

# Georgia High School Association 2016 Track and Field RULES CLINIC





Be sure to frequently visit the GHSA Track & Field webpage for updates, important announcements and late breaking news!!

### Track and Field



#### TOP STORIES

1/8/2016  
2016 Georgia Track and Cross Country Annual Coaches Clinic

9/17/2015  
2016 Sectional Track Sites and Information

6/19/2015  
Banneker Standout Named Gatorade Georgia Boys Track Athlete...

6/17/2015  
Rockdale County Standout is Gatorade Girls Athlete of Year

5/17/2015  
Congratulations 2015 Boys Track State Champions

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#### DATES TO REMEMBER

1/18	Earliest Date for Track and Field Practice
2/8	Earliest Date for Track Meet
4/23	Complete Region Track
4/25	Report Region Track Winners to GHSA
4/30	Sectional Track Meets

[VIEW MORE](#)

#### SHOP GHSA

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Officials' Uniforms

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#### QUICK SOURCE

- CERTIFIED POLE VAULT SITES
- CLASS A AREAS
- PAST CHAMPIONS (BOYS)
- PAST CHAMPIONS (GIRLS)
- RULES & PROCEDURES
- SCHOOL HYTEK CODES

#### STATE CHAMPIONSHIP

GHSA Track & Field State Championships presented by Atlanta Track Club

When	Schedule
May 5-8, 2016 (Girls)	Tentative Schedule
May 12-14, 2016 (Boys)	Tentative Schedule

Where

Memorial Stadium (Boys) Jefferson, GA	Hugh Mills Stadium (Girls) Albany, GA
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[VIEW MORE](#)

The GHSA Track & Field MIS site is accessed through the "Affiliate Login" at the top of the GHSA website.

\*\*\*\*\* GEORGIA HIGH SCHOOL ASSOCIATION \*\*\*\*\*



Affiliate Login



Sports & Activities - Schools - Inside GHSA - Coaches/ADs - Officials - Resources -

The GHSA MIS site **MUST** be used for electronic submission of Area/Region entries, electronic submission of Area/Region Meet Results to the Area/Region Winner's Form, Replacements from Area/Region Meets to Sectional meets and Replacements from Sectional Meets to State Meets.

Each member school's AD has been issued login credentials for submission of each school's Area/Region entries.

Each Area/Region Coordinator / Region Secretary (or designee) will be issued login credentials for submission of Area/Region Meet Results to the Area/Region Winner's Form.

Each Area/Region Coordinator / Region Secretary (or designee) will be issued login credentials for submission of Area/Region Meet Replacements to Sectional Meets.

Each Sectional Meet Director will be issued login credentials for submission of Sectional Meet Replacements to State Meets.

## GHSA TRACK and FIELD TRACK AND FIELD MEET REQUIREMENTS



**2015-16 GHSA CONSTITUTION  
SECTION 14  
TRACK AND FIELD**



**Pp. 91-92 – GENERAL INFORMATION**

C. Track meet requirements:

1. There will be no interscholastic practices or exhibition meets in Track.
2. The maximum number of meets that may be scheduled is twelve (12), but no individual student may compete in more than ten (10) meets (excluding the Region/Area, Sectional and State Meets).
3. Track teams may compete in one (1) indoor meet, and this meet will not count as a part of the ten (10) meets allowed per athlete provided the meet is after the date for practice to begin and prior to the date to begin regular competition.
4. It is permissible for coaches to use "split squads" during the regular season. However, the use of split squads will count as two (2) of that school's maximum allowed competitions.

1

## There are several GHSA Track & Field rules that DO NOT align exactly with the NFHS T&F Rule:

The GHSA Individual Participation Rule / Limits does NOT align with that in the NFHS Rulebook:



### 2015-16 GHSA CONSTITUTION SECTION 14 TRACK AND FIELD



#### P. 92 – GENERAL INFORMATION

E. A contestant in Track and Field may enter a maximum of both relays, and any one (1) of the combinations listed below. Competitors not on one or both relay teams are still restricted to one of the following combinations:

1. three (3) field events
2. two (2) field events and one (1) running event
3. one (1) field event and two (2) running events
4. relay teams for a school may be composed of any eligible student from that school, but after qualifying in the Region meet, there may be no change in the contestants of that team.

**NOTE:** Schools entering two teams in the 4x100 or 4x400 Relay events at Area/Region meets may **NOT** list the same competitor's name as a member of both A and B relay teams in the same event.

## Relay Team Members Clarification:



At the conclusion of the Area / Region Scratch Meeting (or if NO scratch meeting is held, when Area / Region Meet competition begins), the competitors' names listed for each Relay entered **CANNOT** be changed.



These Relay names will remain the **SAME** throughout the State Meet Series: Area / Region / Sectional / State Meets and are the **ONLY** eligible participants for qualifying Relay Teams throughout the State Meet Series.

## There are several GHSA Track & Field rules that DO NOT align exactly with the NFHS T&F Rule:

The GHSA has opted to **PROHIBIT** the wearing of jewelry during competition:



### 2015-16 GHSA CONSTITUTION SECTION 14 TRACK AND FIELD



#### P. 92 – GENERAL INFORMATION

H. Athletes may not compete while wearing:

1. Jewelry.
2. Hair beads of any type.
3. Sunglasses.

**NOTE:** An athlete who requires the use of sunglasses during competition for medical reasons may obtain permission to wear them by presenting a letter from his/her doctor stipulating the required use. This letter must be presented to the Meet Director or Meet Referee prior to competition.

## There are several GHSA Track & Field rules that DO NOT align exactly with the NFHS T&F Rule:

The GHSA has opted to continue the requirement that **ALL VISIBLE undergarments and any OTHER clothing items (EXCLUDING the uniform, socks and foundation garments) must be unadorned and of a single (same) color, having a maximum of ONE manufacturer's logo. A Uniform Guidelines document is available on the GHSA Track and Field webpage.**



### 2015-16 GHSA CONSTITUTION SECTION 14 TRACK AND FIELD



#### P. 92 – GENERAL INFORMATION

...Any visible shirt worn under the track jersey, and other visible apparel worn under the shorts, must be unadorned and of a single (same) color. Clothing items with multiple logos are not designed as outerwear and are NOT legal. Uniforms must be exactly the same per event. (EXAMPLE: team members throwing the discus must have the exact same uniform. Relay team members must have on the exact same uniform. But the discus and relay uniforms may be slightly different from each other.)

**There are several GHSA Track & Field rules that DO NOT align exactly with the NFHS T&F Rule:**



**UNIFORMS HELPFUL HINT**



While Uniform rules are quite specific, there is always some grey area open to interpretation by meet officials. Try to anticipate the strictest interpretation of the rules that your team may encounter. As the season begins, make sure your athletes thoroughly understand the rules governing jewelry and uniforms. Even though many of the early small meets may not strictly enforce these rules, impress upon your athletes the importance of being in compliance anyway. Prevent a pattern of competing while violating these rules even if there are no apparent consequences for doing so. As important meets approach, reaffirm that all athletes are fully aware of, and in compliance with the rules. This is extremely important in relays. Again, try to anticipate the strictest interpretation and prepare accordingly.

**NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules.**

**THE GHSA Track and Field website contains a Uniform Guidelines Memo with more specific Uniform guideline & illustrations:**

**GHSA Track & Field and Cross Country Uniform Rules**

**THE GHSA HAS OFFERED TO MAINTAIN THE REQUIREMENT THAT ALL VISIBLE UNDERGARMENTS BE UNADORNED AND OF A SINGLE (SAME) COLOR**  
 GHSA 2015-16 Constitution & By-Laws - Section 14 - Track and Field  
 GENERAL INFORMATION Section 14.0 (P. 94-95)

B. All GHSA Track and Field meets will be run in accordance with the rules published in the National Federation Track and Field and Cross Country Rule Book with any exceptions and/or adaptations noted in this section.  
 G. All competitors shall have leg apparel. The uniform must consist of a track leg and each bottom or a equivalent (one-piece uniform) prescribed by the club and approved by the school. Undergarments clearly designed for "underwear" and NOT made for athletic purposes. In relay meets, each team member shall wear the same color and design of athletic uniform. Any visible undergarments that are not the same color and design as the uniform, and of a single (same) color. Undergarments must be worn on the entire leg area. (NOTE: This includes anything that shows from the waist down to the ankles. Undergarments must be worn on the entire leg area. IN ACCORDANCE WITH NFHS RULE 2-2.1 (p. 2). Be the device and only uniform may be slightly different from each other.)

NOTE: Although CL 10023-LE11 BREFTS are legal bottom for girls (NFHS Rule 4-3-1-c), a "general definition of 'undergar' and bottom is that all leg undergarments are functionally under the skin when the athlete is standing upright."  
 [COMMENT: A frequently occurring uniform violation is a competitor who wears a top and/or bottom CL 10023-LE11 "bottom" that neither sport (athletic, baseball, wrestling, etc.) nor track bottom as NOT under the GHSA REQUIREMENT of a "track leg and track bottom."]  
 NOTE: The ultimate responsibility to have each competitor compliant with uniform and jewelry rules is with the coach. Coaches should inspect any/all garments that competitors wear to ENSURE that they are in compliance with the GHSA & NFHS Uniform Rules!

**Typical Examples of Illegal / Legal Uniforms**  
**UNDERGARMENTS ARE NOT UNIFORMS!**

The illustrations show various types of athletic undergarments. Some are labeled as illegal, such as "Undergarments with multiple colors / patterns" and "Undergarments with multiple colors / patterns". Others are labeled as legal, such as "Undergarments with single color / pattern" and "Undergarments with single color / pattern".

**Region / Area Competition 2016 REQUIREMENT:**  
**ALL Region / Area entries MUST be submitted electronically on the GHSA website.**



**2015-16 GHSA CONSTITUTION SECTION 14 TRACK AND FIELD**



**P. 93 – REGION/AREA COMPETITION**

- A. Deadlines for posting the Region/Area list of entries will be a Region/Area decision.
  1. All entries must be made **ELECTRONICALLY** on the GHSA MIS web site. A template will be posted there for use by all head track coaches. [Note; each school's AD has been issued login credentials for this purpose.]
  2. Posting entries on sites other than the GHSA web site does **NOT** fulfill the GHSA requirement for electronic submission.
  3. Coaches may alter the list of entries up until the Scratch Meeting that precedes the Region/Area Meet.
  4. All Region Secretaries/Area Coordinators should communicate their deadline for entries before any "Scratch Meeting" that may precede the Region/Area Meet.

**Region / Area Competition A 2016 REQUIREMENT:**  
**ALL Area / Region entries and results MUST be submitted electronically on the GHSA MIS site.**



The Area / Region Winners form must be completed electronically by each Area Coordinator / Region Secretary (or designee) on the GHSA MIS site the deadline is 9 am on Monday, April 25, 2016.



The Area Coordinator / Region Secretary (or designee) should ALSO download a pdf copy of the Area / Region Winners form and forward by email to all Area / Region coaches for review to ensure accuracy.

**NEW in 2016:**  
**Area/Region Coordinators / Region Secretaries (or designees) must not only submit results on the MIS site but ALSO edit/correct Area/Region entries for each school on the MIS site to reflect any changes (scratches/additions/replacements) made at the Scratch Meeting.**

**This is a change from the past when each school's coach made these changes in their Area/Region entries.**

## GHSA TRACK AND FIELD SECTIONAL MEET REMINDERS



### 2015-16 GHSA CONSTITUTION SECTION 14 TRACK AND FIELD



#### Pp. 93-94 – SECTIONAL COMPETITION (excerpt)

##### A. Basic Information

1. The top four (4) finishers in each event from each Region/Area meet will advance to a Sectional Meet.

**NOTE:** When a qualifier can not compete in the Sectional Meet, the next competitor in the order of finish will be selected as a replacement.

- C. **All replacements from the Region/Area meets for the Sectionals must be made ELECTRONICALLY using the form posted on the GHSA MIS web site. The AREA COORDINATOR / REGION SECRETARY (or designee) may make confirmed changes and/or corrections. The deadline for all changes is 12:00 noon on WEDNESDAY, APRIL 27, 2016.**
- D. A listing of Sectional Sites and Sectional Seeding and Advancement procedures may be found on the GHSA Track and Field web site.

## GHSA TRACK AND FIELD SECTIONAL MEET REMINDERS



Sectional Meet Participants Lists will be posted on the GHSA Track and Field website **NO LATER than 9 am on Tuesday, April 26, 2016.**



**ALL coaches of qualifying athletes should check the GHSA website to verify accuracy of entries. If one of your athletes will be unable to attend the sectional meet you should contact the region meet director before the deadline for changes so a replacement can be made. NO replacements after the deadline!**

Sectional Meet Programs will be posted on the GHSA Track and Field website **NO LATER than 9 am on Thursday, April 28, 2016.**

## GHSA TRACK AND FIELD STATE MEET REMINDERS



### 2015-16 GHSA CONSTITUTION SECTION 14 TRACK AND FIELD



#### P. 94 – STATE FINAL (excerpt)

- B. The top finishers as described (in the Sectional Competition guidelines) from each Sectional Meet will qualify for the State Meet in all classifications.
  1. When a qualifier can not compete in the State Meet, the next competitor in the order of finish will be selected as a replacement.
  2. **All replacements for the State Meet must be made ELECTRONICALLY using the form posted on the GHSA MIS web site. Only the SECTIONAL TRACK MEET DIRECTOR may make changes/corrections to the list of State Meet Qualifiers. The deadline for all changes is 12:00 noon two (2) days prior to the beginning of the State Final.**  
**Girls: Tuesday, May 3, 2016    Boys: Tuesday, May 10, 2016**

## GHSA TRACK AND FIELD STATE MEET REMINDERS



State Meet Participants Lists will be posted on the GHSA Track and Field website **AFTER 5pm on Monday, May 2, 2016.**



**ALL coaches of qualifying athletes should check the GHSA website to verify accuracy of entries. If one of your athletes will be unable to attend the state meet you should contact the sectional meet director before the deadline for changes so a replacement can be made. NO replacements after the deadline!**

Girls State Meet Programs will be posted on the GHSA Track and Field website **NO LATER than 9am on Wednesday, May 4, 2016.**  
 Boys State Meet Programs will be posted on the GHSA Track and Field website **NO LATER than 9am on Wednesday, May 11, 2016.**

## GHSA TRACK AND FIELD Coaches' Handbook



Look for the GHSA Track and Field Coaches' Handbook to be posted on the GHSA Track and Field website sometime AFTER February 18, 2016



The Handbook will contain:

- Important Dates and Deadlines
- Sectional Meet and State Meet Schedules of Events
- Coaches' Check List for meeting responsibilities and deadlines

as well as other GHSA Track and Field information pertinent to the 2016 season.

## GHSA TRACK AND FIELD Coaches' Handbook



2016  
GEORGIA HIGH SCHOOL ASSOCIATION  
TRACK & FIELD



TRACK & FIELD COACHES' HANDBOOK

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## Use of Electronic Devices NFHS Rules 3-2-8 and 4-6-5



- **RULE 3-2-8...** Electronic devices **may** be used in **unrestricted** areas and **coaching boxes**, providing the location does not interfere with progress of the meet as determined by the meet referee
  - Electronic devices shall not be used to transmit information to the competitor during the race or trial
- **Penalties:**
  - A competitor shall be disqualified from the event
  - Team personnel (e.g. coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct
- **RULE 4-6-5 NOTE 3...** A coach **MAY instruct** a competitors (through electronic means as well as verbally) provided the coach is positioned in a **designated coaches' box** or **an unrestricted area**.

## NFHS Pole Vault Rule Change / GHSA Pole Vault Re-certification

**Padding meeting the ASTM Standard (F2949) is  
REQUIRED for the start of the 2015-16 Track and Field  
season.**



- **ALL GHSA schools MUST meet this NFHS requirement, and ALL GHSA schools MUST report these changes to the GHSA office and be "approved" for practice and competition in the Pole Vault event. Schools unable to fulfill these requirements are prohibited from practicing or competing in the Pole Vault event at the non-compliant facility.**

A Pole Vault verification form for use in competition is on the GHSA Track and Field website and **MUST** be submitted prior to EVERY GHSA Track & Field competition (Dual/Invitational/State Meet Series) in Georgia.

**GEORGIA HIGH SCHOOL ASSOCIATION (GHSA)  
POLE VAULT VERIFICATION FORM**  
(Revised June 6, 2015)

ALL MEMBER SCHOOLS are required to complete the GHSA Pole Vault Verification Form listing the name and grade of each competitor participating in the Pole Vault Event. The Head Coach must verify, on the day of each meet, the weight of each competitor, and the proper rating of all poles used by each competitor. This procedure is required for ALL GHSA, Invitational Track and Field competitions. This completed form must be presented to the HEAD FIELD JUDGE of the Pole Vault Event prior to the start of warm-ups on the day of competition.

School Name \_\_\_\_\_ Classification \_\_\_\_\_  
 Name of Meet \_\_\_\_\_ Date \_\_\_\_\_

#	Full Name of Pole Vaulteer	Grade	Vaulteer's Weight*	List ALL Pole Ratings
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____

\*Includes full competition uniform and footwear.

Name of Head Coach (please print) \_\_\_\_\_  
 Signature of Head Coach \_\_\_\_\_  
 Name of Event Coach (please print) \_\_\_\_\_  
 Signature of Event Coach \_\_\_\_\_

**NOTE TO ATHLETIC ADMINISTRATORS, TRACK AND FIELD COACHES AND OFFICIALS**

Below are NFHS Track and Field Rules relevant to Pole Vault safety:

**NFHS TRACK AND FIELD RULE 7-5-3:** The competitor's weight shall be as or below the manufacturer's pole rating. The manufacturer may include on each pole the pole rating that shall be a minimum of 1/2 inch in a contrasting color located within or above the top hand hold position, a 1 inch circular band indicating the maximum top hand hold position with the position being determined by the manufacturer. Prior to the competition, the Coach must verify that all of the school's pole vaulters and poles meet these requirements. **NOTE:** Exchange, rental members, etc. that are approved on poles shall not replace the requirements of the manufacturer's pole rating of the minimum 1/2-inch marking in contrasting color on each pole.

**NFHS TRACK AND FIELD RULE 7-5-4:** A competitor shall not use an unstable weight pole, a pole which is improperly marked, or a pole that has been broken, bent, or any equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion is illegal. **PENALTY:** Disqualification from the event.

**NFHS TRACK AND FIELD RULE 7-5-5:** Prior to warm-up, the field referee, head field judge, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per NFHS Rule 7-5-3. This includes checking the placement of a top hand hold band, numerical pole rating, a minimum of 1/2 inch in contrasting color located within or above the top hand hold band, and a trailing of layers of adhesive tape of uniform thickness on the grip end. The leading shall not be on or above the top hand hold band.

**NFHS TRACK AND FIELD RULE 7-5-21:** A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight appropriate. **PENALTY:** Disqualification from the event.

**NFHS TRACK AND FIELD RULE 7-5-29b:** It is a foul if the competitor grips the pole above the top hand hold band. **PENALTY:** An unsuccessful trial is charged but not measured.

**THE 4X400 RELAY WILL BE CONTESTED USING  
A 3-TURN STAGGER AT ALL AREA/REGION  
MEETS, SECTIONAL MEETS AND STATE MEETS.**

**In 2016, the "3 Turn Stagger" is required for all  
Area/Region meets (both boys and girls), all  
Sectional Meets and the State Meets.**

**ALL GHSA coaches should become familiar with the  
rules governing a 3-turn Stagger for that event and  
instruct their athletes accordingly.**

**GHSA / NFHS APPEAL / PROTEST REMINDERS**

**2016 NFHS Track and Field Rules Book  
Section 3-5-3 (p 15)**

**ART. 3 . . .** Situations that are eligible to protest/appeal include, but are not limited to:

- a. Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
- b. Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
- c. Correction of meet results involving an ineligible participant which may be made at any time when discovered.
- d. Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the games committee or meet director. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.



**GHSA / NFHS APPEAL / PROTEST REMINDERS**

**2015 NFHS Track and Field Rules Book  
Section 3-5-4 (p 15)**

**ART.4 . . .** Situations that are **not** subject to protest:

- a. Any judgment decision pertaining to violations or alleged violations of the rules.
- b. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
- c. Whether a start is fair and legal.

Georgia High School Association  
National Federation of State High School Associations

2016 Track and Field

**Rules Changes**

The 2016 T&F Rule Book is available in iTunes or can be purchased from the GHSA.

Take Part. Get Set For Life.™

## Rule 3: Meet Officials and Their Duties 3-6-4 is NEW

- The NEW Rule 3-6-4 changes the responsibility of checking the starting blocks from the implement inspector to the head starter.
- See the 2016 Rule Book for a further explanation of the rationale and a review of the Role of Officials and Inspecting Duties.



## Rule 3: Meet Officials and Their Duties 3-10-7 is NEW

- Head event judges may use white and red flags to signal fair or foul for a field event trial.  
**Rationale:** The use of flags will assist with efficient administration of the field events. Communication between officials, coaches and fans is enhanced by the visual signal, similar to the use of flags by umpires.



Point of  
POE  
Emphasis

## Rule 3: Meet Officials and Their Duties 3-10-7 is NEW

### Use of flags by officials

With the change in the rules to no longer call "mark" in the field events, the high school meet will run much more efficiently when the field event judges use flags to signal fair or foul on a trial. The use of the flags will assist with efficient event administration and enhance the communication between officials, coaches and fans. The head event judge will be equipped with both a white and red flag. When a trial is completed, if the competitor fouls at the ring or arc the judge immediately raises the red flag. If everything is legal at the ring or arc, the event judge checks with the sector judge to make sure the attempt is legal or illegal. If legal, the event judge raises the white flag and red if the attempt is illegal. Actions by a competitor cannot be a foul after the official has ruled fair except when the official makes an immediate correction of a mistaken action, such as raising red flag when it should have been white and correcting immediately.




**POINT OF POC EMPHASIS**

## Displacement of the Crossbar

**Forces disassociated with competitor's actions in high jump and pole vault**

When a competitor has legally and is clearly over the crossbar and a force not associated with the competitor causes the crossbar to be displaced, it shall not be considered a foul. Examples of a disassociated force would include such situations as the wind blowing the crossbar off the pins or the pole contacting and rebounding off the plant box padding. It is NOT considered a disassociated force if the vaulter, for example, releases the pole and it falls into the crossbar without that cause being from wind or rebound. It is the responsibility of the competitor to have a clean jump or vault. In the case of vaulting, the competitor must have a clean release of the pole so that it does not fall into the crossbar.




**POINT OF POC EMPHASIS**

## Multiple logos on uniform bottoms are non-compliant

**Multiple logos on uniform bottoms are non-compliant**

There continues to be emphasis placed on coaches and athletes selecting and wearing uniforms that are in full compliance with the rules. **When an item is selected as a uniform bottom, it shall not be in compliance if the waistband has more than one logo or reference to a specific brand.** Many of the items with multiple references of the manufacturer on the waistband are not actually uniforms but rather an undergarment or base layer. Thus, the item is not made to be a uniform. Coaches and athletes should be aware of this problem and avoid selecting non-compliant items and try to "get by" with wearing as a uniform.



**POINT OF POC EMPHASIS**

## Multiple logos on uniform bottoms are non-compliant



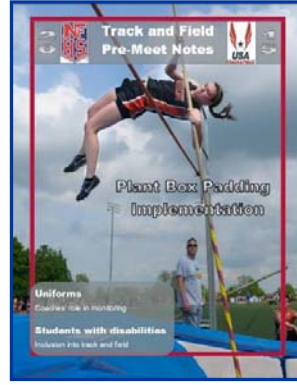
**Multiple logos on uniform bottoms are non-compliant**

	<b>ILLEGAL</b> Uniform Bottoms with decorative waistbands and multiple manufacturer logos / references.		<b>ILLEGAL</b> Uniform Bottoms with decorative waistbands and crotch outline / opening
	<b>LEGAL</b> Uniform Bottoms single manufacturer logo, no crotch outline or opening, no decorative waistband.		<b>ILLEGAL</b> ALL Undergarments are NOT of a single (same) color.
	<b>ILLEGAL</b> Uniform Bottoms with decorative waistbands, multiple manufacturer logos, crotch outline		<b>LEGAL</b> Uniform Bottoms with single manufacturer logo, NO decorative waistband or crotch outline

## NFHS Track and Field Pre-Meet Notes

NFHS Track and Field Pre-Meet Notes will be available online at <http://www.nfhs.org/activities-sports/track-fieldcross-country/> <https://www.usatf.org/groups/officials/newsletters/>

NFHS Track and Field Pre-Meet Notes are made possible through the cooperative efforts of the NFHS Track and Field Rules Committee and USA Track and Field Officials Training Subcommittee



Georgia High School  
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