restrictions represented above.

B. If an ozone exceedance is expected, but has not yet occurred at the time an interscholastic practice or contest is scheduled to begin, that event may begin as scheduled.

C. If an interscholastic practice or contest is scheduled to begin and an E.P.A. warning is in effect (PSI 201 or higher), the event shall be cancelled, delayed or rescheduled.

When ozone levels reach a national PSI level of 201 (.201 parts per million), exercising indoors or outdoors may cause significant respiratory tract irritation and a decline in lung function. Therefore, strenuous exercise indoors and outdoors is to cease.

Recommended Restriction Of Physical Activity

The following limits on activity for each type of episode are as follows:

A. Level Orange, PSI 101-150 (Unhealthy for Sensitive Groups)

1. Active children and adults and people with heart or respiratory disease, such as asthma or allergies, should limit prolonged outdoor exertion.
2. Healthy individuals with noticeable health effects associated with existing conditions should minimize outdoor activity.

B. Level Red, PSI 151-200 (Unhealthy)

1. All athletes should discontinue prolonged, vigorous exercise indoors and outdoors.
2. Sensitive individuals, primarily children who are active outdoors and people with heart or respiratory disease such as asthma or allergies, should avoid indoor and outdoor activity.
3. Indoor and outdoor activities that should be avoided include, but are not limited to, calisthenics, basketball, baseball, running, field hockey, soccer, football, tennis, swimming and diving.

C. Level Purple, PSI 201-300 (Very Unhealthy)

1. All athletes shall discontinue vigorous indoor and outdoor activities, regardless of duration.
2. All indoor and outdoor physical education classes, sports practices and athletic competitions shall be rescheduled.

Note: Indoor practices may be held if an air-conditioned facility is available.

APPEAL FORM

Appeals may only be made involving a violation or misapplication of a rule and NOT on decisions of judgments.

Name of Meet: _____ Date of Meet: _____

Competitor's Name & Number: _____ -

School: _____

Area of Concern (circle one): Running Event Field Event

Event: _____ Rule Reference: _____

Description of Appeal: _____

Signature of Head Coach: _____

Time Submitted to Referee: _____

Decision of Referee (circle one): Appeal Upheld Appeal Denied

Signature of Referee: _____

Appealed to Jury of Appeals (circle one): Yes No

Decision of Jury of Appeals (circle one): Appeal Upheld Appeal Denied

Signature of Head of Jury of Appeals: _____

**NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION
TRACK & FIELD RECORD APPLICATION**

State Interscholastic Record _____ State Tournament Record _____

Division _____ Male _____ Female _____ Date of Application _____

Please type or print all requested information and include all required signatures. **If this qualifies as a national record, you must also complete a National Federation of State High School Associations (NFHS) Track and Field Record Application, which can be accessed from the NHIAA web site (www.NHIAA.org).**

In order for this record to be considered, it must:

1.) Be established in outdoor competition limited exclusively to high school contestants in a high school contest during the NHIAA approved season;

SECTION A.

Track or Field Event: _____

Record Time (**FAT only**), Height or Distance: _____

Name of FAT Operator: _____

Name of Meet where Record Set/Date: _____

(Date)

Location of Meet (City and State) where Record Set: _____

Print Full Name of Competitor(s) who Set Record (list all four names for relay event) and Include Grade(s) in School:

(Name)	(Grade)	(Name)	(Grade)
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(Name)	(Grade)	(Name)	(Grade)
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High School where Competitor(s) Attend: _____

City where High School is Located: _____

Signature of School Track & Field Head Coach, Principal or Athletic Administrator:

(Name)	(Position)
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SECTION B. (Certification By Contest Officials)

We/I verify that the competitive conditions were in compliance with NFHS and NHIAA rules and regulations. All parameters above were met. For track events, the race course was measured in accordance with NFHS rules and found to be official. For field events, the implement used by the competitor plus all other equipment and the competition area were in accordance with NFHS rules and found to be official. We/I support the record application and recommend its acceptance.

Signature of Referee: _____

Signature of Field Judge (for field events): _____

NOTE: All implements must be properly inspected and certified prior to competition on the day of the event.

Please complete and mail to:

NHIAA Outdoor Track and Field Committee, c/o NHIAA, 251 Clinton Street Concord, NH 03301

Following NHIAA Regional Tournament competition only, forms will be accepted by the NHIAA via fax at Fax: 603.225.7978, but a hard copy must also be mailed to the NHIAA Office.