



**NEW HAMPSHIRE INTERSCHOLASTIC ATHLETIC ASSOCIATION**

**2024-25**

**POLICY AND PROCEDURES  
FOR**

**BOYS AND GIRLS  
INDOOR TRACK**



**INDOOR TRACK COMMITTEE**

Larry Martin, Chair, Londonderry; Renee Archer, Nashua North;  
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- **ATHLETIC TRAINERS** – Schools requesting medical services are to provide the necessary supplies for the athletic trainer at all regular season and tournament events.

## **POINTS OF SPECIAL EMPHASIS**

### **1. By-Law Article I Policy; Sect. 8: Extra School Contests**

- A. No scrimmages, exhibitions, or practices of any type involving any NHIAA member schools shall be permitted after the first scheduled contest has been played by that school in that sport. Additionally, teams cannot participate in any post-season contests at any level once the sports season, as defined by the NHIAA, has been completed. Teams in the sport of indoor track may practice/compete in National Federation sanctioned events between the end of the sport season and the CNESSPA (New England) Championships. Participation in non sanctioned events cannot be granted by the NHIAA as it would violate the mandate to follow NFHS Rules. Individuals wishing to participate in such events may do so as long as they are not representing their member school. This means no school uniforms, registration as an individual only, and no school sponsored transportation. If a group of students from a school or schools choose to take a bus to an event they may collectively do so as long as it is not sponsored by the school district. Upon a written request from the school principal a coach may be present at a non sanctioned event if participation is for the reason cited in the Extra School Contest By-Law.

### **2. Concussion Statement:**

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.nhiaa.org](http://www.nhiaa.org); “What’s New” to view the  
NFHS Guidelines for Management of Concussions  
and the New Hampshire SB402 and its language as written

### **3. Electronic Devices:**

Personal electronic devices are prohibited in the competition area at all times, including while warming up. Violations may result in a disqualification. Watches are not considered personal electronic devices.

## Championship Meet Information

### DATES AND TIMES OF STATE MEET:

DIVISION	DATE	TIME
<b>I – Boys &amp; Girls</b>	<b>Saturday, February 8, 2025</b>	<b>10:00 a.m.</b>
<b>II – Boys &amp; Girls</b>	<b>Sunday, February 9, 2025</b>	<b>10:00 a.m.</b>
<b>DELAY TIMES</b>	<b>DIVISION I</b>	<b>1:00 p.m.</b>
	<b>DIVISION II</b>	<b>1:00 p.m.</b>
<b>The Committee suggested adding a provision to delay the start time rather than just cancel an event.</b>		
<b>Snow Date</b>	<b>TBD</b>	

1. **The meet will be held at Plymouth State University.**
2. The rules governing this meet will be those found in the National Federation Rules Book and in the NHIAA Handbook.
3. Seeding for the State Meets will take place at Londonderry High School on Tuesday, February 4, 2025:
  - i) **Division II – 5:00 p.m.**
  - ii) **Division I – 7:00 pm.**
 All coaches are invited to participate in the seeding meeting.
4. **By-Law Article I: Policy, Sect. 18: Admission Fees for NHIAA Tournament Events**  
 An admission charge of \$8.00 for Adults and \$6.00 for Students/Senior Citizen will be charged to spectators. This includes all team members who are not entered in the meet. All non-qualifiers will be expected to pay. A maximum of two (2) managers will be allowed to enter with the team.
5. **Division II - ORDER OF EVENTS:**

10:00 a.m.      - Shot Put; High Jump; Long Jump  
 - 4 x 800m Relay (Girls/Boys)  
 - 55m Hurdle Trials (Boys/Girls)  
 - 55m Dash Trials (Boys/Girls)  
 - 3000m Run  
 - 55m Hurdle Finals (Girls/Boys)  
 - 55m Dash Finals (Girls/Boys)  
 - 1000m Run (Girls/Boys)  
 - 600m Run (Girls/Boys)

- 300m Dash (Girls/Boys)  
 - 1500m Run (Girls/Boys)  
 - 4 X 400m Relay (Girls/Boys)  
 - 4 X 200m Relay (Girls/Boys)
- Division I - ORDER OF EVENTS:**

10:00 a.m.      - Shot Put; High Jump; Long Jump  
 - 4 x 800m Relay (Girls/Boys)  
 - 55m Hurdle Trials (Boys/Girls)  
 - 55m Dash Trials (Boys/Girls)  
 - 3000m Run  
 - 55m Hurdle Finals (Girls/Boys)  
 - 55m Dash Finals (Girls/Boys)  
 - 1000m Run (Girls/Boys)  
 - 600m Run (Girls/Boys)

- 300m Dash (Girls/Boys)  
 - 1500m Run (Girls/Boys)  
 - 4 X 400m Relay (Girls/Boys)  
 - 4 X 200m Relay (Girls/Boys)

6. **Entries are due on DirectAthletics by: Monday, February 3, 2025 at 6:00 p.m.**  
**Note:** It takes 24 hours for new users to be accepted into the Direct Athletics system.
7. Only athletes who are listed on the NH Indoor Track League Battlenotes are eligible to be entered in the meet. All performances must be met at NHIAA sanctioned meets.
8. Spikes that are 1/4" or shorter will be allowed in events except the Shot Put.
9. There will be a 20 meter exchange zone for all relays
10. **2024-25 State Meet Entries:**
  - For the state meet, there will be 16 entries in the hurdles and dash and 12 entries in all other individual events. In the 4\*800m relay, there will be 9 entries. In Division I, there will be 12 entries in both the 4\*200m relay and 4\*400m relay. In Division II, there will be 15 entries in the 4\*400 relay and 16 entries in the 4\*200m relay. All state meet entries will come from performances posted on the NH Indoor Track League Battlenotes and will be done at the seeding meetings.
11. **Conversion Times:** Conversion times from meet results will be allowed for the 1500 and the 3000. These times must be converted by the League Director. En-route times will not be accepted.
12. After the seeding meeting, no changes to entries will be allowed. If an athlete scratches from an event, he/she is out of the meet from that point on. This means that they cannot compete in the end of the meet relays.
13. If an athlete is entered in multiple events, the Indoor Track Committee reserves the right to enforce an "Honest Effort" Policy.
14. **Uniforms:**  
 All team members shall wear the school-issued or school-approved uniforms. All relay team member must wear uniforms clearly indicating, through predominant color, school logo, and color combination of all outer garments worn as a uniform, that members are from the same team. Note: The official should be able to observe that all members are from the same relay team. Refer to NFHS Rule 4-3 for the complete list of uniform rules.
15. **SCHOOL REPRESENTATIVE AT POST – SEASON ACTIVITIES**  
**(BY-LAW ARTICLE I: Policy; Sect. 10)**  
 Athletes participating in NHIAA sponsored post-season activities must have a school designated adult supervisor in attendance at the event throughout the athletes' participation in such event. The school designated adult supervisor must be authorized by the high school principal. The school designated adult must be a member of the faculty and staff of the school, preferably an administrator. This person should have the authority and skills to deal with issues that could arise during a tournament event to include dealing with coaches, student athletes, and fans. In individual sports it is permissible (although not recommended) for the principal to name a non-faculty person such as a parent as the school designated adult representative to supervise an individual student athlete. The school designated adult must sign in with the tournament director prior to the start of the competition (the sign in sheet is sometimes kept at the pass gate). In the case of a non staff person for an individual tournament, written authorization from the principal must be provided to the tournament director. It is an expectation that the school representative be present throughout the event. Failure to comply will cause a team/individual to be excluded from the tournament event.

**16. 50/50 RAFFLES:**

Fifty/Fifty drawings are permitted by the New Hampshire Interscholastic Athletic Association; 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.

**17. JEWELRY AND BODY PIERCING RULE:**

Prohibition of jewelry is not necessary in track and field and cross country. The wearing of jewelry ordinarily present little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped.

**18. ELECTRONIC DEVICES:**

Personal electronic devices are prohibited in the competition area at all times, including while warming up. Violations may result in a disqualification. Watches are not considered personal electronic devices.

**19. TOURNAMENT EVENT POSTPONEMENTS (WEATHER):**

- The decision to postpone a tournament event will be made by the NHIAA. **SCHOOLS WILL NOT BE NOTIFIED.** It will be the responsibility of the schools to check the NHIAA website at [www.nhiaa.org](http://www.nhiaa.org) (check the "Special Alerts" notification on the homepage), or [nh.staterunning.net](http://nh.staterunning.net). The NHIAA will notify Game Directors, Supervisor of Officials, Police and Athletic Trainers. **TEAMS SHOULD NOT LEAVE FOR THE TOURNAMENT SITE UNTIL THE NHIAA WEBSITE HAS BEEN CHECKED.**

**20. NEW ENGLANDS**

A total of 6 athletes from each event including relay teams from both Divisional Meets combined, will qualify for the New England Championships. Times and distances from the Division Meets will be used for the New England Seedings.

**21. APPEAL PROCESS:**

Larry Martin will serve as the referee at the NHIAA Indoor Track State Meets. Any protest you have should be directed to him directly, and he will rule on your protest. If you do not agree with his decision, you may appeal his decision (provided, of course, it can be appealed) to the jury of appeals, who will act as a Final Board of Appeals and whose decision will be binding.

**A. WHAT IS SUBJECT TO APPEAL?**

1. Misapplication of a rule.
2. Clerical errors in placing competitors in individual events or relays - provided the appeal is made no later than 30 minutes after the conclusion of the meet.
3. Errors in team scoring - provided discovery is made within 48 hours of the completion of the meet.
4. Misapplication or failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, etc.

**B. WHAT IS NOT SUBJECT TO APPEAL?**

1. Any judgment decision pertaining to violations or alleged violations of the rules.
2. A decision made by the finish judges or timers that does not involve a misapplication of a rule, or the terms and conditions of competition.

**C. WHAT IS THE APPEALS PROCESS?**

1. Must be made by the head coach in writing (form below).
2. Must include the competitor's name, school and the event involved.
3. The specific rule in question.
4. A brief description of the situation or ruling being appealed.

**22. Divisional Alignment:**

Indoor Track shall be aligned in two (2) divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

**2024-25 Indoor Track Divisional Alignment**

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DIV. I (950+)		DIV. II (1-949)			
21 Schools		41 Schools			
Pinkerton	3079	Oyster River	844	Gilford	492
Nashua South	1704	Man. West	781	Kearsarge	485
Nashua North	1626	Merrimack Valley	763	Prospect Mountain	410
Concord	1464	Pembroke	756	Somersworth	406
Dover	1417	Hollis/Brookline	750	Winnisquam	403
Bedford	1404	Kingswood	746	Conant	373
Spaulding	1390	Kennett	707	Belmont	360
Exeter	1384	Milford	698	Campbell	356
Man. Memorial	1365	Souhegan	693	St. Thomas Aquinas	354
Keene	1341	Hanover	689	Raymond	343
Londonderry	1291	Coe-Brown	662	Mascoma	342
Man. Central	1161	Con-Val	658	Trinity	327
Merrimack	1102	Plymouth	651	Newport	292
Salem	1096	John Stark	648	Inter-lakes	285
Winnacunnet	1073	Lebanon	618	Newmarket	280
Goffstown	1043	Bow	611	Franklin	272
Alvirne	1025	Laconia	590	Bishop Brady	261
Portsmouth	1024	Pelham	556	Mascenic	260
Windham	995	Sanborn	524	Epping	221
Timberlane	986	Monadnock	499	Portsmouth Christian	178
*Bishop Guertin	771	Stevens	499		
				*Petition	

**INDOOR TRACK PROTEST/APPEAL FORM**

COACH'S NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

COMPETITOR'S NAME: \_\_\_\_\_

EVENT: \_\_\_\_\_

Brief description of what situation is being protested:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The specific rule that refers to above:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

REFEREE'S ACTION: \_\_\_\_\_

Would you like to appeal this decision? YES \_\_\_\_\_ NO \_\_\_\_\_ Coach's Initials: \_\_\_\_\_

JURY OF APPEALS ACTION: \_\_\_\_\_

Signature of Committee Chairman: \_\_\_\_\_

**NOTE:** A copy of this form must be mailed to:  
**NHIAA Office**  
**251 Clinton Street**  
**Concord, New Hampshire 03301-8432**