



TRACK & FIELD
COACH'S PACKET

GAMES OF TEXAS TRACK & FIELD MEET
THURSDAY, JULY 26 - SUNDAY, JULY 29, 2018
COLLEGE STATION HIGH SCHOOL

On behalf of the Texas Amateur Athletic Federation, the cities of Bryan and College Station, and Texas A&M University, we welcome you to the 2018 TAAF Games of Texas State Track and Field Meet.

All participants are required to follow all guidelines described in this information packet. It is the coach's responsibility to make sure your athletes, parents, and team supporters understand and abide by the rules and regulations established for this meet. Please take the time to read the information and share with your assistant coaches.

To control the infield for the safety of the participants, we will only have one access point. You are expected to inform your athletes where they will enter the field to access the heating tent.

The most important roles you fill as a coach are those of leadership and example. You are encouraged to follow the Coaches Code of Ethics & Oath:

COACHES CODE OF ETHICS & OATH

As a coach, I shall be aware that I have a tremendous influence, for either good or ill, on the education of the athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

As a coach, I shall uphold the honor and dignity of the profession. In all personal contact with athletes, coaches, parents, officials, event administrators, the media, and the public, I shall strive to set an example of the highest ethical and moral conduct throughout the event.

As a coach, I shall master the contest rules and shall teach them to my athletes. I shall not seek an advantage by circumvention of the spirit or letter of the rules.

As a coach, I shall respect and support contest officials. I shall not indulge in conduct which would incite athletes or spectators against the officials. Public criticism of officials or players is unethical.

MEET SCHEDULE

Please make sure that you have the official and most current meet schedule (attached). Copies of the schedule will be available at the packet pick-up area for your athletes and admission gates for spectators. We do not anticipate changes in the schedule, but **it is subject to change**. Weather conditions often lead to adjustments. We will make every effort to alert athletes, coaches, and parents of changes. Always check with meet officials and note any announcements regarding the meet schedule.

It is the responsibility of the athlete and coach to check and verify their entries and be aware of the schedule of events. No race or event will be delayed due to entry problems not addressed during the scheduled check and verification time as noted on the attached meet schedule.

WEATHER/RAIN DELAYS

If it rains, we will continue to conduct the meet. If it is determined that the conditions are a safety issue due to lightning, high winds, etc., we will delay the meet and resume when the danger passes. Our goal is to complete each day's activities. If it looks like we will not be able to restart the meet, the remaining events will be moved to the next day, and we would bump the start of that day's events to a later time. Please pay close attention to announcements made concerning changes in the schedule. If the weather does become an issue, all events could be run as a timed final. Consequently, athletes should treat every event as a final.

PACKET PICK-UP

The participant packets and race numbers will be available for pick-up from 9 a.m.-6 p.m. on Thursday, July 26. Packets may also be picked up on Friday and Saturday beginning at 7 a.m. and throughout the meet. Tables will be set up outside the stadium's main entrance. Please allow your athletes to pick-up only their packet and race numbers. It is vital for them to keep up with their race numbers. **Should an athlete lose a race number, \$5 will be charged for a replacement.**

WARM-UPS/WARM-UP AREA

The track will be available for warm-ups at 7 a.m. from Friday-Sunday. The track will close 30 minutes before the start of the meet. Additional warm-ups must take place in the designated areas. From the check-in tent, the athletes will be escorted to the infield at the appropriate time. Athletes will not be allowed to take bags, ice chests, phones, etc. into the heating tent or onto the field. Athletes will only be able to enter the infield area via the check-in tent for all competitions. Please ask your athletes to look for runners before crossing the track.

The field next to the stadium will serve as the warm-up area throughout the meet.

COACHES PASSES

Each team will receive two coaches passes, which will allow admission to the meet, protest filing, and field access as specified below. Any coach violating the rules and regulations of the meet will have their pass collected by meet officials. Lost passes will not be replaced.

COACHES FIELD ACCESS

We will allow coaches on the field on **Saturday only** to assist participants in the **8 & under and 10 & under divisions** with the establishment of their marks for the long jump and high jump competitions. Before the start of competition, coaches must be off the field and back in approved spectator seating areas.

TRACK ENTRY FOR PARTICIPANTS CALLED FOR COMPETITION

All athletes and coaches must enter through the gate located by the check-in tent. Participants will be escorted onto the field when an announcement calls them to the heating tent or field event area. No participant will be allowed onto the field without a participant number. Field event participants are asked to report at the check-in tent and will then be released to report directly to the field event site when a first call has been made.

SPECTATORS

Spectators are not allowed on the field at any time. Spectators wishing to observe field events must do so from the stadium or from outside the fenced areas. Unauthorized personnel on the field may result in the disqualification of their competitor.

THROWING IMPLEMENTS (SHOT PUT & DISCUS)

Throwing implements will be weighed at weigh stations at each pit. The implements will be weighed, marked and then pooled for use by all competitors. Implements that do not meet official weight requirements will be tagged and cannot be returned until after completion of the competition. Implements must remain available throughout the competition to athletes. ***All implements are the responsibility of the athlete.***

POLE VAULT

Athletes will not be weighed in the pole vault. Instead, each coach is required to complete a waiver that ensures the correct size pole is being used. The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating sticker must be on the pole. There will be a designated coach's area away from the crowd and outside the competition for coaches to confer with their vaulters.

BIB NUMBERS

Bib numbers must be worn on the front of the uniform. On the front of each bib number, you will find a label listing athlete's name and events. If there is a mistake on the event(s) they are entered in, have them report to the **TAAF officials problem area**.

Athletes should only wear the number assigned to them. If athletes are found trading numbers and running under another athlete's name, they will be immediately disqualified from the meet. If a coach/team makes continuous violations of this rule, the coach and all members of the team will be subject to disqualification from the meet and further disciplinary action to be determined by the Games Committee.

PROTESTS

A protest must be filed at the TAAF protest table within 30 minutes after the conclusion of the event or the announcement and posting of the results. Only a team representative with a coach's pass may file a formal protest. A **\$25 deposit fee** is required per protest, which is refundable if your protest is upheld by the meet referee or jury of appeals.

Protests may only be lodged for errors in the recording of data or scoring and **non-judgment** errors. The meet referee will rule on protests, and his/her decision should be considered final. However, coaches may appeal the decision to the Jury of Appeals. Protests and appeals must be made in writing on official forms. The Jury of Appeals' ruling will be the final ruling.

TRAINERS

Trainers and first aid will be available throughout the meet. Medical staff will be available for emergency type situations and are not available for rub downs or any other type of non-emergency situations.

RADIOS/JAM BOXES

Radios and jam boxes are prohibited in the stadium while the meet is in progress.

STAGING/HEATING AREAS

We will have male and female heating areas. Athletes will be called to the staging area with a first call, second call, and final call status. It is the responsibility of the athlete to get to the staging area by the third and final call. ***Races will not be delayed for late arrivals.*** We may combine heats if there is sufficient time to make the changes with the finish line crew. No one will be allowed to run without a bib number clearly shown on their uniform.

HIP NUMBERS

Hip numbers will be used. Please tell your athletes that they are not to pull the number off of their hip until completing their race. They will be issued new numbers in the heating tent area for each race.

TAKE-OFF MARKS FOR RELAYS AND JUMPS

Relay team members may use tape, split tennis balls, plastic tabs, etc., to mark take-off steps for relays. Please remove marking devices after completion of the race. Officials have been informed to remove marking type devices after races are complete. Exchange judges will indicate the zone area to the athletes but will not tell the runner where to set their take off marks. We will have two exchange judges per exchange. Tape will be allowed for marking steps in the long jump, triple jump, and high jump. Please ask your athletes to remove the tape upon completion of the event.

LONG JUMP

If needed, a second board made of tape will be added for the younger age division. Each athlete must designate which board they will jump from before the competition, and the head official will be notified. Once the athlete has declared which board they will use, they will be judged for fair or foul jumps by the official based on that board. If they choose to change to a different board once the competition has started, they must notify the head official, and the change should be noted in writing on the official entry form where event recordings are kept. Only one change will be allowed once the competition has started.

TRIPLE JUMP

Triple Jump take-off boards on all runways will be at distances of 24, 32 and 38 feet. Athletes will declare which take-off board they are using when they check-in for their event, and they may not change boards during the competition. No other take-off distances will be permitted, so athletes should practice using these distances before arriving.

OFFICIAL TIMING SYSTEM

The official timing system will be the Lynx's System. Each race is videotaped and the times recorded are the official times. Hand-held times serve only as a backup. Under federation rules, home videos, pictures or any other non-official device will not be considered for race results.

POSTING AREA

Heat sheets and results will be posted on boards affixed to the fence on the home side of the stadium next to the awards table and tent city. Do not remove posted papers and always re-check for revised versions. Due to protests or errors, heat sheets and final results sheets occasionally will be corrected. If any race has been corrected, the words "REVISED" with the time will appear in the upper right-hand corner.

TENTS

Tents will be allowed on the top rows of the visitor's side of the stadium and the top row of the home side in designated areas. Tents also may be placed in tent city. **No tents will be allowed on the grounds of the stadium.** Please be considerate of others and if using large golf or beach umbrellas move to the top of the bleachers.

TEAM ICE CHESTS

Teams will be allowed to bring in ice chests within tent city only. No ice chests will be allowed in the bleachers.

STADIUM BLEACHERS/CLEAN UP

Encourage your parents and athletes not to throw items over the bleachers, which can cause severe injury to those walking around and behind the bleachers. Likewise, please ask your parents and athletes to clean up the team area during and after each day's competition. It will be appreciated.

ZERO TOLERANCE RULE

A zero tolerance rule in effect throughout the meet for spectators, coaches, and participants. **Should any taunting on the part of a participant be observed by meet officials, they will be disqualified. Taunting on the part of a spectator or coach may result in expulsion from the stadium.** Please inform your athletes that if they engage in any unsportsmanlike conduct, they will be asked to leave the stadium and will be disqualified from the meet. The rule also applies to coaches and spectators.

As a coach or parent, you are setting examples for the athletes. Your actions and leadership have a great impact on these young people. Make sure you set the right example. Please report any actions considered unacceptable to security personnel or meet officials so that immediate action can be taken.

FLUIDS & SHADE

Don't let your athletes become dehydrated. Encourage them to seek shade, stay cool between competitions, and drink plenty of water or appropriate fluids throughout the meet. Plenty of water will be available on the field and at the field events.

Best of luck to you and your athletes!