2010 TRACK & FIELD

STATE CHAMPIONSHIPS:
May 27-29, 2010 2A,3A,4A State Track & Field (Mount Tahoma High School)
May 28-29, 2010 1B,2B,1A State Track & Field (Eastern Washington University)

<table>
<thead>
<tr>
<th>Passes -</th>
<th>1 per qualified contestant</th>
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<td></td>
<td>1-4 designated school personnel (coaches, managers, statisticians, etc.) 1 pass for every 4 contestants (Example: 1 to 4 contestants, 1 coach’s pass; 5 to 8 contestants, 2 coaches passes)</td>
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Registration of Teams: All schools must register their track and field qualifiers for the district meets on the athletic.net website using their school’s WIAA four-letter code (found on the WIAA Track and Field page at www.wiaa.com). All official qualifiers to the state meet will be automatically uploaded to the state meet roster registration from the qualifying meet report. Coaches’ information and school supervisors, etc. needs to be updated on the my.wiaa.com site by a school administrator by choosing “Track & Field” from the Program Roster section. This document will generate ALL passes needed for auxiliary personnel for each state meet site.

Allocations – All allocations in track and field are made to the WIAA Districts. Additional District entries will be allowed in which the WIAA-established Minimum Standards are met. If there is a tie in any heat/event which affects qualification for the State meet, THE TIE MUST BE RESOLVED at the District site. If ties for allocations occur in field events, the procedure for determining first place listed in the NFHS Track and Field Rule Book shall be followed. For ties in running events, there must be run-off between the ties.

Relays - Only one (1) team per school may compete. The relay team roster submitted at your respective district meet will be your roster for the State meet. No substitutes are allowed. This form must be submitted to your District Meet Manager at the beginning of your District meet. The same six runners will be the only members allowed to compete at the State meet once the form is submitted to your District Meet Manager.

Those Not Competing - Coaches and supervisors are not allowed on the infield during competition. Athletes who are not competing and coaches are to be seated in the stands. Coaches will not be allowed on the track or field during the meet. Important: Coaches and contestants are warned that being out of the stands, running alongside contestants, while shouting instructions and encouragement will not be permitted.

A contestant shall not enter nor compete in more than four events. Any number of these may be relays. A contestant is required to compete in preliminaries and/or finals of every event in which he/she has qualified. (The one exception is an alternate on a relay team. If the alternate does not run in the relay, they would not have to count the relay as one of their four events.) If a competitor exceeds participation limitations, all individual and team points earned in any event shall be forfeited. Coaches must be outside the fenced area of the track for running events and field events in the stadium and outside the fenced area in the throwing area. Participants and officials only please! Managers and statisticians should remain in the stands.
For the purposes of qualifying athletes to the State meet, “District” may refer to either a single WIAA District or to the WIAA Districts which combined or pooled their allocations. The District (or regional) meet is the final qualifying event held prior to the State meet.

Qualifying Meets - District qualifying meets are to be held no later than the Saturday prior to the State Track Meet. Any expenses incurred by the District meet shall be paid by the District.

Special Regulation - District Entries - A District has the prerogative of including a contestant who did not qualify in the Subdistrict meet as one (1) of their allowed allotted District entries provided the Subdistrict Board or delegated committee involved gave consent and the participant was on a school's eligibility roster for at least 50% of the regular season.

Seeding Criteria - The official District meet times submitted to the State meet manager for seeding purposes may be electronic or hand held (Hand held times are read in 10th of a second. Example: 10.41 would be submitted to the State Meet Manager as 10.5.)

Seeding Rules:
Lane Running Events
1. If there are no extra qualifiers, there will be 2 heats of 8 athletes each. The District winners will be seeded first in the middle lanes, followed by the 2nd place finishers. The 2nd place finisher will always be in a heat opposite the winner from their district. The remaining athletes will be ranked by their qualifying time and fill the remaining lanes of the 2 heats.
2. Runners from the same school will be separated when possible. The switch will be made with the same or comparable lanes only.
3. If there is a great imbalance of Districts in a heat an adjustment in lanes will be made.
4. If there are extra qualifiers, 3 heats will be run with the district winners filling the middle lanes, followed by the 2nd place finishers. The remaining athletes will be ranked by their qualifying mark and fill lanes working from the middle out.
5. If there are extra qualifiers in the 800 meter run, the extra entries will be placed in the second row and they must remain in their lane until they enter the straightaway at the end of the first turn. Heat and lane assignments are to be drawn by lots for the extra entry. Heats will be balanced as close as possible if there are extra qualifiers.
6. From the preliminary heats 8 will move on to the finals. If there are 2 preliminary heats the 8 will be the top 3 from each heat and the next 2 fastest times. If there are 3 preliminary heats the 8 will be the top 2 from each heat and the next 2 fastest times.

Distance Events
1. The District winners plus the top 2nd place finishers, based on time, will be placed in row 1 (totaling 8 athletes) and their position will be drawn by lot.
2. All others will fill row 2 with their position determined by lot.
3. If there are extra qualifiers, they will be placed in row 3 with positions determined by lot.

Field Events (Long Jump, Triple Jump, Shot Put, Discus Throw and Javelin Throw)
1. For these events the athletes will be seeded in reverse order by the district qualifying mark. There will be 2 flights of 8 with the top 8 seeds in flight 2 and the next 8 in flight 1. If there are additional qualifiers the numbers in each flight will be adjusted keeping the flights as even as possible.
2. The top 8 athletes after the preliminaries will compete in the finals in reverse order from their preliminary marks.

Field Events (High Jump and Pole Vault)
1. All 16 contestants plus any additional qualifiers will be in one flight in reverse order by their qualifying mark.
2. Contestants with the same mark will compete in the order the computer determines without regard to place in the district meet.
3. At each height there will be 5 alive whenever possible.

Registration Form - One copy of this form is to be filled in by the participating school and submitted to the state meet manager.
WIAA Post-Season and Replacing a Qualified Contestant - The League/Subdistrict and District/Regional meets are qualifying meets to the State Championships and consist of the WIAA Track & Field postseason.

- If a contestant or relay team is disqualified from the League/Subdistrict meet (in the prelims or finals) then that contestant or relay team will not advance to the District/Regional meet.

- If a contestant or relay team is disqualified from the District/Regional meet (in the prelims or finals) then that contestant or relay team will not advance to the State Championship meet.

- Once Subdistrict/League entries to the District/Regional meet are confirmed, a contestant must compete in all those events for which he/she has qualified at the District/Regional meet. Each District is responsible for establishing a confirmation deadline for entries to the District meet (traditionally the seeding meeting).

- Once a contestant has qualified for an event, participation is required in that event at the District and/or State Championship meet. If the contestant does not compete in all of the events which he/she has qualified at the District or State meet, then the contestant will be disqualified from the rest of the meet and shall forfeit all individual and team points earned in any and all events.

- In case a qualified contestant cannot participate in the next higher meet (Subdistrict/League to District/Regional, District to State), the principal of the school of the indisposed contestant is responsible for notifying the appropriate Meet Manager, who, in turn, will notify the principal of the next qualified contestant.

- In case members of a qualified relay team cannot participate in the next higher meet (Subdistrict/League to District/Regional, District to State), the principal of the indisposed contestants is responsible for notifying the appropriate Meet Manager, who, in turn, will notify the principal of the next qualified relay team. Any relay members who have qualified to participate in individual events will still be allowed to compete in those events assuming that proper notification was given to the Meet Manager.

- Once a contestant has qualified for an event, participation is required in that event at the District/Regional meet. If the contestant does not compete in all heats and events in which the individual has qualified at the District/Regional meet, then the contestant will be disqualified and team points earned by that individual in any of those events will be forfeited.

- Once a contestant has qualified for an event, participation is required in that event at the State Championship meet. If the contestant does not compete in all heats and events in which the individual has qualified at the State Championship meet, then the contestant will be disqualified and team points earned by that individual in any events will be forfeited.

- If a contestant withdraws from an event because of an injury or illness, the official meet doctor has the final authority to determine the contestant’s ability to participate. In this situation, an alternate participant is not allowed. No substitutions after the official start of the meet will be permitted.

- In the event that a contestant who has qualified refuses to compete or does not compete in all of his/her events in which he/she has qualified at the District/Regional and/or State Championships, or in the judgment of the Games Committee, failed to make a reasonable effort in any track or field event, that contestant shall be disqualified. Should this happen, that individual shall forfeit all individual and team points earned in any event. If there is an injury or illness involved, the official meet doctor has the final authority on return to play. The replaced participant will not be allowed to participate in the year’s District/Regional or State Track Meet competition. There are to be no substitutions after the official start of the meet on Friday morning.

Qualified Contestant List – School Administrator/or coach are to submit the list of qualified competitors to the District/Regional meet managers. School Administrator/or coach must submit their official relay team at their qualifying meet. When the team qualifies, that official relay card will be forwarded with all the other qualified entrants to the State Meet Manager.

Meet Rules and Procedures - ALL NFHS Track and Field Rules and state meet regulations will be followed. Any questions concerning meet infractions may be brought to the Games Committee only by the head coach of the team.
Meet management will designate a specific time and location for all students participating in the pole vault to weight-in and submit the Pole-Vaulter Weight Verification Form prior to the beginning of the pole vault competition. Only those students that weight-in prior to the meet and are cleared by the meet management will be allowed to compete.

**District Schedule of Events** - The District Meet is to be held using the Order of Events as outlined in the NFHS Track and Field Rules Book, (e.g., G 3200, B H Hurdles, G 100 Hurdles, etc.). All other rules and regulations of the NFHS will be used as well. The 1600m or 3200m may be run on opposite days during a two day meet.

**State Meet Minimum Standards' Policies** - In addition to the allocations, contestants in District meets who meet or exceed a minimum standard (established by averaging the third-place finishers in the last three State meets) may qualify to participate in the State meet. There can be no additional entries for events which are added to the State meet until after the new event has been in the State for a three year period in order to have established a minimum standard.

In the running events, any contestant who equals or exceeds the minimum standards in the finals of a District meet (District meet only), but has failed to qualify as part of the District's normal allocation, may participate in the State meet. In the field events the minimum standard may be made either in the preliminary trials or in the finals trials.

If additional entries qualify by minimum standards, these policies will be followed:

a. There will be no more than one (1) additional heat in any of the running events.

b. If there are three heats in the individual running events, the first two finishers of each heat, plus the next two fastest times, will qualify for the finals. If there is a tie, which offsets qualification for the finals, the competitors that tied shall qualify if lanes and positions are available. If they are not available, the competitors that tied shall compete again for the available position.

c. **800 Meter Run** - Extra entries will be placed in the second row and must remain in their lane until they enter the straightway at the end of the first turn. Heat and lane assignments are to be drawn by lots for the extra entry.

d. **1600 Meter Run & 3200 Meter Run** - Extra entries will be added to the third row and lane assignments are to be drawn by lot. Preliminaries will not be run in these events.

**State Meet Managers**: Contestants who have qualified by meeting minimum standards must be notified as to whether they are not competing in the meet, as the State Meet Manager has the authority to limit the number of participants.

**Check-In and Entry Materials** - Check-in will take place at the State meet sites on Thursday afternoon or evening, and Friday morning. State Meet Managers will establish practice times if facilities are available. Any coach or participant who arrives at the State meet site before noon on the day prior to the State meet shall be disqualified from the meet.

**Records** - Only records established in the preliminaries or Finals at the State meet shall count as State records. All applications for State or National records must be made in accordance with the NFHS Track and Field Rules Book.

**Participants' Limitations** - A contestant must compete in preliminaries and/or Finals of every event in which he/she has qualified at the State meet.) If a competitor exceeds participation limitations, all individual and team points earned in any event shall be forfeited. In the event that a contestant who has qualified refuses to compete, or in the judgment of the Games Committee, failed to make a reasonable effort in any track or field event, that contestant shall be disqualified. Should this happen, that individual shall forfeit all individual and team points earned in any event. If there is an injury or illness involved, the official meet doctor has the final authority on return to play. The definition of a relay team member is as follows: Four, five or six members are listed and only these can run, but any four of these are eligible for each race starting with the preliminary heat of the District meet and ending with the State finals. The relay counts as an event for those who run. (revised 1/18/05)

**Meet Procedures** - With the exception of those special rules which may have been adopted by WIAA, the NFHS Track & Field Rule Book will govern the meets in all classifications. Any problems that arise before or during the meet should be brought to the attention of the Games Committee.

**Scoring** - Eight (8) individuals/relay teams will score in each event. Awards will be presented in the individual events directly after the results have been verified. An eight (8) entry tournament will receive four (4) medals per event.
sixteen (16) entry tournament will receive eight (8) medals per event. All **team** awards will take place at the end of the meet.

**Appeals Procedures**- Appeals must follow the appeal process in the NFHS Track and Field Rules Book.

**FAT Timing System**- Fully automatic timing system will be used for all running events. The timing system operators will not recall races in the event of the FAT system malfunctioning. Hand timers will be utilized instead. If a malfunction occurs during a preliminary heat, hand times will be used for all heats to determine advancement and seeding in the finals. State Meet Managers are authorized to use official pictures of the finish to assist meet officials in making final decisions. This would include videotaping. These pictures are to be used by and are available to meet officials only.

**Uniform Information**- The NFHS Track and Field Rules Book uniform rule will be enforced. It is the individual athlete and relay teams’ responsibility to compete in the proper uniform. All contestants, in both the running and field events must wear their numbers when competing. Competitor numbers will be worn on the front of the uniform. Bare midriff tops are not allowed. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. Uniforms will be required to be tucked into the shorts, if necessary, at the start of the event so the hip number is not blocked. This will be enforced by the clerk. Hip numbers will be used for all running events and will be worn on the hip facing the FAT camera. Doo-rags, handkerchief and hats of any kind are not allowed during competition. Plain head bands will be acceptable (no logos of any kind will be allowed).

**Sportsmanship**- Officials will enforce rules related to sportsmanship and unacceptable behavior. Competitors, coaches, and/or team members, who violate the rule or the spirit of the rule, may be disqualified from an event and/or the meet.

**Cell Phones/Walkie Talkies/Video Camera**- Cell phones, walkie talkies, IPOD’s, MP3’s, etc., and any other wireless communication are prohibited in the event areas, with the exception of meet management. No competing athlete may view video cameras or cell phones during the competition that is active at that time.

**Clerk of the Course** - Entries must be checked in with the Clerk of the Course prior to an event. All events will be called three (3) times by the official announcer and all contestants must report to the Clerk of the Course when called. If a contestant does not comply with this regulation, he/she will be scratched from the event. The Clerk will be at the designated area of each event to check entries. Any changes that a coach must make may be made at that time with the Clerk of the Course.

**Coaches Information** - Coaches are responsible for seeing that their squad members comply with the warm-up regulations. Coaches will stay in the grandstand or other designated area provided by the meet management. If there is an injury to one of their own team members you may be beached onto the field or track. They may also leave to the appropriate appeals area to consult with the Games Committee if there is a question concerning a ruling in an event.
SPECIAL RULES FOR RUNNING EVENTS

1. If an athlete is competing in a field event and running event held at the same time, the athlete must check-in with the clerk before the beginning of both events. He/she may then report directly to the starting line where he/she will seek out a Clerk for final check and instruction. The athlete will leave his/her event no later than the third call. The events start will NOT be delayed for any athlete who reports late.

2. Runners will be escorted to the starting line, by the clerk, and placed in their proper lanes.

3. Athletes may not report to the starting line without having checked in with the clerk.

4. Runners, at the end of each race, are to stay in their lanes until they are dismissed.

5. The 400 meter race will be run in lanes the entire distance, compensated by the appropriate stagger.

6. The 800 meter run will be staggered for one (1) turn and the contestants may break for the pole as they enter the straightaway at the end of the first turn.

7. The 1600 meter relay. The first runners must stay in their lanes the entire 400 meters. The second runners must stay in their lanes until they have completed the first turn or 100 meters.

8. Relay team members may place up to two marks on the track. No chalk is to be used. Markers (tape / half of a tennis ball / poker chips) are to be removed following the race. Specific markers will be designated at each site by Meet Management for all relays and field events. Batons will be provided for all relay teams.

9. Starting blocks will be provided for competitors to use. Athletes may use their own blocks, subject to verification by one of the Starters at the meet. Meet officials will not be responsible for any blocks other than the ones provided.

10. Starting blocks will be provided for competitors to use. Athletes may use their own blocks, subject to verification by one of the Starters at the meet. Meet officials will not be responsible for any blocks other than the ones provided.

11. ¼" pyramid spikes are recommended. Pin or needle spikes and spikes longer than ¼" are not allowed. Nonreplaceable Christmas tree spikes (1/4" or shorter) will be allowed. Spike lengths will be checked at the event areas.

SPECIAL RULES FOR FIELD EVENTS

1. No extra practice will be allowed in unused event areas before or after an event, unless determined by the event judge or field event referee. Athletes who violate may be disqualified from the event or the remainder of the meet.

2. Field event competition in preliminaries (shot put, discus, javelin, long jump and triple jump) will be held in flights of eight (8) athletes. The eight (8) best marks and all ties for the last qualifying spot will move into the finals. Athletes will compete in reverse order for the finals.

3. During the preliminary competition each athlete will have three (3) trials. Athletes will have three (3) more trials in the finals.

4. In all field events, competitors have one minute to begin their attempts at a trial or pass. The athlete must announce his/her intention to pass when called “up.” After one minute an unsuccessful attempt is charged. In the pole vault, competitors will have 90 seconds to begin their attempts.

5. Athletes must check-in with the head judge at the event before the event begins. If athletes check in after the event has begun they will not be allowed to compete.

6. All field event areas will be open for warm-up 60 minutes prior to the start of the event, under the supervision of the head judge. The warm-ups will end fifteen (15) minutes before the event starts. The head judge will then give instructions to all competitors. Following instructions, the first flight of competitors will be allowed two additional warm-ups. Prior to the start of each flight/finals, competitors will be allowed two additional warm-ups.

7. Excused time: If athletes “check out” for another event, they must notify the head judge and tell the judge which event they are leaving for. The excuse time will be established by the games committee at each site. The athlete must check back in within the established excused time or risk the loss of a trial. The athlete must notify the head event judge when they return. In some cases, successive throws in both the preliminaries and finals may be allowed if the competitor identifies the need to the head official at the time he/she is called “up” for an attempt. Athletes in running events must check-in with the clerk prior to the start of their field event.

When room is available, an athlete that will need to be excused from an event may change flights, per approval of the field referee, for that event if this request is made prior to the start of warm-up.
To accommodate the field event athlete to be excused and make the disruption of the competition as insignificant as possible, the excused athlete may report directly to the starting line and seek out a Clerk for final instruction for the upcoming running event. This should take place when the “3rd Call” is made, no later. The start of the race will not be held for these athletes. This athlete MUST clear this with the Clerks in the Clerking area prior to the beginning of the running event for which he/she wishes to be excused.

8. ¼" pyramid spikes are recommended. Pin or needle spikes and spikes longer than ¼" are not allowed. Nonreplaceable Christmas tree spikes (1/4" or shorter) will be allowed. Spike lengths will be checked at the event areas.

**Discus/Shot Put**

Implements must be inspected at the certification area, one hour prior to competition. For the shot put, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight and circumference. For the discus, the inspection will consist of a visual inspection (specifically looking for possible indentations that may allow for an advantage with the grip), weight, diameter of the discus and thickness of the center of the discus. The host site will also furnish certified discuses and shots, if needed. Shot puts certified for competition will be placed in a pool and may be thrown by any competitor. Discus certified for competition will not be shared without permission from the school to which it belongs. Implements will be marked, collected and delivered to the event area. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with discus or shot puts will be taken within the competition area for these events under the direction of the head official. The throwing sector for the discus and shot put will be 34.92 degrees.

**Javelin**

Implements must be inspected at the certification area, one hour prior to competition. For the javelin, the inspection will consist of a visual inspection, weight, length of the javelin, length of binding, balance check and maximum distance from the point of the javelin to the balance point. The host site will also furnish certified javelins. After being certified, all javelins will be sequestered until they are delivered to the competition site prior to competition. Javelins certified for competition will not be shared without permission from the school to which it belongs. Implements that are not certified will be collected and held until after the event. They may be picked up at the completion of the event. All practice throws with javelins will be taken within the competition area for the javelin under the direction of the head javelin official. Two check marks are allowed. These check marks must be removed at the completion of the event. No chalk is to be used.

**High Jump / Pole Vault**

The NFHS rule about passing shall apply. If competitors have passed all three consecutive heights, they may have one warm-up jump without the cross bar in place. Two check marks are allowed on the approach apron for the high jump. These check marks must be removed at the completion of the event. No chalk is to be used. Two check marks are allowed outside of the runway for the pole vault. These check marks must be removed at the completion of the event. No chalk is to be used.

When an athlete returns from competing on the track, the athlete will enter the competition at the height in progress. The bar will not be lowered. Starting heights will be one interval below the lowest qualifying height. In the high jump, the cross bar will be raised in 2" intervals until only half of the contestants remain. Thereafter, the bar will be moved up in 1" intervals, until one contestant remains. In the pole vault, the cross bar will be raised in 6" intervals until only half of the contestants remain. Thereafter, the cross bar will be raised in 3" intervals, until one contestant remains. For the pole vault event, each contestant, prior to the warm-up, must present to the head event judge a new (updated) WIAA weight certification form. This form must be filled out, dated, and signed by the appropriate parties. A contestant will not be allowed to warm-up or compete without a new (updated) form. Pole vault poles will be inspected and certified at the pole vault venue by the Head Officials. Athletes will also be weighed-in during the inspection. Poles must be clearly marked with the proper markings. Any pole that is presented for inspection that is improperly marked or otherwise illegal will be confiscated and picked up after the event in complete. Competitors may not use the pole of other individuals without their consent. Any competitor who vaults on a pole that is rated below their allowable weight will be disqualified from the event. In the high jump and pole vault, the first five competitors, as determined by the games committee, constitute a flight. As a contestant clears the bar, passes a turn at the height or is eliminated, the next competitor in order will move up so that the number of competitors in the active flight remains constant at five (five alive competition rule).

**Long Jump /Triple Jump**

Two check marks are allowed outside of the runway. These check marks must be removed at the completion of the event. No chalk is to be used.
WIAA BOARD APPROVED RECOMMENDATIONS:

JAVELIN RECOMMENDATIONS FOR STATE EVENTS

1. No unauthorized javelin practice will take place at the competition venue. (1) hour prior to the event for certification as a legal instrument.
2. All javelins must be delivered to the official weighing and measuring station at least one (1) hour prior to the event for certification as a legal instrument.
3. After being certified, all javelins will be sequestered until they are delivered to the competition site prior to competition.
4. Before any javelins are given to participants, the head javelin official will review with all participants the procedures for competition including a review of all safety concerns with the javelin competition. (SEE COMPETITION SAFETY RECOMMENDATIONS LISTED BELOW)
5. Javelins will be delivered to the participants just prior to the warm-up period.
6. All practice throws with javelins will be taken within the competition area for the javelin under the direction of the head javelin official.
7. Prior to throwing, contestants should be instructed by their coaches in the proper warm-up techniques for stretching the arm, shoulder area, legs and back in order to reduce the chance for muscle injuries.
8. After each throw, the individual javelins are to be returned to the safety area as designated by the head javelin official.
9. In order to conduct a safe competition, the minimum of six officials is needed at the javelin site at all times. Competition should be halted if adequate personnel are not available for conducting the event.
   * One person to mark the throws
   * One person to measure the throws
   * One person to pull the tape measure
   * Two people to retrieve javelins and
   * Head javelin official.
10. The marshal assigned to the area should not have duties associated with the actual event but should be responsible for the total area around the javelin competition helping to ensure the safety of participants, coaches and spectators.

JAVELIN COMPETITION SAFETY RECOMMENDATIONS FOR MEETS INVOLVING MEMBER SCHOOLS

1. A javelin event should not be held unless trained personnel are available to conduct the event. Schools are encouraged to develop a plan to train officials.
2. All athletes are instructed in javelin safety rules and regulations prior to being allowed to throw or compete. After competition no additional throws are permitted.
3. A field marshal should be used to make sure no athletes or spectators enter the sector or warm-up area.
4. It is recommended that the throwing area be roped off or bright orange cones and warning signs be posted.
5. Athletes waiting to throw are made to wait well behind the throwing area.
6. All thrown javelins are retrieved by an official or coach and handed to the athlete outside the sector. A side should be designated usually the side the wind is blowing away from.
7. The head official stands in the center of the approach and placing an orange cone on the runway thus prohibiting the next competitor from throwing until the sector is clear.

PRACTICE SAFETY PROCEDURES FOR JAVELIN THROWERS

1. It is recommended that all javelins be carried to and from the practice area under the supervision of a coach.
2. All javelins are stored in a locked area when not in use.
3. All javelin practice must be supervised by trained school personnel.
4. During actual practice each thrower remains behind the throw line until all javelins have been released. Only when the order “recover javelins” is given are the throwers allowed to retrieve their implements under the direction of a coach or designated teacher. The athletes are directed to retrieve their javelin, walking in a backward fashion, so that they are always in vision of the run way or throwing area.
5. At no time is a student allowed into the throwing area while a teammate still possesses a javelin.
6. It is recommended that javelin practice take place when there are no other athletes either on the track or on the throwing field.
7. These rules are to be reviewed daily by the coach prior to any javelin practice.
8. The javelin throwing area must be well marked and cordoned off by rope or bright orange cones. Athletes are not permitted into the sector until practice has concluded.