

Maine Class A Track and Field Championships

# Track Participant Manual

June 3, 2023



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## Welcome

Congratulations to all student-athletes on qualifying for the 2023 Maine Class A Track & Field State Meet at Mt. Ararat High School in Topsham! This manual includes information for student-athletes competing in track events and tries to answer any questions that may arise.

## Live Results

Results are available live on MileSplit Live. Go to [milesplit.live/meets/556327](https://milesplit.live/meets/556327) or scan the QR code. This includes the meet program, records, last year's champion, and the team scores.



## Keeping the Infield Clear

The area inside the fence directly surrounding the track must be clear for the duration of the meet. Student-athletes, coaches, and spectators may only enter the infield if called upon for an event, awards presentation, or other legitimate reason.

## Check-in Procedure

Calls for check-in will be made 10 minutes prior to the start of each event. All competitors must check-in at the clerking table prior to the start of the first heat of the event. If there is a long line, competitors in the later event(s) should move to the back of the line to allow competitors in the next event to finish checking in (e.g. boys 100 dash runners should allow the girls 100 dash runners to move towards the front of the line).

Failure to check in prior to the start of a running event will result in a scratch from that event and all subsequent events that have not yet started (including field events). Failure to report to the starting line for the proper heat will also result in the scratch rule being applied.

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## Check-in Table

The check-in table is located near the start of the 100 meter dash. Competitors shall report to the table to check in for their event within the time allotted. After checking in, the competitors may proceed to the designated warm-up area, team areas, or return to another field event. Unless the competitor has been called to the infield for high jump, pole vault, or for an awards presentation, they may not be inside the fence around the track (see “Warm-up Area” and “Proceeding to the Competition Area”).

## Uniforms and Shoes, Individual Events

When competitors are checking in at the table, they must be in uniform (which may be covered by sweats) and have their spikes or other running shoes with them. Only the outermost layer is considered the uniform. Any garments worn under the school issued uniform are considered a foundation garment and are not subject to uniform rules. For the full rules, please refer to NFHS rule 4, article 3.

All shoes or spikes worn in competition will be inspected by the check-in clerks. Only pyramid or Christmas tree spikes 1/4" (7mm) or shorter will be permitted. Non-conforming spikes may be removed and impounded by meet management. Spikes will not be available from the table. Competitors will not be allowed to compete in their event until any infractions are corrected.

## Uniforms and Shoes, Relay Events

In addition to the uniform and shoe rules for individual events, all competitors on a relay team must be matching and clearly of the same team. NFHS notes that it should be clear that all members are from the same team. Relay teams will not be allowed to compete in their event until any infractions are corrected.

## Relay Cards

Relay cards should be submitted to the check-in table 60 minutes prior to the event starting. Please be sure to note the order of runners, scratch off excess runners, or note that there are no changes to the relay names. All four runners declared on the relay card must check in together.

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## Hip Numbers

Upon checking in for a running event, each competitor will be assigned a set of hip numbers. For each event, competitors will be given between one and four adhesive hip numbers.

### Races 400m or Less, Including Hurdles

Two hip numbers will be assigned and must be placed on both seams of the uniform bottoms, one on each side. Hip numbers do not always adhere well to certain fabrics, so placing the hip numbers on the skin or other areas may be acceptable.

### Races 800m or More, Excluding Race Walk

Hip numbers on both legs as described above, plus a number on the left chest.

### Race Walk

Hip numbers as described above (both legs and left chest), plus a number on the back between the shoulder blades. This will assist the Race Walk judges in identifying competitors.

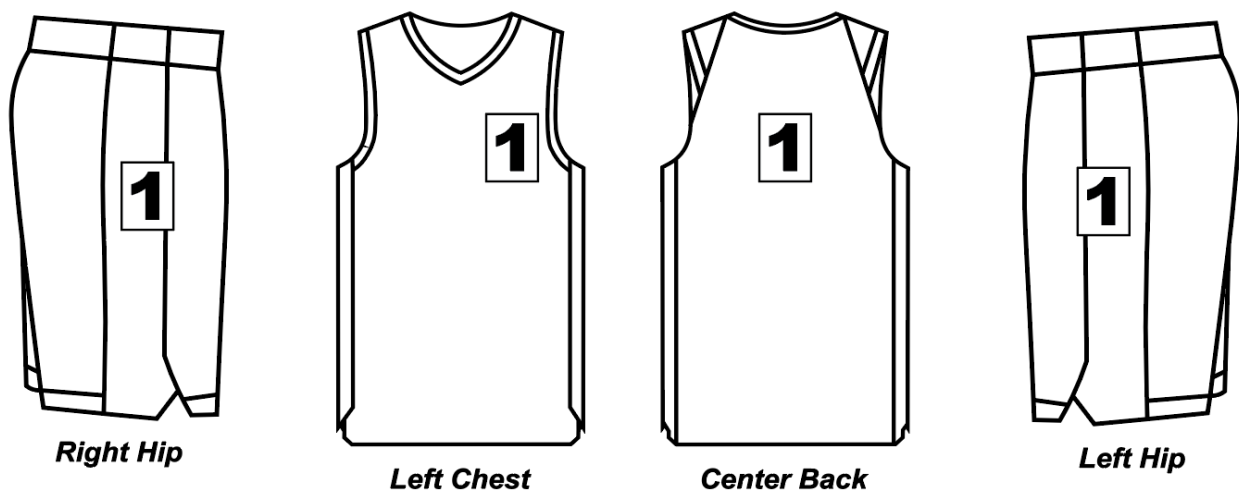
### 4x100m Relay

Only the anchor leg will be assigned hip numbers. See "Races 400m or Less, Including Hurdles".

### 4x400m and 4x800m Relays

First, second, and third legs, see "Races 400m or Less, Including Hurdles".

Anchor leg, see "Races 800m or More, Excluding Race Walk".



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## Warm-up Area

Competitors are prohibited from warming up in the area inside the track (infield). Acceptable warm-up areas are team areas (also referred to as “tent city”) or the closed off street between the stadium and javelin field. Please be careful walking with spikes on or with no shoes on at all.

## Proceeding to the Competition Area

Once check-in has closed for an event, all competitors in the event will be escorted to the starting line by the starter’s assistants (formerly known as line clerks). Announcements will be made on the public address system located next to the clerking table (not the stadium public address system) to report to the gate to enter the track.

Check-in will close 1 minute prior to the scheduled start of the event. This is when competitors should gather at the gate to follow the starter’s assistant to the starting line.

## Start Procedures

### Races 400m or Less, Including 4x100m and 4x400m Relays

The starter’s assistants will place competitors in their respective lanes for each heat. Competitors should use starting blocks and must begin setting them immediately (certain lanes may not be able to enter the track until the prior heat has concluded).

The commands “on your marks” and “set” will be given prior to the starting pistol being fired. All body parts must be behind the starting line (except hair). Relay batons may cross over the line.

In the unlikely event the gun is fired again, stop and return to the starting line. Any false starts will be charged with a disqualification and the competitor will be removed from that event.

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## Races 800m or More, Including 4x800m Relay

There are no lanes for these races, but there may be a double pole start. In this case, the starter's assistants will line up competitors by their hip number, starting from the inside of the track. If a double pole start is used, the faster group will be lined up on the outside pole. This group may not cut into lane one until after the first turn is completed. See the diagram below for more information.

The command "on your marks" will be given prior to the starting pistol being fired. All body parts must be behind the starting line and competitors must be standing. The starting line is the curved solid line. Once all competitors are motionless, the starter will fire the gun.

In the unlikely event the gun is fired again, stop and return to the starting line. Generally, this will be due to contact within the first turn of the race. The starter will allow a few moments for everyone to recover and return to the starting line. Medical assistance will be provided for any runners knocked down during the start.

## Block Holders

Individuals holding blocks must either be standing and facing away from the runners, or if seated, they must place their feet on the end of the center rail and not on the foot pads. For the 400m Dash and 4x100m Relay, the block holders in lanes one and two must remove the blocks after the runners have cleared the starting area so they are not in the way for the finish.

After an event has completed (such as the 300m hurdles), all blocks must be cleared from the track to prevent interference with the following events.

## Relays

### Batons

Batons will be provided by meet management and must be returned to the starter's assistants at the conclusion of the race.

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## 4x800m Relay

The first runner will start on the waterfall line (double pole if necessary). All second runners should group up together, third runners together, and fourth runners together. The umpires may assist in placing the next runner(s) on the track to receive the baton. Outgoing runners must take their starting position entirely within the exchange zone (on or inside the diamond). The exchange zone is 20m long.

## 4x100m Relay

After being directed onto the track by the starter's assistants, competitors shall head to their respective exchange zones (or starting line for the first runner). The first runner may use starting blocks and will be provided with a baton. Runners two, three, and four may begin setting up in their exchange zone at the direction of the umpires. These runners must take their starting position entirely within the exchange zone (on or inside the diamond). The exchange zone is 30m long.

The track markings for the 4x100m exchange zones are marked as the entire 30m zone. There are no markings for a 10m acceleration zone followed by a 20m exchange zone. Outgoing runners may place a single piece of tape in their lane before the zone to mark when to start. The tape must be removed before the next heat or event begins.

## 4x400m Relay

The first runners shall take their place on the starting line in their lane. Note that this is not the normal 400m/4x100m starting line. This starting line is approximately double the distance from the finish line. The first runner shall stay in their lane for their entire leg of the relay.

The second runner, before the start of their heat and while the first runners are getting set, shall take their place entirely within the staggered exchange zone. The umpires and starter's assistants will aid in this process. The first exchange zone is 20m long. The second runner must stay in their lane until reaching the breakpoint at the end of the first turn. The breakpoint will be



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clearly marked with small triangles placed on the lane lines. Upon passing the breakpoint, the second runner may begin to work their way into lane one.

The third and fourth runners will be lined up based on the approximate place of the incoming runners (i.e. the team in first place will be in lane one for the hand off). As each exchange occurs, the waiting runners can shift into the inner lanes. These exchange zones are also 20m and are not staggered. Outgoing runners must take their starting position entirely within the exchange zone (on or inside the diamond). The umpires and starter's assistants will aid the competitors in placement and answer any questions the competitors may have.

## Prelims and Finals

The 100 meter dash, 100 meter hurdles, and 110 meter hurdles will have qualifying and finals. Heat and lane assignments for the qualifying round are based on entries. After all qualifying heats have been completed, the top 8 fastest times will advance to finals. These finalists will be announced as soon as the information is available. The finalists may check in at the check-in table at any time before their finals begin.

All other track events will be conducted as finals.

## Helpful Track Diagrams

